

**PORTAGE Middle 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
<u>Entree:Choose One gram</u> <b>Chix patty on bun 36</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <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> <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c chicken 260 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294c	<u>Entree: Choose One gram</u> <b>Sloppy joe on bun 24</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Swt potato fries 21</b> <b>Fresh celery w/dip 5</b> <b>Applesauce 24</b> <b>Snack bar 24</b> <b>Milk var/apple jce/ 22/14</b> <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	<u>Entree: Choose One gram</u> <b>Hard shell Tacos/roll 41</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Tossed salad 14</b> <b>Fresh carrots w/dip 7</b> <b>Chilled pears 14</b> <b>Milk var/orange jce/22/14</b> <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c taco hs 296 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c	<u>Entree: Choose One gram</u> <b>Popcorn chix/roll 24</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <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> <u>DAILY NUTRIENTS</u> <u>calories</u> FRUITS : 1c snack bar 150c VEGGIE: 1.5c chix: pop 254 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c	<u>Entree: Choose One gram</u> <b>Roman holiday/roll 22</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Green beans 8</b> <b>Fresh cucumbers w/dip 3</b> <b>Mandarin oranges 17</b> <b>Milk var/apple jce/ 22/14</b> <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c holiday236c GRAINS: 2 chix: 190 PROTEINS: 2o z salad: 307 Pizza: 294c	<b>WK1</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT		
<u>2 Entree: Choose One gram</u> <b>Italian chix w/pretz rod 20</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Baked beans 32</b> <b>Fresh carrots w/dip 7</b> <b>Fresh banana 27</b> <b>Milk var/grape jce/ 22/19</b> <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c ital. chix : 264c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307 c	<u>3 Entree:Choose One gram</u> <b>Hot dog on a bun 20</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Baked sweet potato 21</b> <b>Fresh celery w/dip 5</b> <b>Applesauce 24</b> <b>Milk var/apple jce/ 22/14</b> <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c Hot dog : 240c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307c	<u>4 Entree: Choose One gram</u> <b>BBq ham on crois 60</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Whole kernel corn 21</b> <b>Fresh carrots w/dip 7</b> <b>Chilled pineapple 14</b> <b>Milk var/orange jce/ 22/14</b> <u>DAILY NUTRIENTS</u> PROTEINS: 2oz CALORIES: FRUITS : 1c ham bbq cris:525c VEGGIE: 1.5c pizza: 294 c GRAINS: 2 salad: 307c	<u>5 Entree: Choose One ram</u> <b>Chix in pastry /roll 45</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Mashed potato's gravy 27</b> <b>Fresh celery w/dip 5</b> <b>Fresh apple slices 8</b> <b>Milk var/grape jce/ 22/19</b> <u>DAILY NUTRIENTS</u> PROTEINS: 2oz CALORIES: FRUITS : 1c pastry: 533c VEGGIE: 1.5c pizza: 294 c GRAINS: 2 salad: 307c	<u>6 Entree: Choose One gram</u> <b>Spaghetti /mt sce roll 23</b> <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <u>Sides:</u> <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> <u>DAILY NUTRIENTS</u> <u>veg bld jce 13</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c Chef sal : 385 GRAINS: 2 spag 645c PROTEINS:2oz pizza 294c	<b>WK2</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT		September 2 LABOR DAY NO SCHOOL
<u>9 Entree: Choose One gram</u> <b>Deli turkey hoagie 45</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <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> <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c hoagie: 348c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 307c	<u>10 Entree: Choose One gram</u> <b>Ht ham ch prtzn bun 30</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Swt potato fries 21</b> <b>Fresh celery w/dip 5</b> <b>Applesauce 24</b> <b>Milk var/apple jce/ 22/14</b> <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c ham 485c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 307c	<u>11 Entree: Choose One gram</u> <b>Cheeseburger on bun 21</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Oven fries 18</b> <b>Fresh carrots w/dip 7</b> <b>Chilled peaches 14</b> <b>Milk var/orange jce 22/14</b> <u>DAILY NUTRIENTS</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c taco chix296c GRAINS: 2 pizza: 294 PROTEINS:2oz pizza: 294 GRAINS: 2 Chef sal : 307 c	<u>12 Entree:Choose One gram</u> <b>Chix patty on bun 36</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Baked beans 32</b> <b>Fresh celery w/dip 5</b> <b>Fresh apple slices 8</b> <b>Milk var/grape jce/ 22</b> <u>DAILY NUTRIENTS</u> 6 FRUITS : 1c CALORIES: VEGGIE: 1.5c chicken 260 c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 360c	<u>13 Entree: Choose One gram</u> <b>Shrimp w/ mac/cheese 62</b> <b>Pepperoni Pizza 33</b> <b>Chef Salad 36</b> <u>Sides:</u> <b>Sweet peas 9</b> <b>Fresh cucumbers w/dip 3</b> <b>Mandarin oranges 17</b> <b>Milk var/apple jce/ 22</b> <u>DAILY NUTRIENTS</u> <u>mango juce 6</u> FRUITS : 1c CALORIES: VEGGIE: 1.5c shr/mac: 510c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 360c	<b>WK3</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT		