



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>1  <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>Soft Taco Served</b> w/ Taco Meat, Cheddar Cheese, 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>2  <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                      2 Halves of <b>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>5  <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>6  <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>7  <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>8  <b>WG Turkey BLT Wrap</b> (2 Protein &amp; 2 Starch) or  <b>18 Cuts per pan Fresh Pizza</b> (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>                      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>9  <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) or  <b>Homemade WG Cheese Quesadillas</b> Served w/ Salas (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>12  <b>WG Mini Waffles</b> Served w/ Chicken Sausage (2 Protein &amp; 2 Starch) or  <b>WG Chicken Parm. Sandwich</b> (w/Spaghetti Sauce and Moz.Cheese ) or  <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)  <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>13  <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>14  <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 Served</b> w/ Beef, Grated Cheese, WG Dinner Roll and PC Margarine (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>15  <b>Hamburger</b> Served on a WW Bun w/2 PC Ketchup (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>16  <b>1 c WG Baked Ziti</b> w/Homemade Spaghetti Meat Sauce &amp; Moz Cheese (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 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>                      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>19  <b>Hot Dog</b> on a WG Bun (2 Protein &amp; 2 Starch) or  <b>WG Chicken Patty</b> on a WG Bun (2 Protein &amp; 2 Starch) or  <b>4 French Toast Sticks</b> Served w/ Dipping Syrup and Chicken Sausage (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>20  <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 WG Stuffed Shells</b> (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>21  <b>Superintendent Conference Day</b></p>  <p><b>No School</b></p>	<p>22  <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) or  <b>Grilled Chicken Breast Sandwich</b> on a WG Bun (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 Fru</p>	<p>23  <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/ BBQ Sauce and 1/2c Long Grain Brown Rice or  <b>Pizza Bagel</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>26  <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 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)  <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>27  <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 Mini Pancakes</b> Served w/ Chicken Sausage (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>28  <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>Cheeseburger</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>29  <b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch) or  <b>Grilled Cheese on WG Bread</b> Served w/ Tomato Soup (2 Protein &amp; 2 Starch) or  <b>3 WG Chicken Tenders</b> Served w/ 1/2c Long Grain Brown Rice (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>30  <b>Good Friday</b>  <b>No School</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.guiderlandschools.org](http://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:

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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](mailto:program.intake@usda.gov).  
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