

## 2019 March High School

	MON	TUES	WED	THU	FRI
MEAT/MA					w/Mac"N" Cheese-(3 oz.)15.5g
MEAT/MA					Chicken Filet Sandwich - 39 g.
MEAT/MA					Cheese Sandwich 26 g.
MEAT/MA					Chef Salad-10g
MEAT/MA					Sub -30 g.
GRAIN					Dinner Roll -17g. (1 grain)
GRAIN					
GRAIN					
VEG					Broccoli- 4g
VEG					Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT					Frozen Berries-22g.
FRUIT					Fresh Fruit Bowl
CONDIMENTS					Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS					BBQ Sauce, 11 g.
	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Filet Sandwich - 39 g.	Chicken & Cheese Enchilada-g.	Pizza - 43 g.	Ling's General Tso -23 g.	Bosco Stick ( 2) -42 g.
MEAT/MA	American Cheese Steak on WG Bun-31 g.	Boom Boom turkey Ruben-42g.	BBQ Rib on Bun - 32 g.	Fish Taco-49g.	Meat Loaf Sandwich-28g.
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 -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN				Brown Rice -1/2 c-23g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Refried Beans -30g	Broccoli- 4g	Green Beans - 4 g.	Side Salad-5g
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.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. /BBQ Sauce 11g	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	
CONDIMENTS	Mayo -2 g.			Sour Cream - 3g.	
	MON	TUES	WED	THU	FRI
MEAT/MA	Hamburger w/bun -27g.	Chicken Taco (2)-31g.	WG Chicken Penne-42g	Asian chicken Stir Fry-44g	

MEAT/MA	French Bread Pizza - 33 g.	Chili-15g. w/Tos	Southwestern Philly-62 g	Hot Dog on WG Bun - 28 g.	
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	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	
GRAIN					
GRAIN	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	
GRAIN			Garlic Toast/Bread Stick -22 g.	Brown Rice -1/2 c-23 g.	
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Broccoli- 4g	Cooked Carrots-8 g.	
VEG					
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	Baked Apples-28g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Frozen Fruit Cup-18 g.	
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
FRUIT					
CONDIMENTS	Marinara Sauce-3 g.	Salsa-2 g.		Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS		Sour Cream - 3g.			

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MEAT/MA	Chicken Chunks - 7 g.	Taco Salad-5 g.	Pizza 43 g.	Ling's General Tso -23 g.	Fish Sandwich - 39 g.
MEAT/MA	Sloppy Joe on Bun -36 g.	Chicken Philly-27g	BBq Rib on Bun - 32 g.	Cheese Burger-29g.	Italian Meat Ball Sandwich-33g.
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 -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN		WG Tostitos Chips-29g.		Brown Rice -1/2 c-23g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.	Broccoli- 4g	Green Beans - 4 g.	California Blend-5g
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.	Pears - 20 g.	Fresh Fruit	Mandarin Oranges 1/2 c-17 g	Frozen Berries-22g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.			
CONDIMENTS	Boom Boom Sauce-11g.	Ketchup- 3 g. & Mustard- 0 g.		BBQ Sauce, 11 g./Mayo-2g.	Tarter Sauce-3g
CONDIMENTS		Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.

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MEAT/MA	Chicken Tenders - 4=19g	Nacho Ole'-9g.	Spaghetti w/Meat Sauce-23g.	PopCorn Chicken-14g.	Mini Corn Dog(6)-33g. w/Mac"N" Cheese-(3 oz.)15.5g
MEAT/MA	*Pulled Pork Sandwich- 39g	Hot Ham and Cheese Sub-31g.	Quesadilla Burger-30g	Fish Sticks-23g.	Chicken Filet Sandwich - 39 g.
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 -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN		WG Tostitos Chips-29g.	Garlic Toast/Bread Stick -11 g.		
GRAIN					
GRAIN					
VEG	Waffle Sweet Potatoes-24	Black Bean Fiesta - 34 g.	Green Beans - 4 g.	Corn 1/2 c-19 g.	Broccoli- 4g
				Mashed Potatoes -15g	
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	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Fresh Fruit-	Baked Apples-28g.	Frozen Berries-22g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Mayo-2g.	Ketchup- 3 g. & Mustard- 0 g.	Gravy - 3 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Mayo -2 g.	Salsa/-2gSour Cream - 3g.	Mayo -2 g.	Tarter Sauce-3g	BBQ Sauce, 11 g.
	<b>Dark Green</b>	<b>Starchy</b>	<b>Red/Orange</b>	<b>Legumes</b>	1/21/2019

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. Petie Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.





