

PORTAGE MIDDLE 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 THURSDA kcal/carb	14 FRIDAY kcal/carb		Holiday dates	Holiday mealsubstitution
Entree:Choose One gram Chix patty on bun 36 Pepperoni Pizza 33 Chef Salad 36 Sides: Oven fries 18 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/ 22/19 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c chicken 260 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294c	Entree: Choose One gram Egg saus/ch/biscuit 33 Pepperoni Pizza 33 Chef Salad 36 Sides: Swt potato coins 21Fresh celery w/dip 5 Applesauce 24 Milk var/apple jce/ 22/14 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c e: eggs 290 c GRAINS: 2 burger: 183 PROTEINS: 2o z salad: 307 Pizza: 294c	Entree: Choose One gram Hard shell Tacos 35 Pepperoni Pizza 33 Chef Salad 36 Sides: Tossed salad 14 Fresh carrots w/dip 7 Chilled pears 14 Milk var/orange jce/22/14 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c taco hs 296 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c	Entree: Choose One gram Popcorn chix 13 Pepperoni Pizza 33 Chef Salad 36 Sides: Baked beans 32 Fresh celery w/dip 5 Fresh apple slices 8 Milk var/grape jce/ 22/19 DAILY NUTRIENTS calories FRUITS : 1c snack bar 150c VEGGIE: 1.5c chix: pop 254 c GRAINS: 2 Chef sal : 307 c PROTEINS:2oz pizza: 294 c	Entree: Choose One gram Roman holiday 22 Pepperoni Pizza 33 Chef Salad 36 Sides: Green beans 8 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce/ 22/14 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c holiday236c GRAINS: 2 chix: 190 PROTEINS: 2o z salad: 307 Pizza: 294c	WK1 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT	DECEMBER 13 WED HOLIDAY MEAL	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
17 Entree: Choose One gram Italian chix w/pretz rod 20 Pepperoni Pizza 33 Chef Salad 36 Sides: Baked beans 32 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/ 22/19 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c ital. chix : 264c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307 c	18 Entree:Choose One gram Hot dog on a bun 20 Pepperoni Pizza 33 Chef Salad 36 Sides: Baked sweet potato 21 Fresh celery w/dip 5 Applesauce 24 Snack bar 24 Milk var/apple jce/ 22/14 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c Hot dog : 240c PROTEINS:2oz pizza: 294 c GRAINS: 2 Chef sal : 307c	19 Entree: Choose One gram BBq ham on crois 60 Pepperoni Pizza 33 Chef Salad 36 Sides: Whole kernel corn 21 Fresh carrots w/dip 7 Chilled pineapple 14 Milk var/orange jce/ 22/14 DAILY NUTRIENTS PROTEINS: 2oz CALORIES: FRUITS : 1c ham bbq cris:525c VEGGIE: 1.5c pizza: 294 c GRAINS: 2 salad: 307c	20 Entree: Choose One ram Chix in pastry /roll 45 Pepperoni Pizza 33 Chef Salad 36 Sides: Mashed potato's gravy 27 Fresh celery w/dip 5 Fresh apple slices 8 Milk var/grape jce/ 22/19 DAILY NUTRIENTS PROTEINS: 2oz CALORIES: FRUITS : 1c pastry: 533c VEGGIE: 1.5c pizza: 294 c GRAINS: 2 salad: 307c	21 Entree: Choose One gram Spaghetti /mt sce roll 23 Pepperoni Pizza 29 Chef Salad 36 Sides: Tossed salad 14 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce/ 22/14 DAILY NUTRIENTS veg bld jce 13 FRUITS : 1c CALORIES: VEGGIE: 1.5c Chef sal : 385 GRAINS: 2 spag 645c PROTEINS:2oz pizza 294c	WK2 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT	December 21 FRIDAY HALF DAY STUDENTS AND STAFF HOLIDAY BREAK DECEMBER 24 TO JANUARY 2 HAVE A HAPPY HOLIDAY	
31Entree Choose One gram Ht ham ch prtz bun 31 Pepperoni Pizza 33 Chef Salad 36 Sides: Swt potato coins 21 Fresh celery w/dip 5 Applesauce 24 Milk var/apple jce/ 22/14 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c ham 485c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 307c	1 Entree: Choose One gram Deli turkey hoagie 45 Pepperoni Pizza 33 Chef Salad 36 Sides: Whole kernel corn 21 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/ 22/19 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c hoagie: 348c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 307c	2Entree: Choose One gram Chix taco 35 Pepperoni Pizza 33 Chef Salad 36 Sides: Oven fries 18 Fresh carrots w/dip 7 Chilled peaches 14 Milk var/orange jce 22/14 DAILY NUTRIENTS FRUITS : 1c CALORIES: VEGGIE: 1.5c taco chix296c PROTEINS:2oz pizza: 294 GRAINS: 2 Chef sal : 307 c	3 Entree:Choose One gram Chix patty on bun 36 Pepperoni Pizza 33 Chef Salad 36 Sides: Baked beans 32 Fresh celery w/dip 5 Fresh apple slices 8 Milk var/grape jce/ 22 DAILY NUTRIENTS 6 FRUITS : 1c CALORIES: VEGGIE: 1.5c chicken 260 c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 360c	4 Entree: Choose One gram Shrimp w/ mac/cheese 62 Pepperoni Pizza 33 Chef Salad 36 Sides: Sweet peas 9 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce/ 22 DAILY NUTRIENTS mango juce 6 FRUITS : 1c CALORIES: VEGGIE: 1.5c shr/mac: 510c GRAINS: 2 pizza: 294 c PROTEINS: 2o z salad: 360c	WK3 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT	JANUARY 2 FIRST DAY BACK FOR STUDENTS AND STAFF HAPPY NEW YEAR	