

Middle School October 2018

WEEK 1	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	Polsoa Duck (1) -21 g. w/Chin 1oz. 19g.
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.
					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.	
CONDIMENTS	Mayo -2 g.			Tartar Sauce-3g.	
WEEK 2	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Waffle Bites (9) -10 g.	Smothered Burrito-42g	Italian Meatball Sub- 38g	Chicken Egg Roll-20g.	Pizza B0 - 43 g.
MEAT/MA	Sloppy Joe on Bun -36 g.	Chicken Philly Sand- 28g	French Bread Cheese Pizza -33g	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					
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			Garlic Toast -11 g.	Brown Rice -1/2 c-23 g.	
GRAIN					
GRAIN					
VEG	French Fries-20 g.	Refried Beans -30g	Cheesy Broccoli-7g.	Peas & Carrots-9	Cooked Carrots-8 g.
VEG		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	Mixed Fruit-18 g.	Applesauce-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	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	Ketchup- 3 g. /BBQ Sauce 11g	Salsa-2 g.			
CONDIMENTS		Sour Cream - 3g.	Marinara Sauce-3 g.		

WEEK 3	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Tenders(4)- 19 g.	Chicken & Cheese Enchilada-g.			
MEAT/MA	Beeg Stroganoff w/WG Noodle-24 g.	Southwestern Philly-62 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					
VEG					
VEG	Broccoli- 4g	Black Bean Fiesta - 34 g.			
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	Pears - 20 g.	Mixed Fruit-18 g.			
FRUIT					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
CONDIMENTS		Salsa-2g/Sour Cream - 3g.			
Week 4	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Smackers- 20 gr.	Walking Taco-29g.	Pizza BD - 43 g.	Ling's Orange Chicken -19 g.	Fish Fillet on WG Bun-39g.
MEAT/MA	*Pulled Pork Sandwich- 39g	Corn Dog - 30 g.	Southwestern Philly-62 g	*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.
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 -27 g.	
GRAIN					
GRAIN					
GRAIN		Corn 1/2 c-19 g.	Green Beans - 4 g.		
VEG	Broccoli- 4g	Refried Beans -30g		Mixed Vegetables-9g	Cooked Carrots-8 g.
VEG		Small Romaine Salad -5 g.			French Fries-20 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	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Juice -21 g/Grape Juice 28g
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Applesauce-25 g.
FRUIT					Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Tartar Sauce-3 g.

CONDIMENTS	Mayo -2 g.	Salsa/-2gSour Cream - 3g.	Mayo -2 g.	Mayo -2 g.	
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.		
MEAT/MA	American Cheese Steak-36g.	*Bratwurst/Bun -27g.	BBQ Rib on Bun - 32 g.		
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.		
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g		
MEAT/MA	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)		
GRAIN					
GRAIN					
GRAIN	Sweet Potato Fries - 30 g.	Baked Beans-29g.	Broccoli- 4g		
GRAIN					
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.		
VEG	Rosy Applesauce- 26g	Pears - 20 g.	Peaches 1/2 c. - 17 g.		
VEG					
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl		
FRUIT	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. /BBQ Sauce 11g	Ketchup- 3 g. /BBQ Sauce 11g		
FRUIT	Mayo -2 g.				
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	Mayo -2 g.	Salsa/-2gSour Cream - 3g.	BBQ Sauce, 11 g.		9/15/2018

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

