

High School September 2016

| WEEK 1 | MON 9/5 | TUES 9/6 | WED 9/7 | THU 9/8 | FRI 9/9 |
|------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| MEAT/MA | NO SCHOOL | Beef & Cheese Nachos -7 g. | Meatball Sub- 38g | Chicken Chunks- 17 g. | BD Cheese Pizza-36g |
| MEAT/MA | | Chicken Sandwich - 39 g. | SW Chicken Wrap-38 g | Pulled Pork Sandwich- 39g | 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 | | | | | |
| GRAIN | | Chips (2) 38 g. | | | |
| GRAIN | | Dinner Roll -12g. (1 grain) | Dinner Roll -12g. (1 grain) | Dinner Roll -12g. (1 grain) | Dinner Roll -12g. (1 grain) |
| GRAIN | | | | | |
| GRAIN | | | | | |
| VEG | | Small Romaine Salad -5 g. | Sweet Potato Fries - 30 g. | Broccoli- 4g | Corn 1/2 c-19 g. |
| VEG | | Refried Beans -30g | Green Beans - 4 g. | | Baby Carrots -11g. w/Dip-7 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. |
| FRUIT | | Peaches 1/2 c. - 17 g. | Pears - 20 g. | Pineapple Tidbits - 16 g. | Frozen Fruit Cup-18 g. |
| FRUIT | | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl |
| CONDIMENTS | | Salsa-2 g. | | BBQ Sauce, 11 g. | |
| CONDIMENTS | | Sour Cream - 3g. | | | |
| WEEK 2 | MON 9/12 | TUES 9/13 | WED 9/14 | THU 9/15 | FRI 9/16 |
| MEAT/MA | Chicken Sandwich - 39 g. | Taco Salad w/Fritos-39 g. | Chicken Penne Alfredo -29 g. | Lings Chicken-23g | Grilled Cheesewich-27g |
| MEAT/MA | Hot Dog on Bun - 28 g. | BBQ Rib on Bun - 32 g. | Bacon Cheeseburger-29g | Fish Sandwich- 42g | See Manager |
| MEAT/MA | Sub -30 g. | Wrap - 30 g. | Sub -30 g. | Wrap - 30 g. | Sub -30 g. |
| MEAT/MA | Chef Salad-10g | Chef Salad-10g | Chef Salad-10g | Chef Salad-10g | Chef Salad-10g |
| MEAT/MA | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. | Cheese Sandwich 26 g. |
| GRAIN | | | | | |
| 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-28 g. | |
| GRAIN | | | | | Twister Fries - 15g |
| VEG | California Blend -3 g. | Black Bean Fiesta - 34 g. | Corn 1/2 c-19 g. | Cooked Carrots-8 g. | Mixed Vegetables-9g |
| VEG | | Shredded Romain -1 g. | Prince Edward - 3 g. | Peas -9 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. | Raw Veggies-6 g. w/Ranch Dip -3 g. | Raw Veggies-6 g. w/Ranch Dip -3 g. | Raw Veggies w/ Ranch Dip |
| FRUIT | Rosy Applesauce- 26g | Pineapple Tidbits - 16 g. | Peaches 1/2 c. - 17 g. | Mandarin Oranges 1/2 c-17 g | Juice-21g Grape=28g |
| FRUIT | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl |
| FRUIT | | | | | Mixed Fruit-18 g. |
| CONDIMENTS | Ketchup- 3 g. & Mustard- 0 g. | Salsa-2 g. | Ketchup- 3 g. & Mustard- 0 g. | | Ketchup- 3 g. & Mustard- 0 g. |

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| CONDIMENTS | BBQ Sauce, 11 g. | Sour Cream - 3g. | Marinara Sauce-3 g. | | |
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| WEEK 3 | MON 9/19 | TUES 9/20 | WED 9/21 | THU 9/22 | FRI 9/23 |
|------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| MEAT/MA | Double Cheeseburger-29g | Smothered Burrito-42g | Turkey & Gravy 6 oz - 3g | Beef Broccoli Rice Bowl | BD Cheese Pizza-36g |
| MEAT/MA | Chicken Sandwich - 39 g. | Chicken Philly Sand- 28g | Pork Chop Sand- 42g | Sloppy Joe/Bun- 36g | 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 | | | | | |
| 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 | | | | | |
| GRAIN | | Refried Beans -30g | | | |
| VEG | Baked Beans -29g | Corn 1/2 c-19 g. | Mashed Potatoes -15g | Green Beans - 4 g. | Small Romaine Salad -5 g. |
| VEG | Sweet Potato Fries - 30 g. | Small Romaine Salad -5 g. | California Blend-5g | Broccoli- 4g | Cooked Carrots-8 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 | Pears - 20 g. | Pineapple Tidbits - 16 g. | Mixed Fruit-18 g. | Mandarin Oranges 1/2 c-17 g | Rosy Applesauce- 26g |
| FRUIT | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl |
| CONDIMENTS | BBQ Sauce, 11 g. | Salsa-2 g. | Gravy - 3g | BBQ Sauce, 11 g. | Frozen Fruit Cup-18 g. |
| CONDIMENTS | Ketchup- 3 g. & Mustard- 0 g. | Sour Cream - 3 g. | Ketchup- 3 g. & Mustard- 0 g. | | Ketchup- 3 g. & Mustard- 0 g. |
| Week 4 | MON 9/26 | TUES 9/27 | WED 9/28 | THU 9/29 | FRI 9/30 |
| MEAT/MA | Philly Cheese Sandwich - 31 g. | Chicken Enchilada-36g | Sausage Patty (1) 5g | Ling's Orange Chicken -19 g. | Calzone - 35 g. |
| MEAT/MA | Chicken Tenders - 4=19g | BBQ Beef Rib Sandwich-32g | Bratwurst/Bun -27g. | 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 | | | French Toast- 29g | Fried Rice -27 g. | |
| GRAIN | | | | | |
| GRAIN | | | | | |
| VEG | Cooked Spinach-4g | Black Bean Fiesta - 34 g. | Prince Edward - 3 g. | Green Beans - 4 g. | Small Romaine Salad -5 g. |
| VEG | Cheesy Cauliflower- 7g | Corn 1/2 c-19 g. | Seasoned Potato Cubes-18 g. | Cooked Carrots-8 g. | Conquest Fries - 21g |
| 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. | Mixed Fruit-18 g. | Rosy Applesauce-25 g. | Mandarin Oranges 1/2 c-17 g | Juice-21g Grape=28g |
| FRUIT | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Fresh Fruit Bowl | Pears - 20 g. |
| FRUIT | | BBQ Sauce, 11 g. | | | Fresh Fruit Bowl |
| CONDIMENTS | BBQ Sauce, 11 g. | Salsa-2 g. | Ketchup- 3 g. & Mustard- 0 g. | | |

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| CONDIMENTS | Mayo -2 g. | Sour Cream - 3g. | Syrup -28 g. | | |
| | Dark Green | Starchy | Red/Orange | Legumes | 8/11/2016 |

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.

