

**PORTAGE HIGH SCHOOL LUNCH MENU 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

MONDAY 7	kcal	TUESDAY 8	kcal	WEDNESDAY 9	kcal	THURSDAY 10	kcal	FRIDAY 11	kcal		Holiday dates	Holiday mealsubstitution
<b>Entree: Choose One gram</b> Popcorn chix/roll 24 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Whole kernel corn 21 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/ 22/19 <b>DAILY NUTRIENT</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c chix: 254 GRAINS: 2 Chef sal : 385 c PROTEINS:2oz pizza 294c		<b>Entree: Choose One gram</b> Loaded nacho's /roll 43 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Tossed salad 14 Fresh celery w/dip 5 Applesauce 24 Snack bar 24 Milk var/apple jce/ 22/14 <b>DAILY NUTRIENTS calories</b> 6FRUITS : 1c snack bar 150c VEGGIE: 1.5c nacho 389c GRAINS: 2 Chef sal : 385 c PROTEINS:2oz pizza 294c		<b>Entree: Choose One gram</b> Chix patty on bun 36 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Baked sweet potato 21 Fresh carrots w/dip 7 Chilled pears 14 Milk var/orange jce/ 22/14 <b>DAILY NUTRIENTS</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c chixi 310c GRAINS: Chef sal : 385 c PROTEINS:2oz pizza 294c		<b>Entree: Choose One gram</b> Cheeseburger on bun 21 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Baked beans 32 Fresh celery w/dip 5 Fresh apple slices 8 Snack bar 24 Milk var/grape jce/ 22/19 <b>DAILY NUTRIENTS 3 calroies</b> FRUITS : 1c snack bar 150c VEGGIE: 1.5c burger 296c GRAINS: 2 Chef sal : 385 c PROTEINS:2oz pizza 294c		<b>Entree: Choose One gram</b> Ravioli w/ roll 44 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Sweet peas 9 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce/ 22/14 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c Chef sal : 385 GRAINS: 2 ravioli 318c PROTEINS:2oz pizza 294c		<b>WK4</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT		
<b>14 Entree:Choose One gram</b> Hot turkey sand/grvy 56 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Oven fries 18 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/ 22/19 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c turkey363c GRAINS: 2 Chef sal : 385 PROTEINS:2oz pizza 294c		<b>15 Entree: Choose One gram</b> Chix taco 35 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Baked beans 32 Fresh celery w/dip 5 Applesauce 24 Snack bar 24 Milk var/apple jce/ 22/14 <b>DAILY NUTRIENTS veg bld jce 13</b> 6FRUITS : 1c CALORIES: VEGGIE: 1.5c taco chix296c GRAINS: 2 Chef sal : 385 c PROTEINS:2oz pizza 294c		<b>16 Entree: Choose One gram</b> BBQ pork sandwich 34 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Augratin potatoes 22 Fresh carrots w/dip 7 Chilled pineapple 14 Milk var/orange jce/ 22/14 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c pork 326c GRAINS: 2 Chef sal : 385 c PROTEINS:2oz pizza 294c		<b>17Entree: Choose One gram</b> Chix patty on bun 36 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Seasoned carrots 32 Fresh celery w/dip 5 Fresh apple slices 8 Snack bar 24 Milk var/grape jce/ 22/19 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c Chef sal : 385 c GRAINS: 2 chixi 310c PROTEINS:2oz pizza 294c		<b>18 Entree: Choose One gram</b> Spaghetti /mt sce roll 23 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Tossed salad 14 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce/ 22/14 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c Chef sal : 385 GRAINS: 2 spag 645c PROTEINS:2oz pizza 294c		<b>WK5</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT		
<b>21 Entree: Choose One gram</b> Chix patty on bun 36 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Green beans 9 Fresh carrots w/dip 7 Fresh banana 27 Milk var/grape jce/ 22/19 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c taco 296c GRAINS: 2 Chef sal : 385 PROTEINS:2oz pizza 294c		<b>22 Entree: Choose One gram</b> Hot dog on a bun 20 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Baked beans 32 Fresh celery w/dip 5 Applesauce 24 Snack bar 24 Milk var/apple jce/ 22/14 <b>DAILY NUTRIENTS veg bld jce 13</b> 6FRUITS : 1c CALORIES: VEGGIE: 1.5c Hot dog: 240c GRAINS: 2 Chef sal : 385 c PROTEINS:2oz pizza 294c		<b>23 Entree: Choose One gram</b> Taco in a bag 35 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Swt potato coins 21 Fresh carrots w/dip 7 Chilled peaches 14 Milk var/orange jce/ 22/14 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c taco 296c GRAINS: 2 Chef sal : 385 PROTEINS:2oz pizza 294c		<b>24Entree:Choose One gram</b> Porcupine balls / roll 43 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Mashed potatoes 20 Fresh celery w/dip 5 Fresh apple slices 8 Snack bar 24 Milk var/grape jce/ 22/19 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c porkies: 318c GRAINS: 2 Chef sal : 385 PROTEINS:2oz pizza 294c		<b>25 Entree: Choose One gram</b> Shrimp w/ mac/cheese 62 <b>Pepperoni Pizza 29</b> <b>Chef Salad 36</b> <b>Sides:</b> Whole kernel corn 21 Fresh cucumbers w/dip 3 Mandarin oranges 17 Milk var/apple jce/ 22/14 <b>DAILY NUTRIENTS veg bld jce 13</b> FRUITS : 1c CALORIES: VEGGIE: 1.5c shr/mac: 510c GRAINS: 2 Chef sal : 385 PROTEINS:2oz pizza 294c		<b>WK6</b> FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT	January 21 NO SCHOOL	