

Summer Breakfast Menu Portion Guide w/ Carbs & Allergens			
BREAKFAST			
	Portion Size	Allergens	Carbs
Monday			
Yami Yogurt	4 oz container	MILK	18g
Assorted Breakfast Cereal*	1 oz	*may contain wheat	21g - 24g
Applesauce	4 oz container		14g
Milk, Shelf Stable	Half Pint	MILK	12g
Tuesday			
Cheddar String Cheese	1 oz	MILK	1g
Blueberry Muffin	2oz	WHEAT, EGG, SOY	30g
Whole Apple	1 ea		15g
Milk, Shelf Stable	Half Pint	MILK	12g
Wednesday			
Sunflower Seeds	1oz		11g
Banana Bread	2oz	MILK, EGG, WHEAT	28g
Whole Orange	1 each (4.6 oz)		16g
Milk, Shelf Stable	Half Pint	MILK	12g
Thursday			
Yami Yogurt	4 oz container	MILK	23g
Assorted Breakfast Cereal*	1 oz	*may contain wheat	21g - 24g
Applesauce	4 oz container		14g
Milk, Shelf Stable	Half Pint	MILK	12g
Ultra Soy (for students with diet rx)	1 cup (8oz)	SOY	13g
Week 1, 3 & 5 Summer Lunch Menu Portion Guide w/ Carbs & Allergens			
LUNCH			
	Portion Size	Allergens	Carbs
Monday			
Pizza (Assorted Varietals)	1 slice	MILK, WHEAT	34g
1% Milk, Shelf Stable	Half Pint	MILK	12g
Tuesday			
Chicken Nuggets	5 pcs	WHEAT, SOY *(chicken)	9g
Whole Grain Crackers, Cheddar	1 ea	MILK, WHEAT	18g
Milk, Shelf Stable	Half Pint	MILK	12g
Wednesday			
Two Ton Tomato Sauce	1/2 cup		10g
Meatballs	2 ea	WHEAT, MILK, EGG *(beef)	5g
Pasta	3/4 cup	WHEAT	31g
Whole Wheat Roll	2oz	WHEAT	26g
Milk, Shelf Stable	Half Pint	MILK	12g
Thursday			
Chicken Patty Sandwich	1 patty	SOY, WHEAT *(chicken)	9g
Whole Wheat Bun	1 bun	WHEAT	26g
Tater Tots	1/2 cup (7each)	SOY, WHEAT	14g
Milk, Shelf Stable	Half Pint	MILK	12g
Ultra Soy (for students with diet rx)	1 cup (8oz)	SOY	13g
Milk & Salad Bar Available Daily			
Week 2 & 4 Summer Lunch Menu Portion Guide w/ Carbs & Allergens			
LUNCH			
	Portion Size	Allergens	Carbs
Monday			
Hot Dog, Turkey	1 weiner (57g)	*(turkey)	2g
Whole Wheat Bun	1 bun	WHEAT	27g
Crinkle Fries	1/2 cup	MILK	20g
Milk, Shelf Stable	Half Pint	MILK	12g
Tuesday			
Chili, Vegetarian	1/2 cup (4oz)		9g
Tortilla Chips	1 oz		20g
Milk, Shelf Stable	Half Pint	MILK	12g
Wednesday			
Dynamite Sliders	1/4 cup	*(beef)	4g
Whole Wheat Bun	1 bun	WHEAT	27g
Multigrain SunChips, Cheddar	1 ea	MILK, WHEAT	19g
Milk, Shelf Stable	Half Pint	MILK	12g
Thursday			
Chicken & Shredded Cheddar for Quesadilla	1 oz each	MILK *(Chicken)	3g
Whole Wheat Tortilla	1 ea	WHEAT	22g
Milk, Shelf Stable	Half Pint	MILK	12g
Ultra Soy (for students with diet rx)	1 cup (8oz)	SOY	13g
Milk & Salad Bar Available Daily			
Summer Bagged Lunch Menu Portion Guide w/ Carbs & Allergens			
	Portion Size	Allergens	Carbs
A Day			
Sun Butter (14g) & Jelly (18g) on Whole Wheat Bread (30g)	2oz, 1oz, & 2 slices (2.3oz)	WHEAT, SOY	62g
or			
Deli Pack with Pepperoni (0g), String Cheese (1g) & Focaccia Square (27g)	1 oz, 1oz & 1 square (2oz)	MILK, WHEAT *(Pork)	28g
Carrots or (other, assorted)	1/4 cup		2.6g
Whole Apple or (other, assorted)	1 ea		15g
Whole Grain Crackers, Cheddar or Similar	1 ea	MILK, WHEAT	18g
Ranch dip, IW	1 ea (1.5oz)	MILK, EGG, SOY	3g
Milk, Shelf Stable	Half Pint	MILK	12g
B Day			
String Cheese (1g), Cocoa Chickpea Spread (15g), Cream Cheese (2g) & Whole Grain Bagel (33g)	1oz, 1.5oz, 1 oz & 2.3oz	WHEAT, SOY	51g
or			
Deli Pack with Hummus (5g), Sunflower Seeds (11g) & Flatbread (28g)	3 oz, 1oz & 2.2oz	MILK, WHEAT	44g
Carrots or (other, assorted)	1/4 cup		2.6g
Whole Apple or (other, assorted)	1 ea		15g
Whole Grain Crackers, Cheddar or Similar	1 ea	MILK, WHEAT	18g
Ranch dip, IW	1 ea (1.5oz)	MILK, EGG, SOY	3g
Milk, Shelf Stable	Half Pint	MILK	12g