

Week Fourteen, November 29 - December 3 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, November 29, 2021										
Hemplers Hot Dog - only*		1 wiener (57g)	1 wiener (57g)	1 wiener (57g)	2M	2M	2M	2g	2g	2g
Whole Wheat Bun*	Wheat	1 bun (60g)	1 bun (60g)	1 bun (60g)	2G	2G	2G	27g	27g	27g
Assorted Chips	May include Milk, Wheat	1 package	1 package	1 package	-	-	-	16 - 19g	16 - 19g	16 - 19g
Secondary Option										
Chicken Drumstick (Breaded)	Wheat	-	1 pc (94g)	1 pc (94g)	-	2M .75G	2M .75G	-	6g	6g
Baked Beans		-	1/2 cup	1/2 cup	-	1V	1V	-	27g	27g
Dinner Roll, whole wheat (1oz)	Wheat	-	1pc	1pc	-	1G	1G	-	14g	14g
Tuesday, November 30, 2021										
Breaded Chicken Patty (Pilgrims Pride OSPI)	Soy, Wheat	1 patty	1 patty	1 patty	2MMA / 1 G	2MMA / 1 G	2MMA / 1 G	13g	13g	13g
Whole Wheat Bun	Wheat	1 bun (60g)	1 bun (60g)	1 bun (60g)	2G	2G	2G	26g	26g	26g
Seasoned Wedges (substitute product)	Wheat	2 ea (2.5oz)	3ea (3.75oz)	4ea (5oz)	1V	1.5V	2V	16g	24g	32g
Secondary Option										
Breakfast Sandwich	VEGETARIAN (without Sausage)									
English Muffin	Wheat	-	1 ea.	1 ea.	-	2G	2G	-	24g	24g
Ham, Sliced		-	1 pc	1 pc	-	2M	2M	-	-	-
Egg Patty	Egg	-	1 pc	1 pc	-	1M	1M	-	-	-
Cheddar Cheese, Sliced	Dairy	-	1/2 slice	1/2 slice	-	-	-	-	-	-
Seasoned Potatoes (Scratch Made)		-	1/2 Cup (4oz)	1/2 Cup (4oz)	-	2 V	2 V	-	13g	13g
Wednesday, December 1, 2021										
Trident Fish Stick, Pollock	Fish, Wheat, Egg, Soy	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	Egg	1 oz	1 oz	1 oz	-	-	-	2g	2g	2g
Dinner Roll, whole wheat (1oz)	Wheat	-	1pc	1pc	-	1G	1G	-	14g	14g
Secondary Option										
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
Cheddar Cheese	Milk	-	1/2 slice	1/2 slice	-	.5M	.5M	-	1g	1g
Bun (by itself)	Wheat	-	1 ea.	1 ea.	-	2G	2G	-	26g	26g
Assorted Chips	Milk, Wheat	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g
Thursday, December 2, 2021										
Pizza Slice (Wild Mike's / Elementary)	Dairy, Wheat	1 slice (10 cut)	-	-	2M,2G	-	-	34g	-	-
Cheese Pizza Slice (Big Daddy)	Milk, Wheat	-	1 slice (5.6 oz) 8 cut	1 slice (7.5 oz) 6 cut	-	.25V, 2MMA, 2G	.5V, 3MMA, 3G	-	43g	57g
Peperoni Pizza Slice (Big Daddy)	Milk, Wheat (*Contains Pork)	-	1 slice (5.5 oz) 8 cut	1 slice (7.3 oz) 6 cut	-	.25V, 2MMA, 2G	.5V, 3MMA, 3G	-	42g	56g
Caesar Salad* Romaine		1C	1C	1C	1V	1V	1V	2g	2g	2g
Scratch made dressing	Milk, Egg	1.5oz	1.5oz	1.5oz	-	-	-	2g	2g	2g
Secondary Option										
Beef, Bean & Cheese Burrito (El Extremo)	Wheat, Soy, Milk	-	1ea (5oz)	1ea (5oz)	-	2M 2G	2M 2G	-	38g	38g
Bean & Cheese Burrito, El Monterey (Vegetarian Option 4oz) (not whole)	Wheat, Milk	-	1ea (4oz)	1ea (4oz)	-	2M	2M	-	33g	33g
Tortilla Chips		1oz	2oz	2oz	1G	2G	2G	20g	40g	40g
Friday, December 3, 2021										
Pancake on stick (pancake wrapped turkey sausage)	Wheat, Soy, Egg, Gluten	1pc (2.7oz)	2pc (5.5oz)	2pc (5.5oz)	1M, 1G	2M, 2G	2M, 2G	17g	34g	34g
Hashbrown Triangle	Soy	1 ea (2oz)	2 ea (2oz)	2 ea (2oz)	.5V	1V	1V	14g	28g	28g
Tater Puffs	Soy	1/2 cup (7 each)	3/4 cup (10 each)	1 cup (15 each)	1V	1.5V	2V	13g	19g	28g
Secondary Option										
BLT Hoagie										
Bacon		-	1 slices (1.3oz)	1 slices (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)	Wheat	-	1 roll (3oz)	1 roll (3oz)	-	2G	2G	-	37g	37g
Assorted Chips	May include Milk, Wheat	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g