

PORTAGE HIGH SCHOOL LUNCH MENU DECEMBER 10 TO JAN 4 2018 (MENU SUBJECT TO CHANGE WITHOUT NOTICE)

(CEP) FREE STUDENT LUNCH Choose a min 3 out of 5 items for a complete "School Lunch : 1 Entree, whole grain Bread/Roll, 1cup sides:1cup Fruits 1cup Vegetables, (1 cup fruit or vegetable mandatory for lunch) 1milk

10 MONDAY kcal/carb	11 TUESDAY kcal/carb	12 WEDNESDAY kcal/carb	13 THURSDAY kcal/carb	14 FRIDAY kcal/carb		Holiday dates	Holiday mealsubstitution
<p><u>Entree:Choose One gram</u> Chix patty on bun 36 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Oven fries 18 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/ 22/19 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c chicken 260 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294c</p>	<p><u>Entree: Choose One gram</u> Egg saus/ch/biscuit 33 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Swt potato coins 21 Fresh celery w/dip 5 Applesauce 24 Snack bar 24 Milk var/apple jce/22/14 <u>DAILY NUTRIENT calories</u> 6FRUITS : 1c snack bar 150c VEGGIE: 1.5c eggs 290 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c</p>	<p><u>Entree: Choose One gram</u> Hard shell Tacos 35 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Tossed salad 14 Fresh carrots w/dip 7 Chilled pears 14 Milk var/orange jce/22/14 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c taco hs 296 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294</p>	<p><u>Entree: Choose One gram</u> Popcorn chix/roll 24 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Baked beans 32 Fresh celery w/dip 5 Fresh apple slices 8 Snack bar 24 Milk var/grape jce/ 22/19 <u>DAILY NUTRIENTS calories</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c chix: pop 254 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c</p>	<p><u>Entree: Choose One gram</u> Roman holiday/ roll 22 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Green beans 8 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce 22/14 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c holiday236c GRAINS: 2 Chef sal : 307c PROTEINS:2oz pizza: 294 c</p>	<p>WK1 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>	<p>DECEMBER 13 WED HOLIDAY MEAL</p>	<p>Turkey & stuffing 17 Chef salad 43 Pizza 33 Mashed potatoes 27 Fresh celer/dip 5 Fresh apple slices 8 Milk var/grape jce/v8 22 Turkey stuffing 260 Salad 385 Pizza 294 Ice cream treat kcal 160 Carb 26</p>
<p>17 <u>Entree:Choose One gram</u> Italian chix w/pretz rod 20 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Baked beans 32 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/22/19 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c ital. chix : 264c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307 c</p>	<p>18 <u>Entree:Choose One gram</u> Hot dog on a bun 20 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Baked sweet potato 21 Fresh celery w/dip 5 Applesauce 24 Snack bar 24 Milk var/apple jce/ 22/14 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c Hot dog : 240c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307c</p>	<p>19 <u>Entree:Choose One gram</u> BBq ham on crois 60 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Whole kernel corn 21 Fresh carrots w/dip 7 Chilled pineapple 14 Milk var/orange jce 22/14 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c ham bbq cris:525c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307c</p>	<p>20 <u>Entree:Choose One gram</u> Chix in pstry/roll 45 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Mashed potatoes gravy 27 Fresh celery w/dip 5 Fresh apple slices 8 Snack bar 24 Milk var/grape jce/ 22/19 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c pastry: 533c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307c</p>	<p>21 <u>Entree: Choose One gram</u> Spaghetti /mt sce roll 23 Pepperoni Pizza 29 Chef Salad 36 <u>Sides:</u> Tossed salad 14 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce/ 22/14 <u>DAILY NUTRIENTS veg bld jce 13</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c Chef sal : 385 GRAINS: 2 spag 645c PROTEINS:2oz pizza 294c</p>	<p>WK2 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>	<p>December 21 FRIDAY HALF DAY STUDENTS AND STAFF HOLIDAY BREAK DECEMBER 24 TO JANUARY 2 HAVE A HAPPY HOLIDAY</p>	
<p>31 <u>Entree: Choose One gram</u> Ht ham ch prtz bun 31 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Swt potato coins 21 Fresh celery w/dip 5 Applesauce 24 Milk var/apple jce/ 22/14 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c ham 485c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 307c</p>	<p>1 <u>Entree: Choose One gram</u> Deli turkey hoagie 45 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Whole kernel corn 21 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/ 22/19 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c hoagie: 348c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 307c</p>	<p>2 <u>Entree: Choose One gram</u> Chix taco 35 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Oven fries 18 Fresh carrots w/dip 7 Chilled peaches 14 Milk var/orange jce 22/14 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c taco chix296c PROTEINS:2oz pizza: 294 GRAINS: 2 Chef sal : 307</p>	<p>3 <u>Entree:Choose One gram</u> Chix patty on bun 36 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Baked beans 32 Fresh celery w/dip 5 Fresh apple slices 8 Milk var/grape jce/ 22 <u>DAILY NUTRIENTS 6</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c chicken 260 c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 360c</p>	<p>4 <u>Entree: Choose One gram</u> Shrimp w/ mac/cheese 62 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Sweet peas 9 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce/ 22 <u>DAILY NUTRIENTS mango juice 6</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c shr/mac: 510c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 360c</p>	<p>WK3 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>	<p>JANUARY 2 FIRST DAY BACK FOR STUDENTS AND STAFF HAPPY NEW YEAR</p>	