


MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>WG Chicken Quesadilla Pizza Served w/ Salsa (2 Protein & 2 Starch)</p> <p>or</p> <p>3 oz Sloppy Joe on a WW Bun Served w/ ½ c Pasta Salad (2 Protein & 3 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Cucumber Slices Fresh Celery Sticks Steamed Peas</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Blueberries Cinnamon Apple Slices 3 Asst. Canned/Frozen Fruits</p>	<p>2</p> <p>Italian Dunkers (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Carrots</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>3</p> <p>5 Meatball Sub w/ Spaghetti Sauce & Melted Moz. Cheese (2 Protein & 2 Starch)</p> <p>or</p> <p>Cheeseburger w/American Cheese (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>4</p> <p>Hot Dogs on WW Buns Served w/ ½ c Vegetarian Beans and PC Ketchup & Mustard (2 Protein & 4 Starch)</p> <p>or</p> <p>Baked Potato Served w/ 2 oz Homemade 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> Fresh Baby Carrots Fresh Celery Sticks Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Blueberries Homemade Chunky Applesauce 2 Asst. Canned/Frozen Fruits</p>	<p>5</p> <p>1 c WG Rotini Served w/ ½ cup Homemade Spaghetti Meat Sauce & 2 oz cup of Moz Cheese or Queso Sauce Over Top (2 ½ Protein & 2 Starch)</p> <p>or</p> <p>2 Stuffed Shells (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit Apple Slices 3 Asst. Canned/Frozen Fruits</p>
<p>8</p> <p>WG Chicken Quesadilla Pizza Served w/ Salsa (2 Protein & 2 Starch)</p> <p>or</p> <p>BBQ Rib on a WW Bun Served w/ 1/2c Seasoned Potato Wedges (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Cucumber Slices Fresh Celery Sticks Steamed Peas</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Blueberries Cinnamon Apple Slices 3 Asst. Canned/Frozen Fruits</p>	<p>9</p> <p>Italian Dunkers (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Carrots</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>10</p> <p>South of the Border Turkey Melt (Sliced Turkey Served on a Ciabatta Roll w/ Pepper Jack Cheese) (2 Protein & 4 Starch)</p> <p>or</p> <p>Cheeseburger w/American Cheese (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>11</p> <p>Hot Dogs on WW Buns Served w/ ½ c Vegetarian Beans and PC Ketchup & Mustard (2 Protein & 4 Starch)</p> <p>or</p> <p>Caesar Salad w/ 2 oz Fajita Chicken in a ½ WG Pita Pocket (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Blueberries Homemade Chunky Applesauce 2 Asst. Canned/Frozen Fruits</p>	<p>12</p> <p>1 c WG Rotini Served w/ ½ cup Homemade Spaghetti Meat Sauce & 2 oz cup of Moz Cheese or Queso Sauce Over Top (2 ½ Protein & 2 Starch)</p> <p>or</p> <p>Pizza Bagel (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Asst. Canned/Frozen Fruits</p>
<p>15</p> <p>WG Chicken Quesadilla Pizza Served w/ Salsa (2 Protein & 2 Starch)</p> <p>or</p> <p>3 oz Sloppy Joe on a WW Bun Served w/ ½ c Pasta Salad (2 Protein & 3 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Cucumber Slices Fresh Celery Sticks Steamed Peas</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Blueberries Cinnamon Apple Slices 3 Asst. Canned/Frozen Fruits</p>	<p>16</p> <p>Italian Dunkers (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Carrots</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>17</p> <p>5 Meatball Sub w/ Spaghetti Sauce & Melted Moz. Cheese (2 Protein & 2 Starch)</p> <p>or</p> <p>Cheeseburger w/American Cheese (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>18</p> <p>Hot Dogs on WW Buns Served w/ ½ c Vegetarian Beans and PC Ketchup & Mustard (2 Protein & 4 Starch)</p> <p>or</p> <p>Baked Potato Served w/ 2 oz Homemade 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> Fresh Baby Carrots Fresh Celery Sticks Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Blueberries Homemade Chunky Applesauce 2 Asst. Canned/Frozen Fruits</p>	<p>19</p> <p>1 c WG Rotini Served w/ ½ cup Homemade Spaghetti Meat Sauce & 2 oz cup of Moz Cheese or Queso Sauce Over Top (2 ½ Protein & 2 Starch)</p> <p>or</p> <p>2 Stuffed Shells (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit Apple Slices 3 Asst. Canned/Frozen Fruits</p>
<p>22</p> <p>WG Chicken Quesadilla Pizza Served w/ Salsa (2 Protein & 2 Starch)</p> <p>or</p> <p>BBQ Rib on a WW Bun Served w/ 1/2c Seasoned Potato Wedges (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Cucumber Slices Fresh Celery Sticks Steamed Peas</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Blueberries Cinnamon Apple Slices 3 Asst. Canned/Frozen Fruits</p>	<p>23</p> <p>Italian Dunkers (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Carrots</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>24</p> <p>South of the Border Turkey Melt (Sliced Turkey Served on a Ciabatta Roll w/ Pepper Jack Cheese) (2 Protein & 4 Starch)</p> <p>or</p> <p>Cheeseburger w/American Cheese (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>25</p> <p>Hot Dogs on WW Buns Served w/ ½ c Vegetarian Beans and PC Ketchup & Mustard (2 Protein & 4 Starch)</p> <p>or</p> <p>Caesar Salad w/ 2 oz Fajita Chicken in a ½ WG Pita Pocket (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Blueberries Homemade Chunky Applesauce 2 Asst. Canned/Frozen Fruits</p>	<p>26</p> <p>1 c WG Rotini Served w/ ½ cup Homemade Spaghetti Meat Sauce & 2 oz cup of Moz Cheese or Queso Sauce Over Top (2 ½ Protein & 2 Starch)</p> <p>or</p> <p>Pizza Bagel (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit Apple Slices 3 Asst. Canned/Frozen Fruits</p>
<p>29</p> <p>Memorial Day</p>	<p>30</p> <p>Italian Dunkers (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Carrots</p> <p><u>½ c Fruit (may take 2)</u> 2 Fresh Orange Wedges Homemade Chunky Applesauce 3 Asst. Canned/Frozen Fruits</p>	<p>31</p> <p>5 Meatball Sub w/ Spaghetti Sauce & Melted Moz. Cheese (2 Protein & 2 Starch)</p> <p>or</p> <p>Cheeseburger w/American Cheese (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> Fresh Baby Carrots Fresh Celery Sticks Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u> Fresh Apple Homemade Chunky Applesauce 3 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 A Low Fat Milk</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 High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u>Pizza Line</u> WW Pizza or NEW 4 Pizza Sticks or Breaded Chicken on a WG Bun or Spicy Chicken Patty on a WG Bun Served w/ Assorted Fruits & Vegetables and Milk</p> <p style="text-align: center;"><u>New Cafeteria</u> 8.25" WG Hot Wrap Station Buffalo Chicken Wrap Chicken Fajita Wrap Ranch Chicken Wrap BBQ Chicken Wrap Bosco Sticks w/ Marinara Sauce Served w/ Assorted Fruits & Vegetables and Milk</p> <p style="text-align: center;"><u>Small Cafeteria</u> Grab & Go Meals: Salad Shaker(1 cup Romaine Lettuce, 1/8 C Tomatoes, 3 oz Chicken, 1 oz Grated Cheese & 1 package of Scoops 3 oz Tuna Salad w/ Romaine & Tomato on a WG Bagel 3 oz Turkey WG Bagel Sandwich WG Italian Wrap(2 oz mixed meats & ½ oz Cheese, Romaine Lettuce and 2 slices of Tomatoes) Served w/ Assorted Fruits & Vegetables and Milk Ala Carte: 10 oz Mixed Berry Yogurt Smoothie</p> <p style="text-align: center;">El Loco Bar: (Gluten Free) 1 Package Baked Nachos Or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef ½ c Black or 1/2c Pinto Beans ½ c Long Grain Rice 2 oz cup Grated Cheddar Cheese 1 c Chopped Romaine Lettuce 1/8 c Diced Tomatoes 1 TBSP Chopped Onions 1 TBSP Sliced Jalapenos 2 oz Sour Cream 2 oz Salsa Served w/ Fruit & Milk</p>	<p style="text-align: center;"><u>Pizza Line</u> WW Pizza NEW 4 Buffalo Sticks or Breaded Chicken on a WG Bun or Spicy Chicken Patty on a WG Bun Served w/ Assorted Fruits & Vegetables and Milk</p> <p style="text-align: center;"><u>New Cafeteria</u> 8.25" WG Hot Wrap Station Buffalo Chicken Wrap Chicken Fajita Wrap Ranch Chicken Wrap BBQ Chicken Wrap Bosco Sticks w/ Marinara Sauce Served w/ Assorted Fruits & Vegetables and Milk</p> <p style="text-align: center;"><u>Small Cafeteria</u> Grab & Go Meals: Salad Shaker(1 cup Romaine Lettuce, 1/8 C Tomatoes, 3 oz Chicken, 1 oz Grated Cheese & 1 package of Scoops 3 oz Tuna Salad w/ Romaine & Tomato on a WG Bagel 3 oz Turkey WG Bagel Sandwich WG Italian Wrap(2 oz mixed meats & ½ oz Cheese, Romaine Lettuce and 2 slices of Tomatoes) Served w/ Assorted Fruits & Vegetables and Milk Ala Carte: 10 oz Mixed Berry Yogurt Smoothie</p> <p style="text-align: center;">El Loco Bar: (Gluten Free) 1 Package Baked Nachos Or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef ½ c Black or 1/2c Pinto Beans ½ c Long Grain Rice 2 oz cup Grated Cheddar Cheese 1 c Chopped Romaine Lettuce 1/8 c Diced Tomatoes 1 TBSP Chopped Onions 1 TBSP Sliced Jalapenos 2 oz Sour Cream 2 oz Salsa Served w/ Fruit & Milk</p>	<p style="text-align: center;"><u>Pizza Line</u> WW Pizza or NEW 4 Pizza Sticks or Breaded Chicken on a WG Bun or Spicy Chicken Patty on a WG Bun Served w/ Assorted Fruits & Vegetables and Milk</p> <p style="text-align: center;"><u>New Cafeteria</u> 8.25" WG Hot Wrap Station Buffalo Chicken Wrap Chicken Fajita Wrap Ranch Chicken Wrap BBQ Chicken Wrap Bosco Sticks w/ Marinara Sauce Served w/ Assorted Fruits & Vegetables and Milk</p> <p style="text-align: center;"><u>Small Cafeteria</u> Grab & Go 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oz Sour Cream 2 oz Salsa Served w/ Fruit & Milk</p>	

New State & Federal Regulations for 2016-2017

1 c Fruit Serving

1 c Vegetable Serving

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

2 Grain Minimum per Day

2oz Protein Minimum per Day

Minimum- Maximum Calories 750-850

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

Saturated Fat- Less than 10 % of Total Calories

Sodium- 1420 mg or less

Zero Trans Fats

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

Visit Our Website at www.guiderlandschools.org

Student Lunch Price: \$3.05 Milk: \$.60 Adult Lunch Price \$3.45 plus tax



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.