

MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</p> <p>WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or Hamburger/Cheeseburger on a WW Bun Served w/ Potato Wedges and 2 PC Ketchup (2 1/2 Protein & 2 Starch) or Max Sticks Served w/ 1/3 cup Marinara Sauce (2 Protein & 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>2</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>3</p> <p>Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Grated Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or Pizza Bagel (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) <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>Hot Dog 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 Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Tiny Tasty Tree Tops (Broccoli) 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>BBQ Rib on WG Bun (2 Protein & 2 Starch) or Meatloaf Sandwich on a WG Bun (2 Protein & 2 Starch) or 3 Pancakes w/ 1 oz Maple Syrup Served w/ 1 Chicken Sausage Pattie (2 Protein & 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>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 Meatloaf on WG Bun 1/2c Potato Wedges (2 Protein & 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>9</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>10</p> <p>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 Pizza Bagel (2 Protein & 2 Starch) or Egg & Cheese & Sausage on a WW Bun (2 ½ Protein & 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>1 c WG Rotini Served w/ 3 oz Homemade Spaghetti Meat 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) <u>½ c Vegetables (may take 2)</u> Tiny Tasty Tree Tops (Broccoli) 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>2 WG Stuffed Shells w/ Spaghetti Sauce (2 Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or Pizza Bagel (2 Protein & 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>WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or 5 Meatball Sub w/ Spaghetti Sauce & Melted Moz. Cheese (2 Protein & 2 Starch) or Bosco Sticks Served w/ 1/3 cup Marinara Sauce (2 Protein & 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>16</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>17</p> <p>Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Grated 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) <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>Hot Dog 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 Pulled Pork on a WW Bun (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Tiny Tasty Tree Tops (Broccoli) 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>Pizza Bagel (2 Protein & 2 Starch) or 2 oz Sloppy Joe on a WG Bun Served w/ ½ cup of Tater Tots (2 Protein & 2 Starch & 1 Veg) or 3 Pancakes w/ 1 oz Maple Syrup Served w/ 1 Chicken Sausage Pattie (2 Protein & 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>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 BBQ Rib Patty on WG Bun 1/2c Potato Wedges (2 Protein & 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>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>24</p> <p>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 Pizza Bagel (2 Protein & 2 Starch) or Egg & Cheese & Sausage on a WW Bun (2 ½ Protein & 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>25</p> <p>1 c WG Rotini Served w/4 Meatballs in Spaghetti 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) <u>½ c Vegetables (may take 2)</u> Tiny Tasty Tree Tops (Broccoli) 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>Meatloaf on WG Bun 1/2c Potato Wedges (2 Protein & 2 Starch) or Pizza Bagel (2 Protein & 2 Starch) or WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 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>Memorial Day</p> 	<p>30</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>31</p> <p>Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Grated Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or Pizza Bagel (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) <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>What is a meal? An Entrée (Protein & Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables</p>		
				<p>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</p> 	

Available Daily at the Elementary Schools

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

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(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.
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