

Middle School November 2018

WEEK 1	MON	TUES	WED	THU	FRI
MEAT/MA				Lings Chicken-23g	Polso Duck (1/2) 21 g. w/Chili 1oz. 19g.
MEAT/MA				Fish Sandwich- 42g	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 -1/2 c-28 g.	
GRAIN					
VEG				Green Beans - 4 g.	Corn 1/2 c-19 g.
VEG				California Blend-5g	
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	Mixed Fruit-18 g.
					Juice -21 g/Grape Juice 28g
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS				Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS				Tartar Sauce-3g.	
WEEK 2	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Waffle Bites (9) -10 g.		Italian Meatball Sub- 38g	Asian chicken Stir Fry 44g	Pizza B0 - 43 g.
MEAT/MA	Sloppy Joe on Bun -36 g.		French Bread Cheese Pizza -33g	Cheeseburger- 22.2g	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 -1/2 c-23 g.	
GRAIN					
GRAIN					
VEG	French Fries-20 g.		Cheesy Broccoli-7g.	Antiqua Blend Veggies	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	Mixed Fruit-18 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	Ketchup- 3 g. /BBQ Sauce 11g				
CONDIMENTS			Marmara Sauce-5 g.	Ketchup- 5 g. & mustard- 0 g.	

WEEK 3

	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Tenders(4)- 19 g.	Chicken & Cheese Quesadilla-39g.	Spaghetti w/Meat Sauce-23g.	Turkey & Gravy-3g.	Mac & Cheese-43g.
MEAT/MA	Meat Loaf Sandwich-27g.	Southwestern Philly-62 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 -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN			Garlic Toast -11 g.		
VEG			Broccoli- 4g	Mashed Potatoes -15g	Peas 1/2 cup-7g.
VEG	Broccoli- 4g	Black Bean Fiesta - 34 g.	Small Romaine Salad -5 g.	Green Beans - 4 g.	
VEG		Small Romaine Salad -5 g.	with Grape Tomatoes		
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	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Baked Apples-56g.	Mixed Fruit-18 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	BBQ Sauce, 11 g.	Salsa-2 g.			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.		Ketchup- 3 g. & Mustard- 0 g.	Holiday Cookie-	
CONDIMENTS		Salsa-2g/Sour Cream - 3g.	Mayo -2 g.		

Week 4

	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Smackers- 20 gr.	Walking Taco-29g.			
MEAT/MA	*Pulled Pork Sandwich- 39g	Corn Dog - 30 g.			
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					
GRAIN					
GRAIN					
GRAIN		Corn 1/2 c-19 g.			
VEG	Broccoli- 4g	Refried Beans -30g			
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.			
FRUIT	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.			
FRUIT		Fresh Fruit Bowl			
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.			
CONDIMENTS	Mayo -2 g.	Salsa/-2gSour Cream - 3g.			

Week 5	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Patty on Bun-39 g.	Pretzels (6)w/Cheese-39g	Chicken Penne Alfredo -29 g.	Lings Chicken-23g	Bosco Stick (1) -21 g. w/Chili 4oz.-15g.
MEAT/MA	American Cheese Steak-36g.	*Bratwurst/Bun -27g.	BBQ Rib on Bun - 32 g.	Fish Sandwich- 42g	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 -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				Brown Rice -1/2 c-28 g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Baked Beans-29g.	Broccoli- 4g	Green Beans - 4 g.	Corn 1/2 c-19 g.
VEG				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	Rosy Applesauce- 26g	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Mixed Fruit-18 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	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. /BBQ Sauce 11g	Ketchup- 3 g. /BBQ Sauce 11g	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.
CONDIMENTS	Mayo -2 g.			Tartar Sauce-3g.	
					10/15/2018

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.

