

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*	<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										
Chicken Drumstick (Breaded)	<i>Wheat</i>	-	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)	<i>Wheat</i>	-	1pc	1pc	-	1G	1G	-	14g	14g
Tuesday, November 30, 2021										
Breaded Chicken Patty (Pilgrims Pride OSPI)	<i>Soy, Wheat</i>	1 patty	1 patty	1 patty	2MMA / 1 G	2MMA / 1 G	2MMA / 1 G	13g	13g	13g
Whole Wheat Bun	<i>Wheat</i>	1 bun (60g)	1 bun (60g)	1 bun (60g)	2G	2G	2G	26g	26g	26g
Seasoned Wedges (substitute product)	<i>Wheat</i>	2 ea (2.5oz)	3ea (3.75oz)	4ea (5oz)	1V	1.5V	2V	16g	24g	32g
Secondary Option										
Breakfast Sandwich	<i>VEGETARIAN (without Sausage)</i>									
English Muffin	<i>Wheat</i>	-	1 ea.	1 ea.	-	2G	2G	-	24g	24g
Ham, Sliced		-	1 pc	1 pc	-	2M	2M	-	-	-
Egg Patty	<i>Egg</i>	-	1 pc	1 pc	-	1M	1M	-	-	-
Cheddar Cheese, Sliced	<i>Dairy</i>	-	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 Nuggets, 1oz Bites	<i>Fish, Wheat, Egg, Soy</i>	4 pieces (4oz)	5 pieces (5oz)	6 pieces (6oz)	2M 1.5G	2.5M, 2.25G	3M 2.5G	20g	25g	30g
Tater Puffs	<i>Sov</i>	1/2 cup (7 each)	3/4 cup (10 each)	1 cup (15 each)	1V	1.5V	2V	13g	19g	28g
Shredded Cabbage		1 oz (1/2 cup)	1 oz (1/2 cup)	1 oz (1/2 cup)	.5V	.5V	.5V	2g	2g	2g
Coleslaw Dressing	<i>Egg</i>	1 oz	1 oz	1 oz	-	-	-	2g	2g	2g
TarTar Sauce	<i>Egg</i>	1 oz	1 oz	1 oz	-	-	-	2g	2g	2g
Appleways Veggie Chips (Extra grain component)	<i>Wheat, Soy & Milk</i>	1pc	1pc	1pc	1G	1G	1G	18g	18g	18g
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	<i>Milk</i>	-	1/2 slice	1/2 slice	-	.5M	.5M	-	1g	1g
Bun (by itself)	<i>Wheat</i>	-	1 ea.	1 ea.	-	2G	2G	-	26g	26g
Assorted Chips	<i>Milk, Wheat</i>	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g
Thursday, December 2, 2021										
Pizza Slice (Wild Mike's / Elementary)	<i>Dairy, Wheat</i>	1 slice (10 cut)	-	-	2M,2G	-	-	34g	-	-
French bread Pizza, peperoni (Tony's)	<i>Dairy, Wheat</i>	-	1 slice	1 slice	-	2M,2G	2M,2G	-	35g	35g
Caesar Salad* Romaine		1C	1C	1C	1V	1V	1V	2g	2g	2g
Scratch made dressing	<i>Milk, Egg</i>	1.5oz	1.5oz	1.5oz	-	-	-	2g	2g	2g
Secondary Option										
Beef, Bean & Cheese Burrito (El Extremo)	<i>Wheat, Soy, Milk</i>		1ea (5oz)	1ea (5oz)	-	2M 2G	2M 2G	-	38g	38g
Bean & Cheese Burrito, El Monterey (Vegetarian Option 4oz) (not whole)	<i>Wheat, Milk</i>	-	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 tukrey sausage)	<i>Wheat, Soy, Egg, Gluten</i>	1pc (2.7oz)	2pc (5.5oz)	2pc (5.5oz)	1M, 1G	2M, 2G	2M, 2G	17g	34g	34g
Hashbrown Triangle	<i>Soy</i>	1 ea (2oz)	2 ea (2oz)	2 ea (2oz)	.5V	1V	1V	14g	28g	28g
Tater Puffs	<i>Soy</i>	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)	<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

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