

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

Menu Item	ALLERGENS	Portion Size			Meal Patterns			Carbohydrate		
		ES	MS	HS	ES	MS	HS	ES	MS	HS
Monday, October 18, 2021										
Chicken Nuggets	<i>Wheat, Soy</i>	5 pc	6 pc	7 pc	2M,1G	2.25M,1G	2.75M,1.25G	9g	11g	13g
Seasoned Wedges (substitute product)	<i>Wheat</i>	2 ea (2.5oz)	3ea (3.75oz)	4ea (5oz)	1V	1.5V	2V	16g	24g	32g
Breadstick	<i>Wheat</i>	1 pc	1 pc	1 pc	1G	1G	1G	14g	14g	14g
Secondary Option										
Breakfast Pizza 3x5 WW	<i>Wheat, Egg, Soy, Milk</i>		2 Pieces (4.94oz)	2 Pieces (4.94oz)		2MMA / 2G	2MMA / 2G		26g	26g
Seasoned Potatoes (Scratch Made)		-	1/2 Cup (4oz)	1/2 Cup (4oz)	-	2 V	2 V	-	13g	13g
Tuesday, October 19, 2021										
Hemplers Hot Dog - only*		1 wiener (57g)	1 wiener (57g)	1 wiener (57g)	2M	2M	2M	2g	2g	2g
Whole Wheat Bun*	<i>Wheat</i>	1 bun (60g)	1 bun (60g)	1 bun (60g)	2G	2G	2G	27g	27g	27g
Assorted Chips	<i>May include Milk, Wheat</i>	1 package	1 package	1 package	-	-	-	16 - 19g	16 - 19g	16 - 19g
Secondary Option										
BLT Hoagie										
Bacon		-	1 slice (1.3oz)	1 slice (1.3oz)	-	1M	1M	-	-	-
Turkey		-	2 slices (1.7oz)	2 slices (1.7oz)	-	1M	1M	-	-	-
Lettuce leaf, fresh		-	1 leaf (.5oz)	1 leaf (.5oz)	-	.125V	.125V	-	.5g	.5g
Tomato slice, fresh		-	2 slices (1oz)	2 slices (1oz)	-	.25V	.25V	-	1g	1g
Hoagie Roll (Franz)	<i>Wheat</i>	-	1 roll (3oz)	1 roll (3oz)	-	2G	2G	-	37g	37g
Assorted Chips	<i>May include Milk, Wheat</i>	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g
Wednesday, October 20, 2021										
Trident Fish Stick, Pollock	<i>Fish, Wheat, Egg, Soy</i>	3 stick (113g)	4 stick (113g)	4 stick (113g)	1.5M 1.125G	2M 1.5G	2M 1.5G	12.75g	17g	17g
Shredded Cabbage		1 oz (1/2 cup)	1 oz (1/2 cup)	1 oz (1/2 cup)	.5V	.5V	.5V	2g	2g	2g
Seasoned Mayo	<i>Egg</i>	1 oz	1 oz	1 oz	-	-	-	2g	2g	2g
Dinner Roll, whole wheat (1oz)	<i>Wheat, Milk, Soy, Egg</i>	-	1pc	1pc	-	1G	1G	-	14g	14g
Secondary Option										
Pacific Rim Noodle Salad	<i>VEGETARIAN (without Chicken)</i>				1M,1G	1.5M,1.5G	2M,2G			
Spaghetti Noodles, Whole Wheat *(dressed with marinade)	<i>Wheat, Soy</i>	-	1 cup (2oz dry)	1 cup (2oz dry)	-	1.5G	2G	-	43g	43g
*Yakisoba / Marinade	<i>Wheat, Soy</i>	-	1/4 cup (2 oz)	1/4 cup (2 oz)	-	-	-	-	16g	16g
Confetti Blend & Broccoli		-	2.5 cup (3 oz)	2.5 cup (3 oz)	-	1V	1V	-	4g	4g
Grilled Chicken		-	1/2 cup (2oz)	1/2 cup (2oz)	-	2M	2M	-	-	-
Thursday, October 21, 2021										
Pizza Square (Tony's)	<i>Dairy, Wheat</i>	1 slice	-	-	2M,2G			34g		
Caesar Salad* Romaine		1C	-	-	1V	-	-	2g	-	-
Scratch made dressing	<i>Milk, Egg</i>	1.5oz	-	-	-	-	-	2g		
Secondary Serve										
Cheese Pizza Slice (Bella Rose)	<i>Milk, Wheat</i>	-	1 slice (6.07 oz) 8 cut	1 slice (8.09 oz) 6 cut	-	.25V, 2.5MMA, 2.5G	.5V, 3MMA, 3G	-	39g	52g
Peperoni Pizza Slice (Bella Rose)	<i>Milk, Wheat (*Contains Pork)</i>	-	1 slice (6.21 oz) 8 cut	1 slice (8.27 oz) 6 cut	-	.25V, 2.5MMA, 2.5G	.5V, 3MMA, 3G	-	39g	52g
Caesar Salad* Romaine		-	1C	1C	-	1V	1V	-	2g	2g
Scratch made dressing	<i>Milk, Egg</i>	-	1.5oz	1.5oz	-	-	-	-	2g	2g
Secondary Option										
Pasta & Meatballs	<i>VEGETARIAN (without meatballs)</i>									
Penne Pasta, Whole Wheat, Barilla (may not be ww)	<i>Wheat</i>	-	1 cup (2oz dry)	1 cup (2oz dry)	-	2G	2G	-	41g	41g
Two-Ton Tomato Sauce (Marinara)		-	1/2 cup (4oz)	1/2 cup (4oz)	-	1.5V	1.5V	-	10g	10g
RAGU, Meat sauce		-	3oz (2.3oz)	3oz (2.3oz)	-	2.25M	2.25M	-	1g	1g
Breadstick	<i>Wheat</i>	-	1 pc	1 pc	-	1G	1G	-	14g	14g
Friday, October 22, 2021										
Nacho Bar					2M,1.5G	2.75M,2.25G	3.5M,3G			
Tortilla Chips		1oz	1.5oz	2oz	1.5G	2.25G	3G	20g	30g	40g
Queso Cheese Sauce	<i>Milk</i>	1/4 cup	1/4 cup	1/4 cup	1M	1M	1M	4g	4g	4g
Seasoned Beef, 85/15 Ground Beef		1/4 cup (1.3 oz)	1/3 cup (1.7 oz)	1/2 cup (2.5oz)	1M	1.5M	2M	0.18g	0.24g	0.35g
Grilled 100% Beef Burger with Cheese on Bun (Advance Pierre)		-	1	1	-	2.5M,2G	2.5M,2G	-	28g	28g
Beef Patty		-	1 ea.	1 ea.	-	2M	2M	-	1g	1g
Bun (by itself)	<i>Wheat</i>	-	1 ea.	1 ea.	-	2G	2G	-	26g	26g
Cheddar Cheese	<i>Milk</i>	-	1 slice (1/2 ounce)	1 slice (1/2 ounce)	-	.5M	.5M	-	1g	1g
Assorted Chips	<i>Milk, Wheat</i>	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g

NSLP Daily Meal Pattern > Elementary 1cup Milk, 1oz M/MA, 3/4 cup Vege, 1/2 Cup Fruit, 1 oz Grain > Middle School 1cup Milk, 1oz M/MA, 3/4 cup Vege, 1/2 Cup Fruit, 1 oz Grain > High School 1cup Milk, 2oz M/MA, 1 Cup Vege, 1 Cup Fruit, 2 oz Grain