


MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What is a meal?</b>  <b>An Entrée</b> (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza)  <b>2 Fruits</b>  <b>2 Vegetables</b></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><b>1</b>  <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>Hamburger/Cheeseburger</b> on a WW Bun Served w/ Potato Wedges and 2 PC Ketchup (2 1/2 Protein &amp; 2 Starch)  <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><b>2</b>  <b>WG Chicken Quesadilla</b> (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) or  <b>WG Mini Waffles</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch)  <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><b>5</b>  <b>12 WG Popcorn Chicken</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>WG Chicken Quesadilla</b> (2 Protein &amp; 2 Starch) or  <b>BBQ Rib Patty</b> on WG Bun 1/2c Potato Wedges (2 Protein &amp; 2 Starch)  <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><b>6</b>  <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)  <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><b>7</b>  <b>Baked Nachos</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>Pizza Bagel</b> (2 Protein &amp; 2 Starch) or  <b>Egg &amp; Cheese on a WW Bun</b> Served w/ 1 Turkey Sausage Links (2 ½ Protein &amp; 2 Starch)  <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><b>8</b>  <b>1 c WG Rotini</b> Served w/ 3 oz Homemade Spaghetti Meat Sauce Over Top (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/ 2 Turkey Sausage Links (2 Protein &amp; 2 Starch)  <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><b>9</b>  <b>Pre-Made Tuna Wrap</b> 2 oz OR Tuna, 1 Leaf Romaine Lettuce, 2 Slices of Tomato a WG 10"wrap (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) or  <b>Pizza Bagel</b> (2 Protein &amp; 2 Starch)  <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><b>12</b>  <b>WG Mini Pancakes</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch) or  <b>Hamburger/Cheeseburger</b> on a WW Bun Served w/ Potato Wedges and 2 PC Ketchup (2 1/2 Protein &amp; 2 Starch) or  <b>Max Sticks</b> Served w/ 1/3 cup Marinara Sauce (2 Protein &amp; 2 Starch)  <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><b>13</b>  <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)  <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><b>14</b>  <b>Baked Nachos</b> Served w/ 2 oz Spicy Meat Sauce, 2 oz Grated Cheddar Cheese &amp; 1 oz Salsa &amp; ½ c Long Grain Brown Rice (2 Protein &amp; 2 Starch) or  <b>Pizza Bagel</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 BBQ Sauce (2 Protein &amp; 2 Starch)  <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><b>15</b>  <b>Hot Dog</b> Served on WG Bun 2 PC's of Ketchup or  <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or  <b>Sloppy Joe</b> on a WW Bun (2 Protein &amp; 2 Starch)  <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><b>16</b>  <b>Stuffed Crust Pizza</b> (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) or  <b>3 Pancakes w/ 1 oz Maple Syrup</b> Served w/ 1 Chicken Sausage Pattie (2 Protein &amp; 2 Starch)  <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><b>19</b>  <b>12 WG Popcorn Chicken</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>Cook's Choice</b> or  <b>BBQ Rib Patty</b> on WG Bun 1/2c Potato Wedges (2 Protein &amp; 2 Starch)  <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><b>20</b>  <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>Cook's Choice</b>  <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><b>21</b>  <b>WG Breaded Chicken Pattie</b> Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein &amp; 3 Starch) or  <b>Cook's Choice</b>  <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><b>22</b>  <b>½ Day</b></p>	<p><b>23</b>  <b>½ Day</b>  <b>Last Day Of School</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>

## Available Daily at the Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">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 &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">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 &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">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 &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">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 &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">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 &amp; 2 Starch)</p> <p style="text-align: center;"><b>May Choose With These Meals:</b> 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>

### New State & Federal Regulations for 2016-2017

**$\frac{1}{2}$ -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.