

High School February 2017

WEEK 1	MON	TUES	WED 02/01	THUR 02/02	FRI 02/03
MEAT/MA			PopCorn Chicken-15g	Spaghetti w/Meat Sauce-23g.	Calzone - 35 g.
MEAT/MA			Table-33g.	Hamburger w/bun -27g.	See Manager
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			Wrap - 30 g.	Wrap - 30 g.	Wrap - 30 g.
GRAIN			Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				Garlic Toast -11 g.	
VEG			Corn 1/2 c-19 g.	Small Romaine Salad -5 g.	Cooked Carrots-8 g.
VEG			Mashed Potatoes -15g	with Grape Tomatoes	
VEG			Raw Veggies-6 g. w/Ranch Dip -3 g.	Green Beans - 4 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT				Raw Veggies-6 g. w/Ranch Dip -3 g.	
FRUIT			Pears - 20 g.	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.
CONDIMENTS			Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS			Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.	Juice-21g Grape=28g
CONDIMENTS				BBQ Sauce, 11 g.	Marinara Sauce-3 g.
WEEK 2	MON 02/06	TUES 02/07	WED 02/08	THUR 02/09	FRI 02/10
MEAT/MA	Sausage Patty (1) 5g	Soft Shell Taco-24 g.	Teriyaki Chicken-20g.	French Bread Cheese Pizza -33g	Pizza BB - 45 g. (check w/mgr)
MEAT/MA	Chicken Tenders - 4=19g	Pulled Pork Sandwich- 39g	Fish Sandwich- 42g	Bacon Cheeseburger-29g	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		Brown Rice -1/2 c-28 g.		
GRAIN	Garlic Toast -11 g.		Fried Rice - 49 g.		
VEG		Refried Beans -30g		Sweet Potato Fries - 30 g.	
VEG	Seasoned Potato Cubes-18 g.	Shredded Romain -1 g.	Cooked Carrots-8 g.	Broccoli- 4g	Mixed Vegetables-9g
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 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.
FRUIT	Rosy Applesauce-25 g.	Pineapple Tidbits - 16 g.	Mandarin Oranges 1/2 c-17 g	Peaches 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
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		Marinara Sauce -3g.	Juice-21g Grape=28g
CONDIMENTS	Syrup -28 g. BBQ Sauce-11g.	Sour Cream - 3g.	ketchup- 3 g. & mustard- 0 g.	ketchup- 3 g. & mustard- 0 g.	
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WEEK 3	MON 02/13	TUES 02/14	WED 02/15	THUR 02/16	FRI 02/17
MEAT/MA	Chicken Sandwich - 39 g.	Baked Chicken-19 g.	Beef Broccoli Rice Bowl	Meatball Sub- 38g	Potato Crusted Fish 41g.

MEAT/MA	4oz.-15g.	Mgr. Choice-see Mgr.	*Pork Chop Sand- 42g	Chicken Chunks - 17 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	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 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.		
VEG		Green Beans - 4 g.			
VEG	California Blend-5g	Mashed Potatoes -15g	Broccoli- 4g	Sweet Potato Fries - 30 g.	Baked Beans -29g
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.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT	Mandarin Oranges 1/2 c-17 g	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Fresh Fruit Bowl	Gravy - 3g			Juice-21g Grape=28g
CONDIMENTS	Tartar Sauce/Mayo	Cookie-	Ketchup- 3 g. & Mustard- 0 g.	Marinara Sauce-3 g.	Ketchup- 3 g. & Mustard- 0 g.
Week 4	MON 02/20	TUES 02/21	WED 02/22	THUR 02/23	FRI 02/24
MEAT/MA	NO SCHOOL	Beef & Cheese Nachos -7 g.	Lings Chicken-23g	Chicken Penne Alfredo -29 g.	Pizza BD - 43 g. (Check w/Mgr)
MEAT/MA		Hot Dog on Bun - 28 g.	Sloppy Joe/Bun- 36g	*Bratwurst/Bun -27g.	See Manager
MEAT/MA	PRESIDENT'S DAY	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		Chips (2) 19 g.	Brown Rice -1/2 c-28 g.	Garlic Toast -11 g.	
GRAIN			Fried Rice - 49 g.		
GRAIN				Small Romaine Salad -5 g.	
VEG		Black Bean Fiesta - 34 g.	Broccoli- 4g	with Grape Tomatoes	Mixed Vegetables-9g
VEG		Shredded Romain -1 g.		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.
FRUIT		Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT		Salsa-2 g.			Juice-21g Grape=28g
CONDIMENTS		Sour Cream - 3g.			
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
Week 5	MON 02/27	TUE 02/28			
MEAT/MA	Chicken Chunks - 17 g.	Shrimp Poor Boy Sandwich-51g.			
MEAT/MA	Beef & Cheese Philly-	Ham & Cheese Stuffer			
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					
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GRAIN	Potato Wedges-19g.				
VEG	Broccoli- 4g	Rice w/Red Beans			
VEG		Black Bean Fiesta - 34 g.			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.			
FRUIT	Pineapple Tidbits - 16 g.	Pears - 20 g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
FRUIT		Strawberry Dessert			
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	BBQ Sauce, 11 g.			
CONDIMENTS	BBQ Sauce, 11 g.	Boom,Boom Sauce-11g.			
	Dark Green	Starchy	Red/Orange	Legumes	1/15/2017

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.



