

DINNER

Winter/Spring 2019

WEEK 1									
Monday	Portion Sizes	Tuesday	Portion Sizes	Wednesday	Portion Sizes	Thursday	Portion Sizes	Sunday	Portion Sizes
Chicken and Dumplings Steamed Peas Dinner Rolls Fresh Fruit Milk	1 Cup ¼ Cup 1 each 1 each 8 oz	Roast Turkey w/ Gravy Traditional Stuffing Steamed Carrots Fresh Fruit Milk	3 oz ½ Cup ¼ Cup 1 each 8 oz	Ham and Spiced Apples Baked Sweet Potato Brussel Sprouts Fresh Fruit Milk	3 oz 1 each 1 cup 1 each 8 oz	Spaghetti w/ Meat sauce Braised Zucchini Garlic Bread Fresh Fruit Milk	1 Cup 1 cup 1 roll 1 each 8 oz.	Pot Roast with Gravy Mashed Potatoes Mixed Vegetables Sliced Peaches Milk	3 oz. ½ Cup ¼ Cup ¼ Cup 8 oz
WEEK 2									
Monday		Tuesday		Wednesday		Thursday		Sunday	
Pepper Steak Egg Noodles Seasoned Spinach Fresh Fruit Milk	1 Cup ¾ Cup ¾ Cup 1 each 8 oz	Baked Fish Brown Rice Pilaf Yellow Squash Fresh Fruit Milk	3 oz ½ Cup ¾ Cup 1 each 8 oz	Roasted Garlic Parmesan Chicken Parsley Red Potatoes Lima Beans Fresh Fruit Milk	2 piece ½ Cup ¾ Cup 1 each 8 oz	Cheese Pizza Chopped Spinach Salad Bar Fresh Fruit Milk	1 Cup ¾ Cup 1 slice 1 each 8 oz	Stuffed Chicken Breast Au Gratin Potatoes Cape Cod Blend Veg Fruit Cocktail Milk	4 oz ½ Cup ¼ Cup ¼ Cup 8 oz
WEEK 3									
Monday		Tuesday		Wednesday		Thursday		Sunday	
Turkey Pot Pie Peas Salad Bar Fresh Fruit Milk	1 Cup ½ Cup Salad 1 ea 8 oz	Salisbury Steaks w Gravy Mashed Potatoes Carrots Fresh Fruit Milk	3 oz ½ Cup ¾ Cup 1 ea 8 oz	Asian Orange Chicken Fried Rice Steamed Broccoli Fresh Fruit Milk	¾ Cup ½ Cup ¾ Cup 1 each 8 oz	Homemade lasagna Broccoli Florets Garlic Bread Fresh Fruit Milk	6 oz ¾ Cup Salad 1 each 8 oz	Baked Flounder Strips Loaded Mashed Potatoes Mixed Vegetables Sliced Peaches Milk	1 Cup ½ C ¾ Cup ¼ Cup 8 oz
WEEK 4									
Monday		Tuesday		Wednesday		Thursday		Sunday	
Manicotti w/ Sauce Broccoli Florets Garlic Bread Fresh Fruit Milk	3 oz ¾ Cup 1 each 1 each 8 oz	Beef Stew Green Beans WW Dinner Roll Fresh Fruit Milk	1 Cup ¾ Cup 1 each 1 each 8 oz	Honey Roast Chicken Scalloped Potatoes Corn Fresh Fruit Milk	2 pieces ½ Cup ¾ Cup 1 each 8 oz	Roast Pork Loin w/ Pineapple Sauce Baked Potato Catalina Blend Fresh Fruit Milk	3 oz 1 each ¾ Cup 1 each 8 oz	Meatballs w Gravy Brown Rice Mixed Vegetables Pear halves Milk	½ Cup ½ Cup ¾ Cup ¾ Cup 8 oz

The following items are also available as ala-cart

ALL BREAKFASTS

- Oatmeal - three or four varieties of cold cereal
- Assorted juices

ALL LUNCHEES & DINNERS

- Salad Bar – containing Mixed Greens, tomatoes, onions, green peppers, cucumber, carrots, cheese, peas, hummus, black beans, eggs, sunflower seeds, dried cranberries, 3 bean salad, applesauce, croutons, jello, regular dressing and fat-free dressing

ALL MEALS

- 1%, Skim, and FF Chocolate Milk
- Peanut butter, applesauce, , regular and sugar free jelly
- Assorted Fresh Fruits and Canned Fruits

ALL THE ABOVE ITEMS ARE OFFERED TO COMPLETE THE APPROPRIATE DIETS FOR WELL-BALANCED MEALS. If there is a question about a student's diet, please ask for an explanation. The Nutrition Department has folders for each student.

When you make selection of food for the student, please keep in mind the students' diet. *In accordance with federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*