

High School January 2017

WEEK 1	MON 01/09	TUES 01/10	WED 01/11	THUR 01/12	FRI 01/13
MEAT/MA	Chicken Sandwich - 39 g.	Smothered Burrito-42g	Lings Chicken-23g	Spaghetti w/Meat Sauce-23g.	
MEAT/MA	Pizza BD - 43 g.	Ham & Cheese Stufe-32 g.	*Pork Chop Sand- 42g	Chicken Philly Sand- 28g	
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	No School
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	
GRAIN				Dinner Roll -12g. (1 grain)	
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		
VEG			Garlic Toast -11 g.	Potato Wedges-19g.	
VEG	California Blend-5g	Refried Beans -30g	Broccoli- 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		Raw Veggies-6 g. w/Ranch Dip -3 g.		Green Beans - 4 g.	
FRUIT	Pears - 20 g.	Pineapple Tidbits - 16 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	
CONDIMENTS	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
CONDIMENTS		Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS		Sour Cream - 3 g.		BBQ Sauce, 11 g.	
WEEK 2	MON 01/16	TUES 01/17	WED 01/17	THUR 01/18	FRI 01/19
MEAT/MA		Beef & Cheese Nachos -7 g.	Asian Shrimp Bowl-58 g.	Meatball Sub- 38g	Pizza BD - 43 g. (Check w/Mgr)
MEAT/MA		Hot Dog on Bun - 28 g.	BBQ Rib on Bun - 32 g.	Chicken Chunks- 17 g.	See Manager
MEAT/MA		Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	No School	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.		
GRAIN					
VEG		Potato Wedges-19g.			
VEG		Black Bean Fiesta - 34 g.	Cooked Carrots-8 g.	Cheesy Broccoli- 11g	Mixed Vegetables-9g
VEG		Shredded Romain -1 g.	Broccoli- 4g		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		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
CONDIMENTS		Salsa-2 g.		Pico de Gallo-3g./Marinara Sauce-3g.	Juice-21g Grape=28g
CONDIMENTS		Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	
		High School January 2017			
WEEK 3	MON 01/23	TUES 01/24	WED 01/25	THUR 01/26	FRI 01/26

MEAT/MA	Potato Crusted Fish-14g. w/Dinner Roll	Soft Shell Taco-24 g.	PopCorn Chicken-15g	French Bread Cheese Pizza -33g	Calzone - 35 g.
MEAT/MA	Beef & Cheese Philly-	Pulled Pork Sandwich- 39g	Jalapeno Stuffed Sandwich/Fathers Table-33g.	Gyro w/Cucumber Sauce-31g	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	Garlice Bread Stick-12g.				
VEG			Corn 1/2 c-19 g.	Broccoli- 4g	Cooked Carrots-8 g.
VEG	Peas -9 g.	Refried Beans -30g	Mashed Potatoes -15g	Sweet Potato Fries - 30 g.	
VEG	Prince Edward - 3 g.	Shredded Romain -1 g.	Green Beans - 4 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		Pears - 20 g.		Peaches 1/2 c. - 17 g.	Mixed Fruit-18 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	Salsa-2 g.	Gravy - 3g		Frozen Fruit Cup-18 g.
CONDIMENTS	Tartar Sauce/Mayo	Sour Cream - 3g.		Marinara Sauce-3 g.	Marinara Sauce-3 g.
Week 4	MON 01/30	TUES 01/31			
MEAT/MA	Chicken Chunks - 17 g.	Quesadilla Burger-36g.			
MEAT/MA	Gilardi- Cheesy Breadstick-28 g. w/Chili 4oz.-15g.	Bratwurst/Bun -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 -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN					
GRAIN					
VEG	Broccoli- 4g	Sweet Potato Fries - 30 g.			
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		Pico de Gallo-3g./Marinara Sauce-3g.			
CONDIMENTS	Marinara Sauce-3 g.	Salsa-2 g.			
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			
Week 5					

MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	12/1/2016

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. Petie Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.



