



WEEKLY MENU DETAILS : 18-19 lunch wk 1

Item Description	# Students	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B(oz)	WG Rich	Dessert	Milk	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*
MONDAY: 18-19 lunch wk1 mon															
ENTREE 1															
PIZZA - MULTI CHEESE GARLIC FRENCH BREAD WG 6"	450	1.000 Each	330.000	6.000	700.000	30.000	2.000 oz	2.000 oz	YES						
MARINARA SAUCE	450	0.500 Cups	60.000	0.000	490.000	11.000						0.500 cups	RO		
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
BEANS - GREEN BEANS REG CUT 1.5" IQF	500	3.000 Ounces	30.000	0.000	0.000	6.000						0.625 cups	O		
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit		
ENTREE 2															
Alternate Sandwich	50	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
BEANS - GREEN BEANS REG CUT 1.5" IQF	500	3.000 Ounces	30.000	0.000	0.000	6.000						0.625 cups	O		
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit		



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TUESDAY: 18-19 lunch wk1 Tues															
ENTREE 1															
CHIPS - TORTILLA CHIPS YELL OW ROUND WG	400	22.000 Each	280.000	2.000	210.000	38.000		2.500 oz	YES						
District 287 Buffalo Chicke n Dip	400	1.000 Each	310.000	14.000	1240.00	8.000	2.000 oz								
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fa t free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
CELERY, FRESH, STICKS, RT U	500	3.000 Each	3.500	0.000	20.250	0.750						0.250 cups O			
ENTREE 2															
Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fa t free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
CELERY, FRESH, STICKS, RT U	500	3.000 Each	3.500	0.000	20.250	0.750						0.250 cups O			



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WEDNESDAY: 18-19 lunch wk1 wed																	
ENTREE 1																	
WG Hamburger Bun	400	1.000 Each	120.000	0.000	190.000	22.000		2.000 oz	YES								
BEEF - PATTIES PREMIUM BEEF STEAK BURGER 2.45OZ	400	1.000 Each	166.000	4.800	254.000	0.000	2.000 oz										
CHEESE - AMERICAN YELLOW PROCESS SLICE 160CT	400	1.000 Each	50.000	2.500	225.000	0.500	0.500 oz										
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup						
POTATOES - FRIES 3/8 DEEP V CC 6/5#	500	2.060 Ounces	100.000	0.000	170.000	16.000						0.500 cups	S				
CORN COBBETTES 5.5" IQF	500	1.000 Each	0.000	0.000	0.000	0.000											
ENTREE 2																	
Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES								
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP



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WEDNESDAY: 18-19 lunch wk1 wed

ENTREE 2

Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
POTATOES - FRIES 3/8 DEEP V CC 6/5#	500	2.060 Ounces	100.000	0.000	170.000	16.000						0.500 cups	S		
CORN COBBETTES 5.5" IQF	500	1.000 Each	0.000	0.000	0.000	0.000									

THURSDAY: 18-19 lunch wk1 thur

ENTREE 1

MANDARIN ORANGE CHICKEN JR.	400	3.600 Ounces	150.000	0.500	280.000	19.000	2.000 oz										
WG Dinner Roll	400	1.000 Each	80.000	0.000	130.000	15.000		1.000 oz	YES								
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup						
District 287 Roasted Broccoli w/Sweet Soy	500	0.500 Cups	110.000	0.500	220.000	14.000						0.500 cups	DG				
RICE - BROWN WG	500	0.500 Cups	85.000	0.000	0.000	17.500		1.000 oz	YES								

ENTREE 2



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THURSDAY: 18-19 lunch wk1 thur

ENTREE 2

Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES								
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup						
District 287 Roasted Broccoli w/Sweet Soy	500	0.500 Cups	110.000	0.500	220.000	14.000						0.500 cups	DG				
RICE - BROWN WG	500	0.500 Cups	85.000	0.000	0.000	17.500		1.000 oz	YES								

FRIDAY: 18-19 lunch wk1 fri

ENTREE 1

Pep Pizza Slices	250	1.000 Each	440.000	10.000	620.000	35.000	2.000 oz	2.000 oz	YES			0.125 cups	RO				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup						
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				



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FRIDAY: 18-19 lunch wk1 fri															
ENTREE 1															
Cucumber Salad	500	0.500 Cups	35.000	0.000	0.000	9.000						0.500 cups	O		
ENTREE 2															
Cheese Pizza Slices	150	1.000 Each	370.000	8.000	370.000	35.000	2.000 oz	2.000 oz	YES			0.125 cups	RO		
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO 0.250 cupsBP
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit		
Cucumber Salad	500	0.500 Cups	35.000	0.000	0.000	9.000						0.500 cups	O		
ENTREE 3															
Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO 0.250 cupsBP
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
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FRIDAY: 18-19 lunch wk1 fri															
ENTREE 3															
Cucumber Salad	500	0.500 Cups	35.000	0.000	0.000	9.000						0.500 cups	O		
