

PORTAGE HIGH SCHOOL LUNCH MENU AUG 26 TO SEPT 13 2019 (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

26 MONDAY kcal/carb	27 TUESDAY kcal/carb	28 WEDNESDAY kcal/carb	29 THURSDAY kcal/carb	30 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 Snack bar 24 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> Sloppy joe on bun 24 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Swt potato fries 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 e: eggs 290 c GRAINS: 2 burger: 183 PROTEINS: 2o z salad: 307 Pizza: 294c</p>	<p><u>Entree: Choose One gram</u> Hard shell Tacos/roll 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 spag: 645 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c</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</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c burger: 183 GRAINS: 2 chix: 190 PROTEINS: 2o z salad: 307 Pizza: 294c</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 Snack bar 24 Milk var/apple jce/ 22/14 <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c holiday236c GRAINS: 2 chix: 190 PROTEINS: 2o z salad: 307 Pizza: 294c</p>	<p>WK1 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>		
<p><u>2 Entree: Choose One gram</u> Ital chix w/pretz / ches 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 Hot dog: 240c GRAINS: 2 pizza: 294 c PROTEINS: 2oz salad 307c</p>	<p><u>3 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 tacos 296c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307c</p>	<p><u>4 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> PROTEINS: 2oz CALORIES: FRUITS : 1c ham bbq cris:525c VEGGIE: 1.5c pizza: 294 c GRAINS: 2 salad: 307c</p>	<p><u>5 Entree: Choose One ram</u> Chix in pastry /roll 45 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Mashed potato's gravy 27 Fresh celery w/dip 5 Fresh apple slices 8 Snack bar 24 Milk var/grape jce/ 22/19 <u>DAILY NUTRIENTS</u> PROTEINS: 2oz CALORIES: FRUITS : 1c pastry: 533c VEGGIE: 1.5c pizza: 294 c GRAINS: 2 salad: 307c</p>	<p><u>6 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</u> veg bld jce 13 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>	September 2 LABOR DAY NO SCHOOL	
<p><u>9 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><u>10 Entree: Choose One gram</u> Ht ham ch prtz bun 30 Pepperoni Pizza 33 Chef Salad 36 <u>Sides:</u> Swt potato fries 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 ham 485c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 307c</p>	<p><u>11 Entree: Choose One gram</u> Cheeseburger on bun 21 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 chix: 390 c PROTEINS:2oz pizza: 294 GRAINS: 2 Chef sal : 307 c</p>	<p><u>12 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 Snack bar 24 <u>DAILY NUTRIENTS</u> mango juce 6 FRUITS : 1c CALORIES: VEGGIE: 1.5c Hot dog : 240c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 360c</p>	<p><u>13 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</u> mango juce 6 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>		