



Week Five, Monday, September 26 - Friday, September 30 - Menu & Portion Guide 2022/23 School Year (Carbs & Allergens)

Menu Item	ALLERGENS	Portion Size			Meal Patterns			Carbohydrate		
		ES	MS	HS	ES	MS	HS	ES	MS	HS
Monday, September 26, 2022										
Trident Fish Nuggets, 1oz Bites	<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
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
Assorted Chips	<i>May include Milk, Wheat, and/or Soy</i>	1 package	1 package	1 package	-	-	-	16 - 19g	16 - 19g	16 - 19g
Secondary Option (Middle & High School)										
Breaded Chicken Patty	<i>Soy, Wheat</i>	-	1 patty (85g)	1 patty (85g)	-	2MMA / 1 G	2MMA / 1 G	-	16g	16g
Whole Wheat Bun	<i>Wheat, Sesame</i>	-	1 bun (60g)	1 bun (60g)	-	2G	2G	-	26g	26g
Assorted Chips	<i>May include Milk, Wheat, and/or Soy</i>	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g
OHS & KMS only										
Grilled Chicken Breast, Mesquite Glazed (TYSON)	<i>Wheat, Soy (*Contains Poultry)</i>	-	1ea (2.7oz)	1ea (2.7oz)	-	2M	2M	-	1g	1g
BBQ Sauce		-	1.5oz	1.5oz	-	-	-	-	18g	18g
Assorted Chips	<i>May include Milk, Wheat, and/or Soy</i>	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g
Tuesday, September 27, 2022										
Beef Patty		1 ea.	1 ea.	1 ea.	2M	2M	2M	1g	1g	1g
Bun (by itself)	<i>Wheat</i>	1 ea.	1 ea.	1 ea.	2G	2G	2G	26g	26g	26g
Cheddar Cheese	<i>Milk</i>	1/2 slice (1/2 ounce)	1/2 slice (1/2 ounce)	1/2 slice (1/2 ounce)	.5M	.5M	.5M	1g	1g	1g
Tater Puffs	<i>Soy</i>	1/2 cup (7 each)	3/4 cup (10 each)	1 cup (15 each)	1V	1V	1V	13g	19g	28g
Chocolate Milk	<i>Milk</i>	1 carton (8oz)	1 carton (8oz)	1 carton (8oz)	1 Serving	1 Serving	1 Serving	26g	26g	26g
Secondary Option (Middle & High School)										
Whole Grain Pancakes (Echo Lake)	<i>Wheat, Milk, Egg</i>	-	2pc (2.4oz)	2pc (2.4oz)	-	2G	2G	-	26g	26g
Omelete	<i>Egg, Milk</i>	-	1 pc (99gr)	1 pc (99gr)	-	2M	2M	-	4g	4g
Berry Sauce (Scratch-made)		-	1/4 cup	1/4 cup	-	-	-	-	12g	12g
Wednesday, September 28, 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
Secondary Option (Middle & High School)										
Salmon, Sockeye Portion	<i>Wheat, Soy</i>	-	3oz	3oz	-	2MMA	2MMA	-	0g	0g
Raspberry Glaze		-	1oz	1oz	-	-	-	-	6g	6g
Farro Salad, Cracked, Organic	<i>Wheat (Emmer Wheat)</i>	-	1/2 cup (28g)	1/2 cup (28g)	-	2G	2G	-	25g	25g
Thursday, September 29, 2022										
Tony's Cheese Pizza WG 4x6	<i>Milk, Wheat, Soy</i>	1 piece	-	-	2M,2G	-	-	34g	-	-
Caesar Salad* Romaine		1C	-	-	1V	-	-	2g	-	-
*Scratch Made Dressing	<i>Milk, Egg (*No Fish Added)</i>	1.5oz	-	-	-	-	-	2g	-	-
Secondary Option (Middle & High School)										
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	-	1V	1V	-	2g	2g
*Scratch Made Dressing	<i>Milk, Egg (*No Fish Added)</i>	-	1.5oz	1.5oz	-	-	-	-	2g	2g
Friday, September 30, 2022										
Beef Patty (Teriyaki / Scratch Made Recipe)	<i>Soy (*Contains Beef)</i>	1 ea.	1 ea.	1 ea.	2M	2M	2M	4g	4g	4g
Swiss Cheese	<i>Milk</i>	1/2 slice (1/2 ounce)	1/2 slice (1/2 ounce)	1/2 slice (1/2 ounce)	.5M	.5M	.5M	1g	1g	1g
Pineapple Ring		1 slice	1 slice	1 slice	-	-	-	11g	11g	11g
Bun (by itself)	<i>Wheat</i>	1 ea.	1 ea.	1 ea.	2G	2G	2G	26g	26g	26g
Secondary Option (Middle & High School)										
Banh Mi Sandwich										
Marinated Grilled Chicken, Sliced	<i>Fish (sauce), Soy, Wheat, Sesame</i>	-	1/3 cup (2oz)	1/3 cup (2oz)	-	2M	2M	-	6g	6g
Veggie Slaw		-	1/4 Cup (1.5oz)	1/4 Cup (1.5oz)	-	1M	1M	-	1g	1g
Hoagie Roll (Franz)	<i>Wheat</i>	-	1 roll (3oz)	1 roll (3oz)	-	2G	2G	-	37g	37g
Cilantro garnish		-	-	-	-	-	-	-	-	-
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										
*Beginning in October of 2022 - Hamburger Buns, Hot Dog Buns, Hoagie Rolls and Dinner Rolls will all include Sesame Flour										