

**HILLSIDES MENU FOR THE WEEK OF July 31 –August 6, 2017**

**Menu 2B**

	<b>MONDAY</b>	<b>Port Size</b>	<b>TUESDAY</b>	<b>Port Size</b>	<b>WEDNESDAY</b>	<b>Port Size</b>	<b>THURSDAY</b>	<b>Port Size</b>	<b>FRIDAY</b>	<b>Port Size</b>	<b>SATURDAY</b>	<b>Port Size</b>	<b>SUNDAY</b>	<b>Port Size</b>
<b>B R E A K F A S T</b>	Ham, Egg, & Cheese Quesadilla String Cheese Fresh Apple 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 oz ½ c 4 oz ½ pt	WG French Toast Bacon Butter/Syrup Fresh Orange 100% Apple Juice Milk 1% or NF Chocolate Milk	1 ea 2 ea 1 TB ½ c 4 oz ½ pt	Breakfast Wrap Low Fat Yogurt Fresh Banana 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea 1 ea 4 oz ½ pt	Cinnamon Apple Parfait Graham Cracker Fresh Apple 100% Apple Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c 4 oz ½ pt	English Muffin Sandwich Low Fat Yogurt Fresh Orange 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea 4 oz ½ pt	Cold Cereal Whole Wheat Toast Hard Boiled Egg Fresh Banana Butter/Jelly 100% Apple Juice Milk 1% or NF Chocolate Milk	¾ c 2 sl 1 ea ¾ c 1 TB 4 oz ½ pt	Cold Cereal Whole Wheat Toast Cheese Stick Fresh Apple Butter/Jelly 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea 1 ea ¾ c 1 TB 4 oz ½ pt
<b>S N A C K</b>	Fresh Fruit	1 ea	Fresh Fruit	1 ea	Trail Mix	1 oz	Fresh Fruit	1 ea	Granola Bar	1 ea	Fresh Fruit	1 ea	Fresh Fruit	1 ea
<b>L U N C H</b>	Sweet & Sour Popcorn Chicken Fried Brown Rice Asian Vegetables Fruit Salad Milk 1% or NF Chocolate Milk	1 c ¾ c ¾ c ¾ c ¾ c ½ p	BBQ Grilled Chicken Roasted Potatoes WG Macaroni Salad WG Dinner Roll Fruit Salad Milk 1% or NF Chocolate Milk	3 oz ½ c ½ c 1 ea ½ c ½ p	Carnitas Macho Nachos Refried Beans Black Bean Corn Salsa Guacamole Sour Cream Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c 2 oz 2 oz 2oz ½ c ½ pt	Goulash Pasta Fresh Caesar Salad WG Dinner Roll Italian Vegetables Fruit Salad Milk 1% or NF Chocolate Milk	8 oz ½ c 1 ea ½ c ½ c ½ pt	Crispy Chicken Club Sandwich Baked Curly Fries Corn & Carrots Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c ½ c ½ p	Hawaiian Pizza Roasted Buffalo Broccoli Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ¾ c ½ c ½ pt	Herbed Beed Italiano Squash & Cauliflower Marinated Cucumbers Fruit Salad Milk 1% or NF Chocolate Milk	6 oz ½ c ½ c ½ c ½ pt
<b>S N A C K</b>	Fresh Fruit	1 ea	Fresh Fruit	1 ea	Fresh Fruit	1 ea	Roasted Peanuts	1 oz	Fresh Fruit	1 ea	Fresh Fruit	1 ea	Fresh Fruit	1 ea
<b>D I N N E R</b>	Chicken Penne Pasta Tuna Salad Sandwich Tomato, Basil, Mozzarella Salad Fresh Orange Milk 1% or NF Chocolate Milk	8 oz 1 ea ½ c ½ c ½ p	Crispy Fish Filet Sandwich Panini Cheese Sandwich Tartar Sauce Steak Fries Coleslaw Granny Smith Apple Milk 1% or NF Chocolate Milk	1 ea 1 ea 1 ea 1 TB ½ c ½ c ½ c ½ pt	Chicken Cordon Blue Sandwich Asian Chicken Sandwich Vegetable Crudite Fresh Apple Ice Cream Sandwich Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ¾ c ¾ c ½ pt 1 ea ½ p	Blackened Tilapia Fish & Pineapple Wrap Orange Rice Pilaf Vegetable Gardeneria Fresh Pear Milk 1% or NF Chocolate Milk Ice Cream Sandwich	1 ea 1 ea ¾ c ¾ c ¾ c ½ c ½ pt 1 ea	Carnitas Quesadilla Mozzarella Basil Panini Cilantro Black Beans Salsa Double Chocolate Chip Cookie Fresh Orange Milk 1% or NF Chocolate Milk	1 ea 1 ea ¾ c 1 TB 1 ea ½ c ½ pt	BBQ Rib Sandwich Italian Sandwich Curly Fries Carrots & Celery Sticks Granny Smith Apple Chocolate Chip Cookie Milk 1% or NF Chocolate Milk	1 ea 1ea ½ c ½ c ½ c 1 ea ½ p	Grilled Chicken Calzone Mini Corn Dogs Roasted Vegetables Caesar Salad Fresh Apple Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ½ c ½ c ½ c ½ pt

Milk Options: 1% Milk or Nonfat Chocolate Milk

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