

High School November 2018

WEEK 1					
MEAT/MA				Ling's General Tso -23 g.	Bosco Stick (2) -42 g.
MEAT/MA				Fish Taco-49g.	See Manager
MEAT/MA				Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA				Chef Salad-10g	Chef Salad-10g
MEAT/MA				Wrap - 30 g.	Sub -30 g.
GRAIN				Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				Brown Rice -1 c-46 g.	
GRAIN					
VEG				Broccoli- 4g	Corn 1/2 c-19 g.
VEG					Cooked Spinach-4g
VEG				Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT				Mandarin Oranges 1/2 c-17 g	Pears - 20 g.
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS				Salsa-2 g.	Marinara Sauce-3 g.
CONDIMENTS				Sour Cream - 3g.	
WEEK 2					
MEAT/MA	Hamburger w/Bun -27g.		Chicken Penne Alfredo -29 g.	Asian chicken Stir Fry 44g	Calzone - 35 g.
MEAT/MA	French Bread Pizza - 33 g.		Southwestern Philly-62 g	Hot Dog on Bun - 28 g.	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	Sub -30 g.		Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN					
GRAIN	Dinner Roll -12g. (1 grain)		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN			Garlic Toast -11 g.	Brown Rice -1 c-46 g.	
GRAIN					
GRAIN					
VEG	Peas 1/2 cup-7g.		Broccoli- 4g	Cooked Carrots-8 g.	Corn 1/2 c-19 g.
VEG					Mixed Vegetables-9g
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	Apple sauce-25 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
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	Marinara Sauce-3 g.		Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				Ketchup- 3 g. & Mustard- 0 g.

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WEEK 3

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MEAT/MA	Chicken Chunks - 17 g.	Taco Salad-5 g.	Pizza BD - 43 g.	Sliced Turkey-0g.	Potato Crusted Fish on WG Bun-37 g.
MEAT/MA	Sloppy Joe on Bun -36 g.	Chicken Philly Sand- 28g	*Pork Chop Sandwich -42 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.
MEAT/MA	Sub -30 g.	Chef Salad-10g	Chef Salad-10g		
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN		Chips (2) 38 g.			
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.			California Blend-5g
VEG	Prince Edward - 3 g.	Small Romaine Salad -5 g.	Broccoli- 4g	Mashed Potatoes -15g	Cooked Spinach-4g
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	Pears - 20 g.	Mixed Fruit-18 g.	Applesauce-25 g.	Baked Apples-56g.	Peaches 1/2 c. - 17 g.
FRUIT					Juice -21 g/Grape Juice 28g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.		Holiday Cookie-	
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.		Gravy - 3g	Mayo -2 g.
CONDIMENTS	Boom Boom Sauce-11g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Tartar Sauce-3g.
Week 4					
MEAT/MA	Chicken Tenders - 4=19g	Beef & Cheese Nachos -7 g.			
MEAT/MA	Pulled Pork on WG Bun-38 g.	*Bratwurst/Bun -27g.			
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.			
MEAT/MA	Chef Salad-10g	Chef Salad-10g			
MEAT/MA	Sub -30 g.	Wrap - 30 g.			
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN		Chips (2) 38 g.			
VEG	French Fries-24 g.	Black Bean Fiesta - 34 g.			
VEG	Cheesy Broccoli-7g.	Small Romaine Salad -5 g.			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.			
FRUIT	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.			
FRUIT		Fresh Fruit Bowl			
FRUIT	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.			
CONDIMENTS	BBQ Sauce, 11 g.	BBQ Sauce, 11 g./Mayo-2g.			
CONDIMENTS	Mayo -2 g.	Salsa/-2gSour Cream - 3g.			
WEEK 5					
MEAT/MA	Chicken Sandwich - 39 g.	Chicken & Cheese Quesadilla-39g.	Pizza BD - 43 g.	Ling's General Tso -23 g.	Bosco Stick (2) -42 g.
MEAT/MA	American Cheese Steak on WG Bun-31 g.	Corn Dog - 30 g.	BBq Rib on Bun - 32 g.	Fish Taco-49g.	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 -17g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				Brown Rice -1 c-46 g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Refried Beans -30g	Green Beans - 4 g.	Broccoli- 4g	Corn 1/2 c-19 g.
VEG		Small Romaine Salad -5 g.			Cooked Spinach-4g
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.	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
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. /BBQ Sauce 11g	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Marinara Sauce-3 g.
CONDIMENTS	Mayo -2 g.	Ketchup- 3 g. & Mustard- 0 g.		Sour Cream - 3g.	
	Dark Green	Starchy	Red/Orange	Legumes	10/10/2018

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

