

**PORTAGE MIDDLE 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 cal/carb	10 THURSDAY kcal/carb	11 FRIDAY kcal/carb		Holiday dates	Substitutions
<b>Entree: Choose One</b> gram <b>Popcorn chix/roll</b> 24 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Whole kernel corn</b> 21 <b>Fresh carrots w/dip</b> 7 <b>Fresh banana</b> 27 <b>Milk var/grape jce/</b> 22/19 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c chix 254c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>Entree: Choose One</b> gram <b>Loaded nacho's/roll</b> 43 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Tossed salad</b> 14 <b>Fresh celery w/dip</b> 5 <b>Applesauce</b> 24 <b>Milk var/apple jce/</b> 22/14 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c nachos 389c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>Entree: Choose One</b> gram <b>Chix patty on bun</b> 36 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Baked sweet potato</b> 21 <b>Fresh carrots w/dip</b> 7 <b>Chilled pears</b> 14 <b>Milk var/orange jce/</b> 22/14 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c chixi 310c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>Entree: Choose One</b> gram <b>Cheeseburger on bun</b> 21 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Baked beans</b> 32 <b>Fresh celery w/dip</b> 5 <b>Fresh apple slices</b> 8 <b>Milk var/grape jce/</b> 22/19 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c burger 296c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>Entree: Choose One</b> gram <b>Ravioli w/ roll</b> 44 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Sweet peas</b> 9 <b>Fresh cucumbers w/dip</b> 3 <b>Mandarin oranges</b> 17 <b>Milk var/apple jce/</b> 22/14 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c : pizza 294 GRAINS: 2 ravioli 318c PROTEINS: 2o z salad 335c	<b>WK4</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT		
<b>14 Entree:Choose One</b> gram <b>Hot turkey sand/grvry</b> 56 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Oven fries</b> 18 <b>Fresh carrots w/dip</b> 7 <b>Fresh banana</b> 27 <b>Milk var/grape jce/</b> 22/19 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c turkey363c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>15 Entree:Choose One</b> gram <b>Chix taco</b> 35 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Baked beans</b> 32 <b>Fresh celery w/dip</b> 5 <b>Applesauce</b> 24 <b>Milk var/apple jce/</b> 22/14 <b>DAILY NUTRIEN</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c taco chix296c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>16Entree Choose One</b> gram <b>BBQ pork sandwich</b> 34 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Augratin potatoes</b> 22 <b>Fresh carrots w/dip</b> 7 <b>Chilled pineapple</b> 14 <b>Milk var/orange jce/</b> 22/14 <b>DAILY NUTRIENT</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c bbq pork 326 GRAINS: 2 : pizza 294 PROTEINS: 2o z salad 335c	<b>17ntree:Choose One</b> gram <b>Chix patty on bun</b> 36 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Seasoned carrots</b> 32 <b>Fresh celery w/dip</b> 5 <b>Fresh apple slices</b> 8 <b>Milk var/grape jce/</b> 22/19 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c pizza 260 GRAINS: 2 chix 310c PROTEINS: 2o z salad 335c	<b>18 Entree:Choose One</b> gram <b>Spaghetti /mt sce/roll</b> 23 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Tossed salad</b> <b>14Fresh cucumbers w/dip</b> 3 <b>Mandarin oranges</b> 17 <b>Milk var/apple jce/</b> 22/14 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c pizza 294 GRAINS: 2 spag 645c PROTEINS: 2o z salad 335c	<b>WK5</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT		
<b>21 Entree:Choose One</b> gram <b>Chix patty on bun</b> 36 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Green beans</b> 9 <b>Fresh carrots w/dip</b> 7 <b>Fresh banana</b> 27 <b>Milk var/grape jce/</b> 22/19 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c chix 310c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>22 Entree:Choose One</b> gram <b>Hot dog on a bun</b> 20 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Baked beans</b> 32 <b>Fresh celery w/dip</b> 5 <b>Applesauce</b> 24 <b>Milk var/apple jce/</b> 22/14 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c Hot dog : 240c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>23Entree:Choose One</b> gram <b>Taco in a bag</b> 35 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Swt potato coins</b> 21 <b>Fresh carrots w/dip</b> 7 <b>Chilled peaches</b> 14 <b>Milk var/orange jce/</b> 22/14 <b>DAILY NUTRIENTS</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c taco 296c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>24Entree:Choose One</b> gram <b>Porcupine balls / roll</b> 43 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Mashed potatoes</b> 20 <b>Fresh celery w/dip</b> 5 <b>Fresh apple slices</b> 8 <b>Milk var/grape jce/</b> 22/19 <b>DAILY NUTRIENTS</b> veg bld jce13 FRUITS : 1c KCAL: VEGGIE: 1.5c porkies: 318c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>25 Entree:Choose One</b> gram <b>Shrimp w/ mac/cheese</b> 62 <b>Pepperoni Pizza</b> 33 <b>Chef Salad</b> 36 <u>Sides:</u> <b>Whole kernel corn</b> 21 <b>Fresh cucumbers w/dip</b> 3 <b>Mandarin oranges</b> 17 <b>Milk var/apple jce/</b> 22/14 <b>Daily Nutrients</b> veg bld jce 13 FRUITS : 1c KCAL: VEGGIE: 1.5c shr/mac: 510c GRAINS: 2 pizza 294 PROTEINS: 2o z salad 335c	<b>WK6</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT		January 21 NO SCHOOL