

HILLSIDES MENU FOR THE WEEK OF AUGUST 21 – 27, 2017

Menu 5E

	MONDAY	Port Size	TUESDAY	Port Size	WEDNESDAY	Port Size	THURSDAY	Port Size	FRIDAY	Port Size	SATURDAY	Port Size	SUNDAY	Port Size
B R E A K F A S T	Scrambled Eggs Whole Wheat Bagel Bacon LF Cream Cheese/Jelly Fresh Apple 100% OJ Juice Milk 1% or NF Chocolate Milk	2 ea 1 ea 2 ea 1 TB ½ c 4 oz ½ pt	WG Pancakes Low Fat Yogurt Syrup Fresh Orange 100% Apple Juice Milk 1% or NF Chocolate Milk	2 ea ½ c 1 TB ½ c 4 oz ½ pt	Strawberry Banana Smoothie Whole Wheat Toast Jelly String Cheese Fresh Banana 100% OJ Juice Milk 1% or NF Chocolate Milk	¾ c 1 ea 1 TB ½ c ½ c 4 oz ½ pt	Western Scramble (Tomato & Onions) English Muffin Jelly Fresh Apple 100% Apple Juice Milk 1% or NF Chocolate Milk	3 oz 1 ea 1 TB ½ c 4 oz ½ pt	Strawberry Parfait Sausage Patty Fresh Orange 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c 4 oz ½ pt	Cold Cereal Whole Wheat Toast Hard Boiled Egg Fresh Banana Jelly 100% Apple Juice Milk 1% or NF Chocolate Milk	¾ c 2 sl 1 ea ½ c 1 TB 4 oz ½ pt	Cold Cereal Whole Wheat Toast Cheese Stick Fresh Apple Jelly 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea 1 ea ½ c 1 TB 4 oz ½ pt
S N A C K	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
L U N C H	Turkey A Roni Caesar Salad Vegetable Gardeneria Fruit Salad Milk 1% or NF Chocolate Milk	6oz ½ c ½ c ½ c ½ p	Asian Pork Stir Fry Veggie Brown Rice Sesame Green Beans Fruit Salad Milk 1% or NF Chocolate Milk	6 oz ½ c ½ c ½ p	Breaded Fish Pollock Jalapeno Pineapple Slaw Vegetable Medley WG Dinner Roll Fruit Salad Milk 1% or NF Chocolate Milk	6 oz ¼ c ½ c ½ c 1 ea ½ pt	Bacon Cheeseburger Lettuce, Tomato, Onions Steak Fries Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ¼ c ½ c ½ c ½ pt	Chicken Macaroni & Cheese Sautéed Spinach & Mushrooms Fruit Salad Milk 1% or NF Chocolate Milk	1 c ½ c ½ c ½ p	Buffalo Popcorn Chicken Wrap Vegetable Gardeneria Garbanzo Beans Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ pt	Mini Turkey Corn Dogs Sweet Potato Fries Sweet & Tangy Broccoli Salad Fresh Fruit Milk 1% or NF Chocolate Milk	3 oz 1 ea ¾ c ¾ c 1 ea ½ pt
S N A C K	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
D I N N E R	Cheese & Salsa Quesadilla BBQ Chicken Sub Broccoli and Yellow Squash Fresh Pear Milk NF or 1% Chocolate Milk	1 ea 1 ea ½ c ½ c ½ pt	Chicken Taco Supreme Tune Melt Sandwich Mexicali Corn Refried Beans Granny Smith Apple Milk 1% or NF Chocolate/ Milk	2 ea 1 ea ½ c ½ c ½ c ½ pt	Teriyaki Chicken Grilled Cheese Asian Brown Rice Stir Fry Vegetable Fresh Apple Milk 1% or NF Chocolate Milk	2 oz 1 ea 1 c ½ c ½ c ½ pt	Pepperoni Calzone Turkey & Cheese Wrap Cinnamon Butternut Squash Fresh Pear Milk 1% or NF Chocolate Milk Ice Cream Sandwich	1 ea 1 ea 1 ea ½ c ½ c ½ pt 1 ea	Italian Chicken Parmesan Sandwich Triple PB&J Celery & Carrot Sticks Fresh Orange Milk 1% or NF Chocolate Milk	1 ea 1 ea 1 ea ½ c ½ c ½ pt	Pulled Pork Sandwich Turkey, Apple, Swiss Wrap Roasted Vegetables Granny Smith Apple Milk 1% or NF Chocolate Milk Chocolate Chip Cookie	1 ea 1 ea 1 ea ½ c ½ c ½ pt 1 ea	Chicken Fajita Burrito Italian Sub Dijon Glazed Carrots Fresh Apple Milk 1% or NF Chocolate Milk	1 ea 1 ea 1 ea ½ c ½ pt

Milk Options: 1% Milk or Nonfat Chocolate Milk

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