



Week Fourteen, Monday, November 28 - Friday, December 2 - 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, November 28, 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
Secondary Option (Middle & High School)										
Chickpea Curry (Masala)	<i>VEGAN ENTRÉE</i>	-	3/4 cup (6oz)	1 cup (8oz)	-	1.5oz MMA 1/3C Veg	2oz MMA 1/2C Veg	-	20g	26g
Rice, Brown, Long-Grain, Steamed		-	3/4 cup	1 cup	-	1.5oz G	2oz G	-	33g	44g
Tuesday, November 29, 2022										
Fish Nuggets, Trident, 1oz Bites	<i>Fish, Wheat, Soy</i>	4 pieces (4oz)	6 pieces (6oz)	6 pieces (6oz)	2M 1.5G	3M 2.25G	3M 2.25G	20g	30G	30G
Shredded Cabbage (for the Salad Bar)		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)										
Pulled Pork & Veggies	<i>Contains Pork</i>	-	4oz	4oz	-	.5M	.5M	-	8g	8g
Hoagie Rolls	<i>Wheat, Sesame</i>	-	1 roll (3oz)	1 roll (3oz)	-	1.5V	2V	-	37g	37g
Shredded Cabbage (for the Salad Bar)		-	1oz (1/2cup)	1oz (1/2cup)	-	.5V	.5V	-	2g	2g
Slaw Dressing	<i>Egg, Soy</i>	-	1oz	1oz	-	extra	extra	-	7g	7g
Assorted Chips	<i>May include Milk, Wheat, and/or Soy</i>	-	1 package	1 package	-	-	-	-	16 - 19g	16 - 19g
Wednesday, November 30, 2022										
Vegetarian Chili	<i>VEGAN (without cheese)</i>	1/2 cup (4oz)	1 cup (8oz)	1 cup (8oz)	1.5M/MA	3M/MA	3M/MA	16g	32g	32g
Shredded Cheddar Cheese	<i>Dairy</i>	1/4 cup (1oz)	1/4 cup (1oz)	1/4 cup (1oz)	1M	1M	1M	.5g	.5g	.5g
Tortilla Chips		1oz	1.5oz	2oz	1G	1.5G	2G	20g	30g	40g
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, December 1, 2022										
Pizza Slice, Cheese (Wild Mike's / Elementary)	<i>Milk, Wheat & Soy (Vegetarian Entree)</i>	1 slice (10 cut)	-	-	2M,2G	-	-	34g	-	-
Caesar Salad* Romaine		1C	-	-	1V	-	-	2g	-	-
*Scratch Made Dressing	<i>Milk, Egg (*No Fish Added)</i>	1.5oz	-	-	-	-	-	2g	-	-
Secondary Option (High School)										
Pizza Slice, Cheese (Bella Rose)	<i>Milk, Wheat & Soy (Vegetarian Entree)</i>	-	1 slice (6.07 oz) 8 cut	1 slice (8.09 oz) 6 cut	-	.25V, 2.5MMA, 2.5G	.5V, 3MMA, 3G	-	39g	52g
Pizza Slice, Pepperoni* (Bella Rose)	<i>Milk, Wheat & Soy (*Contains Pork & Beef)</i>	-	1 slice (6.21 oz) 8 cut	1 slice (8.27 oz) 6 cut	-	.25V, 2.5MMA, 2.5G	.5V, 3MMA, 3G	-	39g	52g
Caesar Salad* Romaine		-	-	1C	-	-	1V	-	-	2g
*Scratch Made Dressing	<i>Milk, Egg (*No Fish Added)</i>	-	-	1.5oz	-	-	-	-	-	2g
Friday, December 2, 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)										
Whole Grain Waffles	<i>Wheat, Milk, Egg</i>	-	2pcs	2pcs	-	2G	2G	-	23g	23g
Chicken Tenders, Whole Grain	<i>Soy,Wheat</i>	-	2pcs (116g)	2pcs (116g)	-	2M 1G	2M 1G	-	2g	2g
Blueberry Sauce (Scratch-made)		-	1/4 cup	1/4 cup	-	EXTRA	EXTRA	-	11g	11g

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 2022 - Hamburger Buns, Hot Dog Buns, Hoagie Rolls and Dinner Rolls will all include Sesame Flour**