

Week Thirty Nine, May 23 - 27 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, May 23, 2022										
Waffles (Eggo)	<i>Wheat, Soy, Milk, Egg</i>	2pc (2.5oz)	2pc (2.5oz)	2pc (2.5oz)	2G	2G	2G	30g	30g	30g
Sausage (Jack Mountain Meat)	<i>*contains Pork</i>	1 pc (2oz)	1 pc (2oz)	1 pc (2oz)	1.5M	1.5M	1.5M	-	-	-
Berry Sauce (Scratch Made at Central Kitchen)		1/4 cup	1/3 cup	1/3 cup	EXTRA	EXTRA	EXTRA	11g	15g	15g
Secondary Option										
Bagel Pizza	<i>Wheat, Milk</i>	-	1 ea.	1 ea.	-	2M,2G	2M,2G	-	40g	40g
Tuesday, May 24, 2022										
Breaded Chicken Burger w/ Bun										
Breaded Chicken Patty, TYSON	<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
Secondary Option										
Poutine (GF Roux & Cornstarch thickened gravy with Chicken and Turkey Stock)	<i>Milk (Butter) (*contains Turkey & Chicken)</i>	-	1/3 cup	1/3 cup	-	-	-	-	13g	13g
Cheddar Cheese	<i>Milk</i>	-	2 ounces	2 ounces	-	2M	2M	-	1g	1g
Seasoned Fries (Lamb Weston)	<i>Wheat, Soy</i>	-	(3.75oz)	(5oz)	-	1.5V	2V	-	28g	37g
Whole Grain Pretzel (SuperPretzel)	<i>Wheat, Soy</i>	-	1 each (2.2oz)	1 each (2.2oz)	-	2G	2G	-	30g	30g
Wednesday, May 25, 2022										
Tomato Basil Soup		1/2 cup (4oz)	1 cup (8oz)	1 cup (8oz)	1V	2V	2V	8g	16g	16g
Sliced Bread	<i>Wheat</i>	2 slices (80g)	2 slices (80g)	2 slices (80g)	2G	2G	2G	38g	38g	38g
Cheddar Cheese	<i>Milk</i>	1/2 cup (2oz)	1/2 cup (2oz)	1/2 cup (2oz)	2M	2M	2M	1g	1g	1g
Cheddar Crackers (Appelways)	<i>Wheat, Soy & Milk</i>	1 pack (.9oz)	1 pack (.9oz)	1 pack (.9oz)	1G	1G	1G	17g	17g	17g
Secondary Option										
Pacific Rim Noodle Salad - Vegetarian without Chicken	<i>*VEGETARIAN without Chicken</i>									
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 *on the side	<i>(*Contains Poultry)</i>	-	1/2 cup (2oz)	1/2 cup (2oz)	-	2M	2M	-	-	-
Thursday, May 26, 2022										
Pizza Square (Tony's) (All Elementary Schools)	<i>Milk, Wheat</i>	1 slice	-	-	2M,2G	-	-	34g	-	-
Cheese Pizza Slice (Big Daddy)	<i>Milk, Wheat</i>	-	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)	<i>Milk, Wheat (*Contains Pork)</i>	-	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	<i>Milk, Egg (*No Fish Added)</i>	1.5oz	1.5oz	1.5oz	-	-	-	2g	2g	2g
Friday, May 27, 2022										
Dynamite Sliders										
Dynamite Seasoned Beef, 85/15 Ground Beef (Farm Fresh NW Beef)		1/4 cup (2.3oz)	1/3 cup (3.4oz)	1/2 cup (4.4 oz)	1.5M	2M	3M	4g	5g	8g
Bun (by itself)	<i>Wheat</i>	1 bun (60g)	1 bun (60g)	1 bun (60g)	2G	2G	2G	26g	26g	26g
Tater Puffs	<i>Soy, Wheat</i>	1/2 cup (7 each)	3/4 cup (10 each)	1 cup (15 each)	1V	1.5V	2V	14G	19g	28g
Secondary Option										
Crunchy Tacos										
Seasoned Beef		-	2.5oz (4oz Spoodle)	2.5oz (4oz Spoodle)	-	2M	2M	-	-	-
Seasoned Black Beans (Vegetarian option)	<i>(*Vegetarian Option)</i>	-	1/4 cup (2oz)	1/4 cup (2oz)	-	2M	2M	-	12g	12g
Shredded Cheddar, Blend	<i>Milk</i>	-	1oz	1oz	-	1M	1M	-	2g	2g
Corn Tortilla Shell	<i>Corn</i>	-	3 ea. (52g)	3 ea. (52g)	-	3G	3G	-	33g	33g
Salsa		-	1/4 cup (2oz)	1/4 cup (2oz)	-	.5V	.5V	-	4g	4g
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										