

Scholar Dollar Menus
Grades 6-8

Monday	Tuesday	Wednesday	Thursday	Friday
Meatloaf Sweet Potato Fries Broccoli w/Cheese Dinner Roll WG Peaches Milk Margarine	Chicken Fajita in WG Tortilla Refried Beans Green Pepper Strips Pineapple Milk Margarine	Ready Rib in WG Bun Boiled Potatoes Carrots Polar Berries (Fz Grapes) Milk Margarine	Cheesy Turkey & Corn Pie Winter Mix Fruit Punch Bread WG Milk Margarine	Meatballs in Spaghetti Sauce Spaghetti Noodle (WG) Green Beans Bread Stick WGR Raisins Milk Margarine
Grilled Chicken Apple Glazed Sweet Potato Green Beans Bread WG Pineapple Cookie WGR Milk Margarine	Beefy Italian Dunkers Spinach w/Romain Ranch Dressing Fruit Cocktail Milk Margarine	Chicken Chunks Potato Wedges Broccoli Oranges Milk Margarine	Stromboli Spaghetti Sauce Bean Barley Soup Crackers Applesauce Milk Margarine	Deli Turkey on Loco Bread Shredded Lettuce, Diced Tomato, Cucumber Slices & Ranch Dressing Banana Milk Margarine Mayonnaise Packet
Grilled Chicken Brown Rice Spinach Salad w/Ranch Garbanzo Beans Bread WG Mixed IQF Fruit Milk Margarine	Pepperoni Pizza Baby Carrots Cauliflower Floretts w/Ranch Mango Milk Margarine	Turkey Roll Mashed Potatoes/Gravy Winter Squash Biscuit (WG) Apple Juice Milk Margarine	Hot Dog on WG Bun Marinated Black Beans Tropical Fruit Salad Milk Margarine	Tex Mex Chili Beef Dipper Oriental Blend Bread WG Mixed Berries Milk Margarine
Ground Beef w/Spanish Rice California Blend Green Pepper Strips Bread WG Peaches Milk Margarine	Chicken A La King Biscuit WGR Baked Squash Cucumber Slices Fruit Cocktail Milk Margarine	Burrito Refried Beans Salad Mix w/Romaine Melon Cup Milk Margarine Ranch Dressing	Mini Corn Dogs Spinach/Romaine Mix Corn Orange Tangerine Juice Milk Margarine Ranch Dressing	Goulash Baby Carrots Bread WG Grapes Milk Margarine

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Beef Steak Fingers Baked Sweet Potato Green Peas Bread WG Apple Wedges Milk Margarine	Fish Nuggets Baked Beans Mixed Vegetables Bread WG White Grape Juice Milk Margarine	Chicken Fillet WG Spaghetti w/Sauce Salad Mix w/Romaine Cantaloupe Milk Margarine Ranch Dressing	Beef Patty on WG Bun Tater Gems Beets Pears Milk Margarine	Chicken Chop Suey on Brown Rice Broccoli Bread WG Kiwi Milk Margarine
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<u>Week #1</u>	<u>Week #2</u>	<u>Week #3</u>	<u>Week #4</u>	<u>Week #5</u>
Calories Ave 603	Calories Average 638	Calories Ave 611	Calories Ave 613	Calories Ave 610
Saturated Fat Average = 9%	Saturated Fat Average 9%	Saturated Fat Average 10%	Saturated Fat Average 10%	Saturated Fat Average = 9%
Sodium Average = 945 mg	Sodium Average 1094 mg	Sodium Average = 1110 mg	Sodium Average = 802 mg	Sodium Average = 814 mg

Note: Menu Nutrient calculations done using 1% milk and one 5 gm margarine packet per meal