

MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>   <p><b>HAPPY NEW YEAR</b></p> <p><b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch) or <b>Baked Potato</b> Served w/ 2 oz Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg) or <b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Crunchy Celery Stalks Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>2</p> <p><b>Italian Dunkers</b> (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 3 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>2 Pieces of Fish &amp; 8 Tater Tots</b> Served w/PC Ketchup (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Crunchy Celery Stalks Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>3</p> <p><b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch) or <b>Baked Potato</b> Served w/ 2 oz Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg) or <b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>4</p> <p><b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>Homemade WG Quesadilla Cut into Wedges</b> Served w/ Salsa (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Kickin' Corn <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>5</p> <p><b>2 oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 8 Tater Tots (2 ½ Protein &amp; 2 Starch) or <b>WG Breaded Chicken Pattie</b> Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein &amp; 3 Starch) or <b>2 Halves of Homemade Pizza Bagels</b> (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Dragon Tongue Beans(veg) <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>8</p> <p><b>WG Chicken Quesadilla</b> (2 Protein &amp; 2 Starch) or <b>Bosco Sticks</b> Served w/ 1/3 cup Marinara Sauce (2 Protein &amp; 2 Starch) or <b>WG Breaded Chicken Pattie</b> Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein &amp; 3 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Silly Dilly Green Beans <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>9</p> <p><b>Italian Dunkers</b> (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 3 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>WG Chicken Fajita Wrap</b> Served w/ Cheddar Cheese and PC Ranch Dressing (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Crunchy Celery Stalks Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>10</p> <p><b>Taco Boat</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ cup Long Grain Brown Rice (2 Protein &amp; 2 Starch) or <b>Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch) or <b>Dutchmen</b> Egg, Cheese &amp; Sausage on a WG Bun (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>11</p> <p><b>Sloppy Joe</b> Served on a WW Bun (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Kickin' Corn <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>12</p> <p><b>Sliced Ham</b> Sweet Potatoes Dinner Roll Cookie (2 Protein &amp; 2 Starch) or <b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch) or <b>Meatloaf</b> Served on a WW Bun (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Dragon Tongue Beans(veg) <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>15</p>   <p><b>MLK Day</b></p> <p><b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch) or <b>1 c WG Macaroni &amp; Cheese</b> Served w/ 3 oz Cheese Sauce Over Top (2 Protein &amp; 2 Starch) or <b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>16</p> <p><b>Italian Dunkers</b> (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 3 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>WG Turkey Wrap</b> Served w/ American Cheese Romaine Lettuce, Tomatoes and Mayo (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Crunchy Celery Stalks Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>17</p> <p><b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch) or <b>1 c WG Macaroni &amp; Cheese</b> Served w/ 3 oz Cheese Sauce Over Top (2 Protein &amp; 2 Starch) or <b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>18</p> <p><b>Pizza Burger</b> Served on a WW Bun (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>3 WG Chicken Tenders</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC Ranch Dressing (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Kickin' Corn <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>19</p> <p><b>Tuna Bagel</b> w/ Romaine Lettuce or <b>WG Breaded Chicken Pattie</b> Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein &amp; 3 Starch) or <b>3 Pancakes</b> w/ 1 oz Maple Syrup Served w/ 1 Chicken Sausage Pattie (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Dragon Tongue Beans(veg) <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>22</p> <p><b>Chicken Breast w/ Spaghetti Sauce &amp; Moz. Cheese</b> Served on a WW Bun (2 Protein &amp; 3 Starch) or <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch) or <b>2 Halves of Homemade Pizza Bagels</b> (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Silly Dilly Green Beans <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>23</p> <p><b>Italian Dunkers</b> (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 3 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>Dutchmen</b> Egg, Cheese &amp; Sausage on a WG Bun (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Crunchy Celery Stalks Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>24</p> <p><b>Taco Boat</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch) or <b>Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch) or <b>Baked Potato</b> Served w/ 2 oz Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>25</p> <p><b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Kickin' Corn <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>26</p> <p><b>WG Breaded Chicken Pattie</b> Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein &amp; 3 Starch) or <b>Hot Dog</b> Served on a WG Bun 2 PC's of Ketchup, Baked Chips (2 Protein &amp; 2 Starch) or <b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Dragon Tongue Beans(veg) <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>29</p> <p><b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch) or <b>WG Chicken Quesadilla</b> (2 Protein &amp; 2 Starch) or <b>1 c WG Baked Ziti</b> w/Homemade Spaghetti Meat Sauce &amp; Moz Cheese (2 ½ Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Silly Dilly Green Beans <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>30</p> <p><b>Italian Dunkers</b> (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 3 Starch) or <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or <b>2 Pieces of Fish &amp; 8 Tater Tots</b> Served w/PC Ketchup (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Crunchy Celery Stalks Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>31</p> <p><b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch) or <b>Cheese Burger</b> Served on a WG Bun 2 PC's of Ketchup (2 Protein &amp; 2 Starch) or <b>5 WG Chicken Nuggets</b> Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein &amp; 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p><b>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</b></p>	<p><b>What is a meal? An Entrée (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables</b></p>

## Available Daily at the Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)  <b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)  <b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)  <b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)  <b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk	2 oz WG <b>Bagel</b> w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)  <b>May Choose With These Meals:</b> 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.guilderlandschools.org](http://www.guilderlandschools.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](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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.