

## High School November 2017

WEEK 1	MON 10/29	TUES 10/30	WED 11/1	THU 11/2	FRI 11/3
MEAT/MA	Chicken Sandwich - 39 g.	Chicken/Chili Fiesta Sticks-40g.	French Bread Cheese Pizza -33g	*Firecracker Pork-47 g.	Bosco Stick ( 2) -42 g.
MEAT/MA	American Cheese Steak on WG Roll-62 g.	BBq Rib on Bun - 32 g.	Southwestern Philly-62g.	Ham Cheese Stuffer-33g.	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-18 g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.	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	Rosy Applesauce- 26g	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.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS		Salsa/-2gSour Cream - 3g.	BBQ Sauce, 11 g.		
WEEK 2	MON 11/6	TUES 11/7	WED 11/8	THU 11/9	FRI 11/10
MEAT/MA	Quesadilla Burger	Smothered Burrito-42g	Pizza BD - 43 g. see mgr.	Asian chicken Stir Fry 44g	Calzone - 35 g.
MEAT/MA	Chicken Chunks - 17 g.	Chicken Philly Sand- 28g	Pork Chop Sandwich -42 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					
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 c-36 g.	
VEG	Sweet Potato Fries - 30 g.	Refried Beans -30g	Broccoli- 4g	Green Beans - 4 g.	Mixed Vegetables-9g
VEG	Peas -9 g.	Romaine Lettuce & Tomato Slice-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.	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					Frozen Fruit Cup-18 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	Pico de gallo-3 g.	Sour Cream - 3g.	Marinara Sauce-3 g.		
High School November 2017					
WEEK 3	MON 11/13	TUES 11/14	WED 11/15	THU 11/16	FRI 11/17

MEAT/MA	Boom Boom Chicken Chunks - 27 g.	Beef & Cheese Nachos -7 g.	Spaghetti w/Meat Sauce-23g.	Sliced Turkey Steak	Beacon Street Sandwiches-32g.
MEAT/MA	Sloppy Joe on Bun -36 g.	*Bratwurst/Bun -27g.	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.	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 -12g. (1 grain)
GRAIN		Chips (2) 38 g.	Garlic Toast -11 g.		
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Broccoli- 4g	Mashed Potatoes -15g	California Blend-5g
VEG	Prince Edward - 3 g.			Green Beans - 4 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	Pears - 20 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.
FRUIT				Pumpkin Pie-34.7 g.	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.		Gravy - 3g	
CONDIMENTS	Boom Boom Sauce-11g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.		
Week 4	MON 11/20	TUES 11/21	WED 11/22	THU 11/23	FRI 11/24
MEAT/MA	Chicken Tenders - 4=19g	Soft Shell Taco-24 g.			
MEAT/MA	Pork Chop Sandwich -42 g.	Manager's Choice			
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	Maple Roast Sweet Potato - 35 g.	Black Bean Fiesta - 34 g.			
VEG	Green Beans - 4 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.			
FRUIT	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.			
FRUIT		Fresh Fruit Bowl			
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	BBQ Sauce, 11 g./Mayo-2g.			
CONDIMENTS	Mayo -2 g.	Salsa/-2gSour Cream - 3g.			
Week 5	MON 11/27	TUES 11/28	WED 11/29	THU 11/30	FRI 12/1
MEAT/MA	Chicken Sandwich - 39 g.	Taco Pizza (Recipe)	Italian Meatball Sub- 38g	Ling's General Tso -32 g.	Bosco Stick ( 2) -42 g.
MEAT/MA	American Cheese Steak on WG Roll-62 g.	BBq Rib on Bun - 32 g.	French Bread Pizza - 33 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 -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				Fried Rice - 49 g.	
VEG				Cooked Carrots-8 g.	
VEG	Cooked Carrots-8 g.	Black Bean Fiesta - 34 g.	Green Beans - 4 g.		Corn 1/2 c-19 g.
VEG		Small Romaine Salad -5 g.		Raw Veggies-6 g. w/Ranch Dip -3 g.	Cooked Spinach-4g
FRUIT	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.	Mandarin Oranges 1/2 c-17 g	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Rosy Applesauce- 26g	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	100% Fruit Juice 21 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.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS		Salsa/-2g Sour Cream - 3g.	Marinara Sauce-3 g.		
	<b>Dark Green</b>	<b>Starchy</b>	<b>Red/Orange</b>	<b>Legumes</b>	10/17/2017

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.





