


**Week Forty, May 31 - June 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	
<b>Monday, May 30, 2022</b>											
Happy Holiday (Memorial Day)											
<b>Tuesday, May 31, 2022</b>											
Mini Chicken Corndog (Foster Farms)*	<i>Wheat, Soy, Eggs</i>	6pcs (4oz)	6pcs (4oz)	6pcs (4oz)	2M 2G	2M 2G	2M 2G	30g	30g	30g	
Mini Chicken Corndog (Tyson)*	<i>Wheat, Soy, Eggs</i>	6pcs (4oz)	6pcs (4oz)	6pcs (4oz)	2M 2G	2M 2G	2M 2G	30g	30g	30g	
Seasoned Fries	<i>*if seasoned (wheat)</i>	1/2 cup	3/4 cup	1 cup	1V	1.5V	2V	21g	31g	41g	
<b>Secondary Option</b>											
Waffles (Eggo)	<i>Wheat, Soy, Milk, Egg</i>	-	2pc (2.5oz)	2pc (2.5oz)	-	2G	2G	-	30g	30g	
Breaded Chicken Strips (Tyson)	<i>Wheat, Soy</i>	-	2pcs (2.8oz)	2pcs (2.8oz)	-	2M	2M	-	8g	8g	
Maple Syrup (Bulk)		-	1/4 cup (2oz)	1/4 cup (2oz)	-	EXTRA	EXTRA	-	40g	40g	
<b>Wednesday, June 1, 2022</b>											
 Fish Nuggets, 1oz Bites, (Trident) *updated allergens 4.25.22	<i>Fish, Wheat, Soy</i>	4 pieces (4oz)	4 pieces (4oz)	4 pieces (4oz)	2M 1.5G	2M 1.5G	2M 1.5G	20g	20g	20g	
Seasoned Wedges	<i>Wheat</i>	2 ea (2.5oz)	3ea (3.75oz)	4ea (5oz)	1V	1.5V	2V	16g	24g	32g	
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	
Garlic Toast	<i>Wheat, Soy, Milk &amp; Egg</i>	1ea	1ea	1ea	1G	1G	1G	11g	11g	11g	
<b>Secondary Option</b>											
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	
Sunchips	<i>May include Milk, Wheat, and/or Soy</i>	-	1 package (1.5oz)	1 package (1.5oz)	-	-	-	-	28g	28g	
<b>Thursday, June 2, 2022</b>											
Pizza Slice (Wild Mike's / Elementary)	<i>Milk, Wheat *Vegetarian</i>	1 slice (10 cut)	-	-	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	
<b>Friday, June 3, 2022</b>											
Nacho Bar	<i>*VEGETARIAN without Beef</i>										
Tortilla Chips		1oz	2oz (1W)	2oz (1W)	1G	2G	2G	20g	40g	40g	
Queso Cheese Sauce	<i>Dairy</i>	1/4 cup	1/2 cup	1/2 cup	1M	2M	2M	3.63g	7.25g	7.25g	
 Seasoned Beef, 85/15 Ground Beef	<i>(*Contains Beef)</i>	1/4 cup (1.3 oz)	1/3 cup (1.7 oz)	1/2 cup (2.5oz)	1.5M	2M	3M	0.18g	0.24g	0.35g	
Salsa		1/4 cup (2oz)	1/4 cup (2oz)	1/4 cup (2oz)	.5V	.5V	.5V	4g	4g	4g	
<b>Secondary Option</b>											
Fish Patty (Trident)	<i>Fish, Wheat, &amp; Soy</i>	-	1ea (3.6oz)	1ea (3.6oz)	-	2M 1G	2M 1G	-	15g	15g	
Whole Wheat Bun (Franz)	<i>Wheat</i>	-	1 bun (60g)	1 bun (60g)	-	2G	2G	-	26g	26g	
Shredded Cabbage		-	1 oz (1/2 cup)	1 oz (1/2 cup)	-	.5V	.5V	-	2g	2g	
Slaw Dressing	<i>Egg, Soy</i>	-	1 oz	1 oz	-	-	-	-	7g	7g	
TarTar Sauce	<i>Egg</i>	-	1 oz	1 oz	-	-	-	-	2g	2g	
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											
 Scratch Made Recipe  Local Items Featured											