

HILLSIDES MENU FOR THE WEEK OF AUGUST 28 – SEPTEMBER 3, 2017

Menu 6F

	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	French Toast Turkey Link Syrup Fresh Apple 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 2 ea 1 ea ½ c 4 oz ½ pt	English Muffin Sandwich Strawberry Banana Yogurt Fresh Orange 100% Apple Juice Milk 1% or NF Chocolate Milk	1ea ½ c ½ c 4 oz ½ pt	Chorizo Breakfast Burrito String Cheese Fresh Banana 100% OJ Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ½ c 4 oz ½ pt	Strawberry Pineapple Smoothie Graham Cracker Fresh Apple 100% Apple Juice Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c 4 oz ½ pt	WG Waffles Turkey Sausage Link Syrup Fresh Orange 100% OJ Juice Milk 1% or NF Chocolate Milk	2 ea 2 ea 1 ea ½ c 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 ½ 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 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	Pepperoni Veggie Pizza Caesar Salad Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c ½ p	Chicken Fajita Bowl Spanish Rice Pinto Beans Fruit Salad Milk 1% or NF Chocolate Milk	3 oz ½ c ½ c ½ c ½ p	Chicken Alfredo Pasta Vegetable Medley Fruit Salad Milk 1% or NF Chocolate Milk	9 oz ½ c ½ c ½ pt	Satsuma Cobb Salad WG Dinner Roll Vegetable Gardeneria Jicama Sticks Fruit Salad Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ½ c ½ c ½ pt	Korean BBQ Chicken Steamed Rice Pickled Cabbage Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c ½ c ½ p	Tuna Salad Sub Lemon Garlic Zesty Broccoli Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c ½ pt	Mashed Potato Bowl Roasted Green Beans Fruit Salad Milk 1% or NF Chocolate Milk	1 ea ½ c ½ c ½ c 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	BBQ Pork Ribs Turkey Sub Sandwich Curly Fries Fresh Pear Milk NF or 1% Chocolate Milk	1 ea 1 ea ½ c ½ c ½ pt	Bonesless Chicken Wings Popcorn Chicken Salad Buttermilk Coleslaw Granny Smith Apple Milk 1% or NF Chocolate/ Milk	5 ea 1 ea ½ c ½ pt	Guacamole Burger Ham Sandwich Buffalo Roasted Broccoli Fresh Apple Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ½ c ½ pt	Sweet & Sour Pork Turkey Sub Sandwich Fried Rice Oriental Vegetable Fresh Pear Milk 1% or NF Chocolate Milk Ice Cream Sandwich	2 oz 1 ea ½ c ½ c ½ c ½ pt ½ pt 1 ea	Turkey BLT Sandwich Hot Ham Swiss Sandwich Celery & Carrot Sticks Fresh Orange Milk 1% or NF Chocolate Milk	1 ea 1 ea ½ c ½ c ½ pt	Chicken Primavera Grilled Cheese Vegetable Crudite Granny Smith Apple Milk 1% or NF Chocolate Milk Chocolate Chip Cookie	1 ea 1 ea ½ c ½ c ½ pt 1 ea	Fish Tacos Beef Hot Dog Corn & Black Bean Salsa Fresh Apple Milk 1% or NF Chocolate Milk	2 ea 1 ea ½ c ½ c ½ pt

Milk Options: 1% Milk or Nonfat Chocolate Milk

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