

Scholar Dollar Menus

Grades 9-12

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

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Country Fry Beef Fritter	Fish Portion	Chicken Breast Fillet	Beef Patty on WG Bun	Chicken Chop Suey on
Baked Sweet Potato	Baked Beans	WG Spaghetti w/Sauce	Tater Gems	Brown Rice
Green Peas	Mixed Vegetables	Salad Mix w/Romaine	Beets	Broccoli
Bread WG	Mini Biscuit (WG)	Cucumber Slices	Pears	Cauliflower
Apple Wedges	Strawberries	Cantaloupe	Raisins	Bread WG
Orange Tangerine Juice	White Grape Juice	Apple Juice	Milk	Mixed Fruit
Milk	Cottage Cheese	Milk	Margarine	Kiwi
Margarine	Milk Margarine	Margarine Ranch Drsg		Milk Margarine

<u>Week #1</u>	<u>Week #2</u>	<u>Week #3</u>	<u>Week #4</u>	<u>Week #5</u>
Calories Ave 788	Calories Average 752	Calories Ave 770	Calories Ave 719	Calories Ave 763
Saturated Fat Average = 8%	Saturated Fat Average 9.5%	Saturated Fat Average 9%	Saturated Fat Average 10%	Saturated Fat Average = 9%
Sodium Average = 1107 mg	Sodium Average 1290 mg	Sodium Average = 1240 mg	Sodium Average = 862 mg	Sodium Average = 997 mg

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