

High School September 2018

WEEK 1

MEAT/MA		Chicken Sandwich - 39 g.	Pizza BD - 43 g.	Ling's General Tso -23 g.	Bosco Stick (2) -42 g.
MEAT/MA		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.
MEAT/MA		Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA		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				Brown Rice -1 c-46 g.	
GRAIN					
VEG		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.
FRUIT		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
CONDIMENTS		Ketchup- 3 g. /BBQ Sauce 11g	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Marinara Sauce-3 g.
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.		Sour Cream - 3g.	

WEEK 2

MEAT/MA	Hamburger w/Bun -27g.	Smothered Burrito-42g	Chicken Penne Alfredo -29 g.	Asian chicken Stir Fry 44g	Calzone - 35 g.
MEAT/MA	French Bread Pizza - 33 g.	Turkey Reuben-42 g.	Pork Chop Sandwich -42 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.	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 c-46 g.	
GRAIN					
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Refried Beans -30g	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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Applesauce-25 g.	Pears - 20 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	Marinara Sauce-3 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.			Ketchup- 3 g. & Mustard- 0 g.

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WEEK 3

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MEAT/MA	Boom Boom Chicken Chunks - 27 g.	Taco Salad-5 g.	Pizza BD - 43 g.	Not Fried Rice w/Egg Roll-	Potato Crusted Fish on WG Bun-37 g.
MEAT/MA	Sloppy Joe on Bun -36 g.	Chicken Sandwich - 39 g.	Southwestern Philly-62 g	Italian Meatball Sub- 38g	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	Peas & Carrots-9	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.	Mandarin Oranges 1/2 c-17 g	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	BBQ Sauce, 11 g.	Salsa-2 g.			
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.			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.	Spaghetti w/Meat Sauce-23g.	Chicken Bowl-33g.	Hot Ham & Cheese on WG Bun-34g.
MEAT/MA	Pulled Pork on WG Bun-38 g.	*Bratwurst/Bun -27g.	Quesadilla Burger-38g.	Fish Sticks-25g.	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		Chips (2) 38 g.	Garlic Toast -11 g.		
GRAIN					
GRAIN					
VEG	French Fries-24 g.	Black Bean Fiesta - 34 g.	Green Beans - 4 g.	Corn 1/2 c-19 g.	Asparagus-3g.
VEG	Cheesy Broccoli-7g.	Small Romaine Salad -5 g.		Mashed Potatoes -15g	
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.	Peaches 1/2 c. - 17 g.	Juice -21 g/Grape Juice 28g
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	100% Fruit Juice 21 g.	Baked Apples- 26g
FRUIT	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.		Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	BBQ Sauce, 11 g./Mayo-2g.	Ketchup- 3 g. & Mustard- 0 g.	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Mayo -2 g.	Salsa-/2gSour Cream - 3g.	Mayo -2 g.	Tartar Sauce-3g.	Mayo -2 g.

Dark Green	Starchy	Red/Orange	Legumes
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8/18/2018

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.

