



SCHOOL CATERING BY MARYHAVEN

Lunch Portion Menu HS 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Week #1	5 Meatballs in Gravy 1 Cup Mashed Potatoes 2 slices WG Bread (2 meat, 2 grain) 1 Fresh Orange= ½ Cup Fruit 1 Side Kick = ½ cup Fruit 8 oz. 1% or FF Milk	1 BBQ Pork Rib Patty* or BBQ Hamburger Patty No pork on 1 WG Hamburger Bun 1 Cup Green Beans w/ Red Peppers 2 pks. Apple Slices = 1 Cup Fruit 8 oz. 1% or FF Milk	3 WG Chicken Tenders 1 Cup Baked Beans 1 slice WG Bread (2 Meat, 2 grain) 1 Fresh Banana= ½ cup 4 oz. 100% Grape Juice 8 oz. 1% or FF Milk	1 WG Pizza Quesadilla (2 meat, 2 grain) 1 Cup Broccoli Cuts 1 Fresh Pear= 1 Cup Fruit 8 oz. 1% or FF Milk	1 Italian WG Sub (2 meat, 2 grain) 1 Sun Chips 2 pks. Baby Carrots 1 pkt. Ranch Dressing 1 Fresh Apple = 1 Cup 8 oz. 1% or FF Milk
Lunch Week #2	1 Hamburger on 1 WG Hamburger Bun (2 meat, 2 grain) 1 Cup Whole Kernel Corn w/ Red Peppers 1 Fresh Orange 1 Side Kick 8 oz. 1% or FF Milk	6 Mini WG Chicken Corn dogs (2 meat, 2 grain) 1 Cup Green Beans w/ Red Peppers 2 pks. Apple Slices 8 oz. 1% or FF Milk	5 WG Chicken Nuggets 1 Slice WG Bread (2 Meat, 2 grain) 1 Cup Baked Beans 1 Fresh Banana 4 oz. 100% Grape Juice 8 oz. 1% or FF Milk	1 WG Mexican Beef Fiestada (2 meat, 2 grain) 1 Cup Seasoned Broccoli 1 Fresh Pear 8 oz. 1% or FF Milk	1 Turkey & Cheese Sub (2 meat, 2 grain) 1 WG Cheddar Sun Chips 2 pks. Baby Carrots 1 pkt. Ranch Dressing 1 Fresh Apple 8 oz. 1% or FF Milk
Lunch Week #3	1 Chicken Patty on 1 WG Hamburger Bun (2 meat, 2 grain) 1 Cup Green Beans w/ Red Peppers 1 Fresh Orange 1 Side Kick 8 oz. 1% or FF Milk	Taco Meat WG Tortilla Chips (2 Meat, 2 Grain) 1 Cup Mexican Corn w/ Red Peppers 2 pks. Apple Slices 8 oz. 1% or FF Milk	1 WG Cheese Pizza (2 Meat, 2 grain, 1/8 c. V) 1 Cup Broccoli Cuts 1 Fresh Banana 4 oz. 100% Grape Juice 8 oz. 1% or FF Milk	1 Hamburger on 1 WG Hamburger Bun (2 Meat, 2 grain) 1 Cup Garbanzo Beans 1 Fresh Pear 8 oz. 1% or FF Milk	1 Italian WG Sub (2 meat, 2 grain) 1 WG Nacho Chips 2 pks. Baby Carrots 1 Pkt. Ranch Dressing 1 Fresh Apple 8 oz. 1% or FF Milk
Lunch Week #4	5 WG Chicken Nuggets (2 meat, 1 Grain) 1 Cup Broccoli 1 Slice WG Bread (1 grain) 1 Fresh Orange 1 Side Kick 8 oz. 1% or FF Milk	1 slice Meatloaf (2 meat) 1 Cup Green Beans w/ Red Peppers 2 slices WG Bread (2 grain) 2 pks. Apple Slices 8 oz. 1% or FF Milk	1 Jumbo Hot Dog* or Turkey Hot Dog (No Pork) On 1 WG Hot Dog Bun (2 Meat, 1.5 Grain) 1 Doritos (1 Grain) 1 Cup Baked Beans 1 Fresh Banana 4 oz. 100% Grape Juice 8 oz. 1% or FF Milk	1 Beef Pepperoni Calzone (2 Meat, 2 Grain) 1 Cup Whole Kernel Corn w/ Red Peppers 1 Fresh Pear 8 oz. 1% or FF Milk	1 Turkey & Cheese WG Sub (2 Meat, 2 grain) 1 oz. Sweet Chili Doritos 2 pks. Baby Carrots 1pkt. Ranch Dressing 1 Fresh Apple 8 oz. 1% or FF Milk
Lunch Week #5	1 Hamburger on 1 WG Hamburger Bun (2 meat, 2 grain) 1 Cup Garbanzo Beans 1 Fresh Orange 1 Side Kick 8 oz. 1% or FF Milk	1 Grilled Cheese (WG) (2 meat, 2 grain) 1 Cup Broccoli 2 pks. Apple Slices 8 oz. 1% or FF Milk	8 Chik'N Fry Stix 1 sl. WG Bread (2 meat, 2 grain) 1 Cup Seasoned Potatoes w/ Red Peppers 1 Fresh Banana 4 oz. 100% Grape Juice 8 oz. 1% or FF Milk	1 WG Cheese Pizza (2 Meat, 2 grain) 1 Cup Green Beans 1 Fresh Pear 8 oz. 1% or FF Milk	1 Italian WG Sub (2 meat, 2 grain) 1 Flamin' Hot Cheetos 2 pks. Baby Carrots 1 Pkt. Ranch Dressing 1 Fresh Apple 8 oz. 1% or FF Milk