Week Four Portion Guide 2021/22 School Year (Carbs & Allergens)

		ES	MS	HS	ES	MS	HS	ES	MS	HS
Monday, September 20, 2021										
Chicken Nuggets	*Wheat, Soy*	5 pc	6 pc	7 pc	2M.1G	2.25M.1G	2.75M.1.25G	9g	11g	13g
Seasoned Wedges (substitute product)	*Wheat*	2 ea (2.5oz)	3ea (3.75oz)	4ea (5oz)	1V	1.5V	2V	16g	24g	32g
Mini Garlic Toast (1 each)	*Wheat*	1 pc	1 pc	1 pc	1G	1G	1G	11g	11g	11g
Secondary Option										
Dynamite Sliders										
Dynamite Seasoned Beef, 85/15 Ground Beef		-	1/2 cup (3.75oz)	1/2 cup (3.75oz)	-	2M	3M	-	1g	1g
Bun (by itself)	*Wheat*	-	1 ea.	1 ea.	-	2G	2G	-	26g	26g
Assorted Chips	*May include Milk, Wheat*	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g
Tuesday, September 21, 2021										
Foster Farm WG LF Chicken Corn Dog	*Wheat, Soy, Egg*	1 corn dog (112g)	1 corn dog (112g)	1 corn dog (112g)	2M, 2G	2M, 2G	2M, 2G	30g	30g	30g
Assorted Chips	*May include Milk, Wheat*	1 package	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g
Secondary Option										
Falafel and Hummus	*VEGAN*									
Falafel		-	2 balls (2oz)	3 balls (3oz)	-	2M	3M	-	15g	23g
Hummus		-	1/4 cup (2oz)	1/3 cup (3oz)	-	1M	1M	-	24g	36g
Tomato & Cucumber		-	1/4 cup (2oz)	1/3 cup (3oz)	-	1 V	1.5V	-	3g	4g
Flatbread	*Wheat, Milk, Soy, Sesame*	2.2oz	2.2oz	2.2oz	2G	2G	2G	28g	28g	28g
Wednesday, September 22, 2021										
Baked Potato Bar	*VEGETARIAN*									
Baked Potatoes (90 count ES / 70 count MS/HS)		1 each (6.5oz)	1 each (8oz)	1 each (8oz)	2V	2V	2V	43g	49g	49g
Shredded Cheddar Cheese	*Dairy*	1/4 cup (1oz)	1/2 cup (2oz)	1/2 cup (2oz)	1M	2M	2M	1g	1g	1g
Steamed Broccoli		1/2 cup	1/2 cup	1/2 cup	1V	1V	1V	2g	2g	2g
Secondary Option										
Pulled Pork Sandwich w/ Bun										
Pulled Pork, Braised		-	1/2 cup (4oz)	1/2 cup (4oz)	-	2M	2M	-	2g	2g
Hoagie Roll	*Wheat*	-	1 roll	1 roll	-	2.25G	2.25G	-	41g	41g
Sun Chips	*Wheat*	-	1 pkg (28.3g)	1 pkg (28.3g)	-	1G	1G	19g	19g	19g
Romaine with Cabbage, Carrot & Kale		-	1/2 cup (1oz)	1/2 cup (1oz)	-	1/4V	1/4V		2g	2g
Creamy Italian Vinaigrette	*Egg*	-	2 Tbsp (28g)	2 Tbsp (28g)	-	-	-	-	2g	2g
Thursday, September 23, 2021										
Pizza Slice (Wild Mike's)	*VEGETARIAN*									
Pizza Slice	*Dairy, Wheat*	1 slice	-	-	2M.2G	-	-	34g	-	-
Caesar Salad*	*Dairy, Egg*	Bulk	-	-	1V, 0.5M	-	-	6.99g	-	-
Secondary Serve r**PIZZA MANUFACTURER**	*VEGETARIAN*									
Cheese Pizza Slice (Bella Rose)	*Dairy, Wheat*	-	. slice (6.07 oz) 8 cu	slice (8.09 oz) 6 cu	-	25V, 2.5MMA, 2.5G	.5V, 3MMA, 3G	-	39g	52g
Peperoni Pizza Slice (Bella Rose)	*Dairy, Wheat (*Contains Pork)*	-	. slice (6.21 oz) 8 cu	slice (8.27 oz) 6 cu	-	25V, 2.5MMA, 2.5G	.5V, 3MMA, 3G	-	39g	52g
Caesar Salad* Romaine		-	1C	1C	-	1V	1V	-	2g	2g
Scratch made dressing	*Dairy, Egg*	-	1.5oz	1.5oz	-			-	2g	2g
Friday, September 24, 2021										
Purple Friday (No School)										