



Week Six, Monday, October 3 - Friday, October 7 - 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, October 3, 2022										
French Toast Sticks (Bake Crafters)	<i>Wheat, Soy, Milk, Egg</i>	2pc (2.96oz)	3pc (4.4oz)	3pc (4.4oz)	1.5G	2.25G	2.25G	28g	42g	42g
Sausage Link (Jack Mountain Meat)	<i>*Contains Pork</i>	1 pc (2oz)	1 pc (2oz)	1 pc (2oz)	1.5M	1.5M	1.5M	-	-	-
Blueberry Sauce		1/4 cup	1/4 cup	1/4 cup	EXTRA	EXTRA	EXTRA	11g	11g	11g
Secondary Option (Middle & High School)										
Tortilla Soup	<i>(*contains chicken stock)</i>		1 cup	1 cup					20g	20g
Chicken, poached, pulled		-	1/4 cup	1/3 cup	-	1.5M	2M	-	-	-
Tortilla Chips		-	2oz	2oz	-	2G	2G	-	40g	40g
Tuesday, October 4, 2022										
Chicken Corndog (Foster Farms)	<i>Wheat, Soy, Egg (*Contains Poultry)</i>	-	1 ea	1 ea	-	2M, 2G	2M, 2G	-	30g	30g
Seasoned Wedges	<i>Wheat</i>	2 ea (2.5oz)	3ea (3.75oz)	4ea (5oz)	1V	1.5V	2V	16g	24g	32g
Secondary Option (Middle & High School)										
Vegetarian Chili	<i>VEGAN (without cheese)</i>	-	1/2 cup (4oz)	1/2 cup (4oz)	-	1.5M/MA	1.5M/MA	-	16g	16g
Seasoned Fries (Lams Weston)	<i>Wheat, Soy</i>	-	(3.75oz)	(5oz)	-	1.5V	2V	-	28g	37g
Shredded Cheddar Cheese	<i>Dairy</i>	-	1/4 cup (1oz)	1/4 cup (1oz)	-	1M	1M	-	1g	1g
Whole Grain Pretzel (SuperPretzel)	<i>Wheat, Soy</i>	-	1 each (2.2oz)	1 each (2.2oz)	-	2G	2G	-	30g	30g
Wednesday, October 5, 2022										
Taste of Washington Day										
Two-Ton Tomato Sauce (Marinara)		1/4 cup (2oz)	1/2 cup (4oz)	3/4 cup (6oz)	.5V	1V	1.5V	5g	10g	15g
RAGU, Meat sauce		1/4 cup (1.5oz)	1/3 cup (2.3oz)	1/3 cup (2.3oz)	1M	1.5M	1.5M	1g	1g	1g
Penne Pasta, WW Pasta (Par-cooked for elementary)	<i>Wheat</i>	3/4 cup (2.6oz)	1 cup (2oz dry)	1 1/2 cup (3oz dry)	1.25G	2G	3G	24g	39g	58.5
Garlic Toast	<i>Wheat, Soy, Milk & Egg</i>	1ea	1ea	1ea	1G	1G	1G	11g	11g	11g
Secondary Option (Middle & High School)										
Basil Pesto Pasta Salad with Chicken	<i>VEGETARIAN (without Chicken)</i>									
Pesto, Central Kitchen	<i>Milk</i>	-	1/3 cup (3.5oz)	1/3 cup (3.5oz)	-	1V	1V	-	5g	5g
Penne, whole wheat	<i>Wheat</i>	-	1 cup (2oz dry)	1.5 cup (3oz dry)	-	2G	3G	-	41g	62g
Romaine with Cabbage, Carrot & Kale		-	2 cups (4oz)	2 cups (4oz)	-	1V	1V	-	9g	9g
Grilled Chicken		-	1/3 cup (2oz)	1/3 cup (2oz)	-	2M	2M	-	-	-
Thursday, October 6, 2022										
Cheese Pull Aparts	<i>Milk, Wheat</i>	1ea	1ea	1ea	2M 2G	2M 2G	2M 2G	32g	32g	32g
Marinara Sauce Dipping Cup (Red Gold, OSPI)	<i>Soy</i>	1ea (2.5oz)	1ea (2.5oz)	1ea (2.5oz)	1/4 Cup V	1/4 Cup V	1/4 Cup V	7g	7g	7g
Caesar Salad* Romaine		1C	1C	1C	1 Cup V	1 Cup V	1 Cup V	2g	2g	2g
*Scratch Made Dressing	<i>Milk, Egg (*No Fish Added)</i>	1.5oz	1.5oz	1.5oz	extra	extra	extra	2g	2g	2g
Friday, October 7, 2022										
Teriyaki Rice Bowl										
Brown Rice		1/2 cup (4oz)	1 cup (8oz)	1 cup (8oz)	1G	2G	2G	15g	30g	30g
Yakisoba dressing (scratch-made)	<i>Trace Wheat, Soy, Sesame</i>	1/8 cup (1oz)	1/4 cup (2 oz)	1/4 cup (2 oz)	-	-	-	8g	16g	16g
Veggie Blend		1/2 cup (2oz)	1 cup (4oz)	1 cup (4oz)	1/2 V	1V	1V	4g	8g	4g
Grilled Chicken *on the side	<i>(*Contains Poultry)</i>	1/2 cup (2oz)	1/2 cup (2oz)	1/2 cup (2oz)	2M	2M	2M	-	-	-
Secondary Option (Middle & High School)										
Meatballs (scratch made)	<i>Wheat, Milk & Egg</i>	-	4 each	4 each	-	2M	2M	-	5g	5g
Two-Ton Tomato Sauce (Marinara)		-	1/4 cup (2oz)	1/4 cup (2oz)	-	.5V	.5V	-	5g	5g
Mozzarella Cheese	<i>Milk</i>	-	1oz	1oz	-	1M	1M	-	1g	1g
Hoagie Roll (Franz)	<i>Wheat, Sesame</i>	-	1 roll (3oz)	1 roll (3oz)	-	2G	2G	-	37g	37g
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