








MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What is a meal? An Entrée (Protein & Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables</p>		<p><i>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</i></p>  		<p>1 Grilled Chicken & Cheese Sandwich on a WG Bun Served w/ PC Ranch Dressing (2 ½ Protein & 2 Starch) or Meatloaf Sandwich on a WG Bun (2 Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Assorted Fresh Vegetables</i> <i>Dragon Tongue Beans(veg)</i> <u>½ c Fruit (may take 2)</u> <i>Assorted Fresh Fruit</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>4 WG Chicken Quesadilla (2 Protein & 2 Starch) or 2 oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 8 Tater Tots (2 ½ Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Silly Dilly Green Beans</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>5 Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or BBQ Rib on WG Bun (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Power Punch Broccoli</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> <i>Blueberries</i> 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>6 Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ cup Long Grain Brown Rice (2 Protein & 2 Starch) or Pepperoni Stuffed Crust Pizza (2 Protein & 2 Starch) or Egg & Cheese & Sausage on a WW Bun (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Go-Go Cucumber Wheels</i> <i>Tom Thumb Peas</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>7 1 c WG Macaroni & Cheese Served w/ 3 oz Cheese Sauce Over Top (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Tiny Tasty Tree Tops (Broccoli)</i> <i>Kickin' Corn</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>8 2 WG Eggo Waffles Served w/ 1 Chicken Sausage & Maple Syrup (2 Protein & 2 Starch) or 2 oz WG Grilled Cheese Sandwich Served w/ Tomato Soup (2 Protein & 2 Starch) or WG Oven Roasted Turkey Wrap Served w/Romaine Lettuce & Tomato and PC of Ranch Dressing</p> <p><u>½ c Vegetables (may take 2)</u> <i>Assorted Fresh Vegetables</i> <i>Dragon Tongue Beans(veg)</i> <u>½ c Fruit (may take 2)</u> <i>Assorted Fresh Fruit</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>11 WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or WG Tuna Wrap Served w/ Romaine Lettuce and Tomatoes (2 Protein & 2 Starch) or Bosco Sticks Served w/ 1/3 cup Marinara Sauce (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Silly Dilly Green Beans</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>12 Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or BBQ Rib on WG Bun (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Power Punch Broccoli</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> <i>Blueberries</i> 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>13 Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or Stuffed Crust Pizza (2 Protein & 2 Starch) or 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Go-Go Cucumber Wheels</i> <i>Tom Thumb Peas</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>14 Cheeseburger Served on WG Bun 2 PC's of Ketchup (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or WG Chicken Quesadilla (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Tiny Tasty Tree Tops (Broccoli)</i> <i>Kickin' Corn</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>15 Oven Roasted Sliced Turkey Served w/ Mashed Potatoes and WG Dinner Roll or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or 3 Pancakes w/ 1 oz Maple Syrup Served w/ 1 Chicken Sausage Pattie (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Assorted Fresh Vegetables</i> <i>Dragon Tongue Beans(veg)</i> <u>½ c Fruit (may take 2)</u> <i>Assorted Fresh Fruit</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>18 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) or WG Chicken Quesadilla (2 Protein & 2 Starch) or Grilled Chicken & Cheese Sandwich on a WG Bun Served w/ PC Ranch Dressing (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Silly Dilly Green Beans</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>19 Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or BBQ Rib on WG Bun (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Power Punch Broccoli</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> <i>Blueberries</i> 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>20 Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or Stuffed Crust Pizza (2 Protein & 2 Starch) or Baked Potato Served w/ 2 oz Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein & 2 Starch & 2 Veg)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Go-Go Cucumber Wheels</i> <i>Tom Thumb Peas</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>21 Hamburger Served on WG Bun 2 PC's of Ketchup (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Tiny Tasty Tree Tops (Broccoli)</i> <i>Kickin' Corn</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>22 WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or Hot Dog Served on a WG Bun 2 PC's of Ketchup (2 Protein & 2 Starch) or 2 oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 8 Tater Tots (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Assorted Fresh Vegetables</i> <i>Dragon Tongue Beans(veg)</i> <u>½ c Fruit (may take 2)</u> <i>Assorted Fresh Fruit</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>
	<p>26 Winter</p>	<p>27 Happy Holidays</p> 	<p>28 Recess</p>	

Available Daily at the Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk

New State & Federal Regulations for 2017-2018

$\frac{1}{2}$ -3/4c Fruit Serving ($\frac{1}{2}$ c portions served may take 2 daily)

$\frac{1}{2}$ -3/4c Vegetable Serving ($\frac{1}{2}$ c portions served may take 2 daily)

(weekly minimums: 1/2c legumes, 1/2c dark greens, 3/4c red/orange, 1/2c starchy, 1/2c other, Plus an addition 1c weekly)

1-2 Grains Per day

1-2oz Protein per day

8oz Low Fat Milk (1%, Skim and Flavored Skim Milks offered daily)

Minimum- Maximum Calories 550-650

Saturated Fat- Less than 10 % of Total Calories

Sodium- 1230 mg or less

Zero Trans Fats

Menu is subject to change without notice

WG: Whole Grain WW: Whole Wheat LS: Low Sodium RF: Reduced Fat

Visit Our Website at www.guiderlandschools.org

Student Lunch Price: \$2.80 Milk: \$.60 Adult Lunch Price \$3.45 plus tax

Breakfast \$1.95

A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged

Non-discrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
 (2) fax: (202) 690-7442; or
 (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.