

## September Middle Menu 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	Polsoo Duck (1) -21 g. w/Chin Toz. 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 Mealball 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.		

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WEEK 3	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Tenders(4)- 19 g.	Chicken & Cheese Enchilada-g.	Spaghetti w/Meat Sauce-23g.	Asian chicken Stir Fry 44g	Mac & Cheese-43g.
MEAT/MA	Meat Loaf Sandwich-27g.	Southwestern Philly-62 g	Fish Sticks-23g.	Cheeseburger- 22.2g	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			Garlic Toast -11 g.	Brown Rice -1/2 c-23 g.	
VEG			Broccoli- 4g		
VEG	Maple Roast Sweet Potato - 35 g.	Black Bean Fiesta - 34 g.	Small Romaine Salad -5 g.		Peas 1/2 cup-7g.
VEG		Small Romaine Salad -5 g.	with Grape Tomatoes	Antiqua Blend Veggies	
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	Rosy Applesauce- 26g
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.	Ketchup- 3 g. & Mustard- 0 g.	
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.	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.

<b>CONDIMENTS</b>	Mayo -2 g.	Salsa/-2g Sour Cream - 3g.	Mayo -2 g.	Mayo -2 g.	
	<b>Dark Green</b>	<b>Starchy</b>	<b>Red/Orange</b>	<b>Legumes</b>	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. Petite Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.





