

High School January 2018

WEEK 1	MON 01/08	TUES 01/09	WED 01/10	THU 01/11	FRI 01/12
MEAT/MA	Meatloaf w/Gravy-8 g.	Taco Salad-5 g.	Spaghetti w/Meat Sauce-23g.	Ling's General Tso -32 g.	Fiery Chicken Philly Flatbread-17g
MEAT/MA	Chicken Tenders - 4=19g	Hot Dog on Bun - 28 g.	Chicken Sandwich - 39 g.	Fish Sandwich - 39 g.	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN		Chips (2) 38 g.	Garlic Toast -11 g.	Fried Rice - 49 g.	
VEG	Mashed Potatoes -15g	Black Bean Fiesta - 34 g.	Green Beans - 4 g.	California Blend-5g	Asparagus-3g.
VEG	Cooked Carrots-8 g.	Small Romaine Salad -5 g.			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Applesauce-25 g.
	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	BBQ Sauce, 11 g.	Salsa/-2gSour Cream - 3g.	Mayo -2 g.	Mayo -2 g.	Mayo -2 g.
WEEK 2	MON 01/15	TUES 01/16	WED 01/17	THU 01/18	FRI 01/19
MEAT/MA		Chicken/Chili Fiesta Sticks-40g.	School Pizza BD - 43 g. see Mgr.	*Firecracker Pork-47 g.	Bosco Stick (2) -42 g.
MEAT/MA		BBq Rib on Bun - 32 g.	Corn Dog - 30 g.	Fish Taco-49g.	See Manager
MEAT/MA		Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA		Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA		Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN					
GRAIN		Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN				Brown Rice -1 c-36 g.	
VEG		Black Bean Fiesta - 34 g.	Green Beans - 4 g.	Broccoli- 4g	Corn 1/2 c-19 g.
VEG		Small Romaine Salad -5 g.			
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT		Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Pears - 20 g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Boom Boom Sauce-11g.	
CONDIMENTS		Sour Cream - 3g.			Marinara Sauce-3 g.

High School December 2018

WEEK 3	MON 01/22	TUES 01/23	WED 01/24	THU 01/25	FRI 01/26
MEAT/MA	Hamburger w/bun -27g.	Smothered Burrito-42g	Totally Twisted Alfredo-42g	Chicken Bowl-33g.	Calzone - 35 g.

MEAT/MA	French Bread Cheese Pizza -33g	Chicken Philly Sand- 28g	*Pork Chop Sandwich -42 g.	Fish Sticks-23g.	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN		Chips (2) 38 g.	Garlic Toast -11 g.		
VEG	Sweet Potato Fries - 30 g.	Small Romaine Salad -5 g.	Broccoli- 4g	Corn 1/2 c-19 g.	French Fries-20 g.
VEG	Peas -9 g.	Refried Beans -30g		Mashed Potatoes -15g	Mixed Vegetables-12 g.
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Applesauce-25 g.	Pineapple Tidbits - 16 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Mixed Fruit-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	Marinara Sauce-3 g.	Mayo -2 g.			
CONDIMENTS	Mayo -2 g.	Ketchup- 3 g. & Mustard- 0 g.		Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa -2gSour Cream - 3g.	Ketchup- 3 g. & Mustard- 0 g.		
Week 4	MON 01/29	TUES 01/30	WED 01/31	THU	FRI
MEAT/MA	Chicken Chunks - 17 g.	Beef & Cheese Nachos -7 g.	Pizza BD - 43 g. see mgr.		
MEAT/MA	Sloppy Joe on Bun -36 g.	*Bratwurst/Bun -27g.	Southwestern Philly-62g.		
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.		
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g		
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.		
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		
GRAIN		Chips (2) 38 g.			
VEG	Maple Roast Sweet Potato - 35 g.	Black Bean Fiesta - 34 g.	Broccoli- 4g		
VEG	Prince Edward - 3 g.	Small Romaine Salad -5 g.			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.		
FRUIT	Pears - 20 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.		
FRUIT		Fresh Fruit Bowl			
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Mayo -2 g.		
CONDIMENTS	Boom Boom Sauce-11g.	Salsa -2gSour Cream - 3g.			
Week 5	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					

GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	10/27/2017

All Serving Sizes of vegetables are 1/2 cup unless noted (* = 1/2 c serving, ~ = 3/4 c serving & ^ = 1 c serving) .

All Serving Sizes of Fruit are 1/2 cup. Servings of Grains are 1-2 oz. Condiments are 1-2 Tbsp. All meals include Fat-Free or Low-Fat Milk Unflavored Milk -13 g. Flavored Milk -20 g. Fresh Apple - 22 g. Fresh Orange - 21 g. Petite Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

