

MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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> 	<p>1 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) or 5-1/2oz Meatball Sub w/ Spaghetti Sauce & Melted Moz. Cheese (2 Protein & 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)</p>	<p>2 Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or 2 WG Stuffed Shells w/ Spaghetti Sauce (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 Romaine Lettuce & Diced Tomatoes <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>3 WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or Chicken Salad w/ Diced Celery Wrap Served w/ Romaine Lettuce (2 Protein & 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>4 2 oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 8 Tater Tots (2 ½ 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>7 WG Chicken Quesadilla (2 Protein & 2 Starch) or 2 Bosco Sticks Served w/ 1/3 cup Marinara 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) <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>8 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) or 2 WG Stuffed Shells w/ Spaghetti Sauce (2 Protein & 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>9 Taco Boat 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 Stuffed Crust Pizza (2 Protein & 2 Starch) or Dutchmen Egg, Cheese & Bacon on a WG Bun (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Romaine Lettuce & Diced Tomatoes <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>10 Grilled Chicken & Cheese Sandwich on a WG Bun Served w/ PC Ranch Dressing (2 ½ Protein & 2 Starch) or 18 Cuts per pan Fresh 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> 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>11 3 oz Sliced Turkey & 2 oz Gravy Mashed Potatoes Dinner Roll (2 Protein & 2 Starch) or 3 WG Chicken Tenders Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) or Cheeseburger Served on a WW Bun (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>14 WG Mini Waffles Served w/ Chicken Sausage (2 Protein & 2 Starch) or WG Chicken Parm. Sandwich (w/Spaghetti Sauce and Moz.Cheese) or Chicken finger Wrap Served w/ Cheddar Cheese & Honey Mustard Sauce (2 ½ 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>15 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) or WG 2 oz Ham & ½ oz Cheese Wrap Served w/ American Cheese Romaine Lettuce, Tomatoes (2 Protein & 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>16 Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or 1 c WG Macaroni & Cheese Served w/ 3 oz Cheese Sauce Over Top (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 Romaine Lettuce & Diced Tomatoes <u>½ c Fruit (may take 2)</u> Watermelon Wedge Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>17 Hot Dog Served on a WW Bun & 8 Tater Tots w/2 PC Ketchup or Mustard (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or Popcorn Chicken Bowl (Mashed Potatoes, Corn & Gravy topped with popcorn chicken served in a bowl) (2 Protein & 2 Starch & 2 Veg) <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>18 1 c WG Baked Ziti w/Homemade Spaghetti Meat Sauce & Moz Cheese (2 ½ 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>21 WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or 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) <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>22 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) or Tossed Salad w/ Diced Chicken Served w/WG Dinner Roll (1 c Romaine Lettuce, 2 Baby Carrots, 2 Cucumber Slices and 2 oz Chicken) (2 Protein & 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>23 Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or Pizza Bagel (2 Protein & 2 Starch) or 2 oz RS Ham & ½ oz American Cheese on a WG Croissant Served w/ 8 Tater Tots (2 ½ Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Romaine Lettuce & Diced Tomatoes <u>½ c Fruit (may take 2)</u> Watermelon Wedge Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>24 1 c WG Spaghetti w/ 1/2c Homemade Meat Sauce Served Over Top (2 Protein & 2 Starch) or 18 Cuts per pan Fresh 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> 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>25 Hot Dog Served on a WW Bun & 8 Tater Tots w/2 PC Ketchup or Mustard (2 Protein & 2 Starch) or Pepperoni Stuffed Crust Pizza (2 Protein & 2 Starch) or Stuffed Crust Pizza (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>28 Memorial Day</p> 	<p>29 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) or WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 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>30 Taco Boat 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 Cheeseburger Served on a WG Bun 2 PC's of Ketchup (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 Romaine Lettuce & Diced Tomatoes <u>½ c Fruit (may take 2)</u> Watermelon Wedge Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>31 2 oz WG Grilled Cheese Sandwich (2 Protein & 2 Starch) & 4oz. cup Tomato Soup or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 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</p>	<p>What is a meal? An Entrée (Protein & Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables</p>

Available Daily at the Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	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) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	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) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	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) May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk	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) May Choose With These Meals: 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

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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