

**PORTAGE ELEMENTARY SCHOOL Lunch JANUARY 7 TO 25 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

7 MONDAY kcal/carb	8 TUESDAY kcal/carb	9 WEDNESDAY kcal/carb	10 THURSDAY kcal/carb	11 FRIDAY kcal/carb		Holiday dates	substitutions
<b>Entree:Choose One gram</b> <b>Popcorn chix/roll 24</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Whole kernel corn 21</b> <b>Fresh carrots w/dip 7</b> <b>Fresh banana 27</b> <b>Milk var/grape jce/ 22/19</b> <b>DAILY NUTRIENTS</b> FRUITS : 1c CAL: VEGGIE: 1.5c chix 254c GRAINS: 2 pizza 294 PROTEINS: 2o z salad: 360c	<b>Entree:Choose One gram</b> <b>Loaded nacho's 43</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Tossed salad 14</b> <b>Fresh celery w/dip 5</b> <b>Applesauce 24</b> <b>Milk var/apple jce/22/14</b> <b>DAILY NUTRIENTS</b> FRUITS : 1c CAL: VEGGIE: 1.5c nachos 389c GRAINS: 2 pizza 294 PROTEINS: 2o z salad:360c	<b>Entree:Choose One gram</b> <b>Chix patty on bun 36</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Baked sweet potato 21</b> <b>Fresh carrots w/dip 7</b> <b>Chilled pears 14</b> <b>Milk var/orange jce/22/14</b> <b>DAILY NUTRIENTS</b> FRUITS : 1c CAL: VEGGIE: 1.5c chixi 310c GRAINS: 2 pizza 294 PROTEINS: 2o z salad:360c	<b>Entree:Choose One gram</b> <b>Cheeseburger on bun 21</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Baked beans 32</b> <b>Fresh celery w/dip 5</b> <b>Fresh apple slices 8</b> <b>Milk var/grape jce/22/19</b> <b>DAILY NUTRIENTS</b> FRUITS : 1c CAL: VEGGIE: 1.5c burger 296c GRAINS: 2 pizza 294 PROTEINS: 2o z salad:360c	<b>Entree:Choose One gram</b> <b>Ravioli w/ roll 44</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Sweet peas 9</b> <b>Fresh cucumbers w/dip 3</b> <b>Mandarin oranges 17</b> <b>Milk var/apple jce/22/14</b> <b>DAILY NUTRIENTS</b> FRUITS : 1c CAL: VEGGIE: 1.5c pizza 294 GRAINS: 2 ravioli 318c PROTEINS: 2o z salad: 360c	<b>WK4</b>		
<b>14 Entree:Choose One gram</b> <b>Hot turkey sand/grvy 56</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Oven fries 18</b> <b>Fresh carrots w/dip 7</b> <b>Fresh banana 27</b> <b>Milk var/grape jce/22/19</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: VEGGIE: 1.5c turkey363c GRAINS: 2 : pizza 294 PROTEINS: 2o z salad:360c	<b>15 Entree:Choose One gram</b> <b>Chix taco 35</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Baked beans 32</b> <b>Fresh celery w/dip 5</b> <b>Applesauce 24</b> <b>Milk var/apple jce/22/14</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: VEGGIE: 1.5c roman holiday 187c GRAINS: 2 pizza 294 PROTEINS: 2o z salad: 360c	<b>16 Entree:Choose One gram</b> <b>BBQ pork sandwich 34</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Augratin potatoes 22</b> <b>Fresh carrots w/dip 7</b> <b>Chilled pineapple 14</b> <b>Milk var/orange jce/22/14</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: VEGGIE: 1.5c pork bbq: 326c GRAINS: 2 : pizza 294 PROTEINS: 2o z salad: 360c	<b>17Entree:Choose One gram</b> <b>Chix patty on bun 36</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Seasoned carrots 32</b> <b>Fresh celery w/dip 5</b> <b>Fresh apple slices 8</b> <b>Milk var/grape jce/22/19</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: VEGGIE: 1.5c fajaita c360 GRAINS: 2 : pizza 294 PROTEINS: 2o z salad: 360c	<b>18 Entree:Choose One gram</b> <b>Spaghetti w/mt sce/roll 23</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Tossed salad 14</b> <b>Fresh cucumbers w/dip 3</b> <b>Mandarin oranges 17</b> <b>Milk var/apple jce/22/14</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: : VEGGIE: 1.5c pizza 294 GRAINS: 2 spag 645c PROTEINS: 2o z salad:360c	<b>WK5</b>		Gluten free choices Yogurt trix Sliced bread Chicken unbreaded Pork plain or bbq Grab n go pack lunch Cereal chex, rice chex, cherrio's Ham sandwich Turkey sandwich
<b>21 Entree:Choose One gram</b> <b>Chix patty on bun 36</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Green beans 9</b> <b>Fresh carrots w/dip 7</b> <b>Fresh banana 27</b> <b>Milk var/grape jce/22/19</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: : VEGGIE: 1.5c pizza 294 GRAINS: 2 chix 310c PROTEINS: 2o z salad 360c	<b>22Entree:Choose One gram</b> <b>Hot dog on a bun 20</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Baked beans 32</b> <b>Fresh celery w/dip 5</b> <b>Applesauce 24</b> <b>Milk var/apple jce/22/14</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: : VEGGIE: 1.5c Hot dog 240c GRAINS: 2 pizza 294 PROTEINS: 2o z salad:360c	<b>23 Entree:Choose One gram</b> <b>Taco in a bag 35</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Swt potato coins 21</b> <b>Fresh carrots w/dip 7</b> <b>Chilled peaches 14</b> <b>Milk var/orange jce/22/14</b> <b>DAILY NUTRIENT</b> veg bld jce 13 FRUITS : 1c CALORIES: : VEGGIE: 1.5c taco 296c GRAINS: 2 pizza 294 PROTEINS: 2o z salad:360c	<b>24Entree:Choose One gram</b> <b>Porcupine balls / roll 43</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Mashed potatoes 20</b> <b>Fresh celery w/dip 5</b> <b>Fresh apple slices 8</b> <b>Milk var/grape jce/22/19</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: : VEGGIE: 1.5c porkies: 318c GRAINS: 2 pizza 294 PROTEINS: 2o z salad:360c	<b>25 Entree:Choose One gram</b> <b>Shrimp w/ mac/cheese 62</b> <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> <b>Whole kernel corn 21</b> <b>Fresh cucumbers w/dip 3</b> <b>Mandarin oranges 17</b> <b>Milk var/apple jce/ 22/14</b> <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c CALORIES: VEGGIE: 1.5c shr/mac: 510c GRAINS: 2 Chef sal : 385 PROTEINS:2oz pizza 294c	<b>WK6</b>		January 21 NO SCHOOL

**Items on menu that contain gluten and wheat do not order**

Popcorn chix, chix patty, ravioli, rolls, buns, and bread, spaghetti, shrimp, augratin pot, baked beans, porcupine balls, mashed potatoes