

2019 October High School

WEEK 1	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Filet Sandwich - 39 g.	Pizza 43 g.	Chicken Tenders - 4=19g	Chicken Egg Roll-	French Bread Pizza - 33 g.
MEAT/MA	American Cheese Steak on WG Bun-31 g.	BBq Rib on Bun - 32 g.	American Cheese Steak on WG Bun-31 g.	Cheeseburger w/bun -31g.	Meat Loaf Sandwich-28g.
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 -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN	Fish Sandwich - 39 g.			No! Fried Rice 35g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Broccoli- 4g	Sweet Potato Fries - 30 g.	Mixed Vegetables-23g.	Side Salad-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	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Applesauce-25 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. & Mustard- 0 g.	Tarter Sauce-3g	Marinara Sauce-3 g.
CONDIMENTS	Mayo -2 g.		BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
WEEK 2	MON	TUES	WED	THU	FRI
MEAT/MA	Hamburger w/bun -29g.	Chicken Taco (2)-31g.	WG Chicken Penne-42g	Asian chicken Stir Fry-44g	Calzone - 35 g.
MEAT/MA	French Bread Pizza - 33 g.	Chili-15g. w/10s	Southwestern Philly-62 g	Hot Dog on WG Bun - 28 g.	Chicken Filet Sandwich - 39 g.
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 -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN			Garlic Toast/Bread Stick -22 g.	Brown Rice -1/2 c-23 g.	
VEG	French Fries - 30 g.	Corn 1/2 c-19 g.	Broccoli- 4g	Cooked Carrots-8 g.	Baked Beans 1/2 c-29 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.	Pears - 20 g.	Fresh Fruit	Mandarin Oranges 1/2 c-17 g	Frozen Berries-22g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS	Marinara Sauce-3 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.	Mayo -2 g.		

WEEK 3	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Chunks - 7 g.	Taco Salad-5 g.			
MEAT/MA	American Cheese Steak on WG Bun-31 g.	Chicken Philly-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 -17g. (1 grain)	Dinner Roll -17g. (1 grain)			
GRAIN		WG Tostitos Chips-29g.			
GRAIN					
VEG	Sweet Potato Fries - 30 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.			
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.			
CONDIMENTS	Boom Boom Sauce-11g.	Ketchup- 3 g. & Mustard- 0 g.			
CONDIMENTS		Sour Cream - 3 g.			
Week 4	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	8/21/2019

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.

