

High School May 2018

| WEEK 1 | MON | TUES 5/1 | WED 5/2 | THU 5/3 | FRI 5/4 |
|----------------------|------------------------------------|------------------------------------|------------------------------------|--|------------------------------------|
| MEAT/MA | | Manager's Choice-2gr. | Penne w/Alfredo Sauce | Asian chicken Stir Fry 44g | Fiestada Pizza-43g. |
| MEAT/MA | | Manager's Choice-2gr. | w/Ham-42 g. | Potato Crusted Fish-17 g. | Manager's Choice-2gr. |
| MEAT/MA | | Cheese Sandwich 26 g. | French Bread Cheese Pizza -33g | | |
| MEAT/MA | | Chef Salad-10g | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. |
| MEAT/MA | | Sub -30 g. | Chef Salad-10g | Chef Salad-10g | Chef Salad-10g |
| MEAT/MA | | Dinner Roll -24g. (2 grain) | Wrap - 30 g. | Sub -30 g. | Wrap - 30 g. |
| GRAIN | | Dinner Roll -24g. (2 grain) | Dinner Roll -24g. (2 grain) | Dinner Roll -24g. (2 grain) | Dinner Roll -24g. (2 grain) |
| GRAIN | | | Garlic Toast -11 g. | | |
| VEG | | Corn 1/2 c-19 g. | Broccoli- 4g | Peas & Carrots-8 g. | Black Bean Fiesta - 34 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 | | Applesauce-25 g. | Mixed Fruit-18 g. | Peaches 1/2 c. - 17 g. | Pineapple Tidbits - 16 g. |
| FRUIT | | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl |
| FRUIT | | | | | |
| CONDIMENTS | | Ketchup- 3 g. & Mustard- 0 g. | Marinara Sauce-3 g. | | Salsa-2 g. |
| CONDIMENTS | | BBQ Sauce, 11 g. | | | Sour Cream - 3g. |
| WEEK 2 | MON 05/7 | TUES 05/8 | WED 05/9 | THU 05/10 | FRI 05/11 |
| MEAT/MA | Spaghetti w/Meat Sauce-23g. | Chicken & Cheese Quesadilla-32 g. | Meatloaf w/Gravy-8 g. | Ling's General Tso -32 g. | Bosco Stick (2) -42 g. |
| MEAT/MA | Chicken Sandwich - 39 g. | Southwestern Philly-62g. | Chicken Tenders - 4=19g | BBq Rib on Bun - 32 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 | | | | | |
| 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 | Garlic Toast -11 g. | | | Brown Rice -1 c-36 g./Fried Rice-49g . | |
| VEG | Green Beans - 4 g. | Refried Beans -30g | Mashed Potatoes -15g | Broccoli- 4g | Cooked Carrots-8 g. |
| VEG | | Small Romaine Salad -5 g. | 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 | Peaches 1/2 c. - 17 g. | Mixed Fruit-18 g. | Applesauce-25 g. | Mandarin Oranges 1/2 c-17 g | Pears - 20 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 | Mayo -2 g. | Salsa-2 g. | Gravy - 3g | | |
| CONDIMENTS | Ketchup- 3 g. & Mustard- 0 g. | Sour Cream - 3g. | BBQ Sauce, 11 g. | | Marinara Sauce-3 g. |
| High School May 2018 | | | | | |
| WEEK 3 | MON 05/14 | TUES 05/15 | WED 05/16 | THU 05/17 | FRI 05/18 |

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| MEAT/MA | Chicken Waffle Bites-11g. | Soft Shell Taco-24 g. | Pizza BD - 43 g. see mgr. | Boom Boom Chicken Chunks - 27 g. | Fish Fillet on WG Bun-40g. |
| MEAT/MA | Hot Ham & Cheese on WG Bun-34g. | Chicken Philly Sand- 28g | Pulled Pork on WG Bun-38 g. | Hamburger-27g. | 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 | French Toast -29 g. | | | | |
| VEG | Seasoned Potato Cubes-18 g. | Small Romaine Salad -5 g. | Broccoli- 4g | Sweet Potato Fries - 30 g. | Mixed Vegetables-12 g. |
| VEG | | Refried Beans -30g | | Peas & Carrots-8 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 | Rosy Applesauce-26g. | Mixed Fruit-18 g. | Pineapple Tidbits - 16 g. | Mixed Fruit-18 g. | Frozen Fruit Cup-18 g. |
| FRUIT | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl |
| FRUIT | | | | | |
| CONDIMENTS | Syrup -31 g. | Mayo -2 g. | | | |
| CONDIMENTS | Mayo -2 g. | Ketchup- 3 g. & Mustard- 0 g. | Mayo -2 g. | Boom Boom Sauce-11g. | Tartar Sauce-3 g. |
| CONDIMENTS | Ketchup- 3 g. & Mustard- 0 g. | Salsa/-2gSour Cream - 3g. | | BBQ Sauce, 11 g. | |
| Week 4 | MON 05/21 | TUES 05/22 | WED 05/23 | THU 05/24 | FRI 05/25 |
| MEAT/MA | Chicken Sandwich - 39 g. | Beef & Cheese Nachos -7 g. | Chicken Bowl-33g. | Italian Meatball Sub- 38g | Pizza BD - 43 g. see mgr. |
| MEAT/MA | American Cheese Steak on WG Roll-62 g. | *Bratwurst/Bun -27g. | Fish Sticks-25g. | Corn Dog - 30 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 -12g. (1 grain) | Dinner Roll -12g. (1 grain) | Dinner Roll -12g. (1 grain) | Dinner Roll -24g. (2 grain) | Dinner Roll -24g. (2 grain) |
| GRAIN | | Chips (2) 38 g. | | | |
| VEG | Green Beans - 4 g. | California Blend-5g | Mashed Potatoes -15g | Baked Beans 1/2 c-29 g. | Broccoli- 4g |
| VEG | | Small Romaine Salad -5 g. | Corn 1/2 c-19 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. | Mixed Fruit-18 g. | Peaches 1/2 c. - 17 g. | Applesauce-25 g. | Pears - 20 g. |
| FRUIT | Fresh Fruit Bowl | Fresh Fruit Bowl | | Fresh Fruit Bowl | Fresh Fruit Bowl |
| FRUIT | | | | | |
| CONDIMENTS | Ketchup- 3 g. & Mustard- 0 g. | Ketchup- 3 g. & Mustard- 0 g. | Tartar Sauce-3 g. | Ketchup- 3 g. & Mustard- 0 g. | Ketchup- 3 g. & Mustard- 0 g. |
| CONDIMENTS | Mayo -2 g. | Salsa/-2gSour Cream - 3g. | Gravy - 3g | Mayo -2 g. | Mayo -2 g. |
| Week 5 | MON 05/28 | TUES 5/29 | WED 5/30 | THU 5/31 | FRI |
| MEAT/MA | | Chicken Waffle Bites-11 g. | Penne w/Alfredo Sauce | Asian chicken Stir Fry 44g | Cheeseburger on WG Bun-29 g. |
| MEAT/MA | | Sloppy Joe on Bun -36 g. | w/Ham-42 g. | Potato Crusted Fish-17 g. | Manager's Choice-2gr. |
| MEAT/MA | | Cheese Sandwich 26 g. | French Bread Cheese Pizza -33g | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. |
| MEAT/MA | | Chef Salad-10g | Cheese Sandwich 26 g. | Chef Salad-10g | Chef Salad-10g |

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|------------|-------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| MEAT/MA | | Sub -30 g. | Chef Salad-10g | Sub -30 g. | Sub -30 g. |
| GRAIN | | Dinner Roll -24g. (2 grain) | Wrap - 30 g. | Dinner Roll -24g. (2 grain) | Dinner Roll -24g. (2 grain) |
| GRAIN | | | Dinner Roll -24g. (2 grain) | | |
| VEG | | Sweet Potato Fries - 30 g. | Garlic Toast -11 g. | | |
| VEG | | Prince Edward - 3 g. | Broccoli- 4g | Peas & Carrots-8 g. | Twister Fries- |
| VEG | | Raw Veggies-6 g. w/Ranch Dip -3 g. | | | |
| FRUIT | | Pears - 20 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 | | Fresh Fruit Bowl | Mixed Fruit-18 g. | Peaches 1/2 c. - 17 g. | Applesauce-25 g. |
| FRUIT | | | Fresh Fruit Bowl | Fresh Fruit Bowl | |
| CONDIMENTS | | Ketchup- 3 g. & Mustard- 0 g. | | | Ketchup- 3 g. & Mustard- 0 g. |
| CONDIMENTS | | Mayo -2 g. | Marinara Sauce-3 g. | | Mayo -2 g. |
| | Dark Green | Starchy | Red/Orange | Legumes | 4/5/2018 |

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.

