**EVSC ELEMENTARY, K-6 and K-8 PORTION CONTROL MENU**

 **-- August, 2018**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** |  | **TUESDAY** |  | **WEDNESDAY** |  | **THURSDAY** |  | **FRIDAY** |  |
|  |  |  |  | 8Chicken Patty SandwichColossal Crinkle PotatoesBaked BeansFrozen Juice Cup | 11 | 9Pepperoni PizzaHam & Cheese WrapPotato SmilesVeggies w/DipFresh Fruit | 1Recipe4 | 10Asian Chicken/RiceBurrito/SalsaSweet Potato FriesGarden PeasChilled Pineapple | 3/ ½ C1/ ¼ C |
| 13BBQ Pulled Pork SandwichSeasoned Potato WedgesCauliflower w/Cheese Mandarin Oranges | #12 Scoop/1 | 14Breakfast for Lunch**French Toast Sticks/** **Syrup/Sausage Patty**Breakfast SandwichTater TotsMini Carrots/DipApplesauce | **E-4/1/1****M-4/1/2**Recipe | 15**Chicken Bites****(Roll-Gr. 6-8 ONLY)**Mashed Potatoes w/GravyEdamame SuccotashFresh Fruit | **10****MS -1** | 16Cheese PizzaCrispy Chicken Salad/ CroutonsGolden CornMixed Green Salad/DressingChilled Peaches | 1Recipe/Recipe1C/1 | 17**Walking Taco**Chicken & Cheese Quesadilla/Chips/SalsaFiesta Black BeansShredded Lettuce & Tomato  Salad/DressingMixed Fruit Salad | **Elem – Rec****MS – Rec**Rec/1oz/1/4C1C/1  |
| 20Hamburger/CheeseburgerColossal Crinkle PotatoesBaked BeansTropical Fruit Salad | 1 sl. | 21**Pasta w/Marinara/Max Stick**Turkey & Cheese on BunGolden CornMixed Green Salad/DressingChilled Peaches | **E – Rec/1****M – Rec/2**Recipe1C/1 | 22Chicken Drumstick/RollMashed Potatoes w/GravyGlazed CarrotsBerry Fruit Salad | 1/1 | 23Pepperoni PizzaTurkey & Cheese WrapBaby BakersCalifornia Blend VeggiesFresh Fruit | 1Recipe5 | 24Ravioli/BiscuitPepperoni & Cheese BitesSeasoned Green BeansVeggies w/DipFrozen Juice Cup | 1C/181 |
| 27Corn DogTater TotsBroccoli w/Cheese SauceMandarin Oranges | 1 | 28Taco/Chips/SalsaGrilled Cheese SandwichRefried BeansShredded Lettuce & Tomato Salad/DressingChilled Peaches | Rec/1oz/¼ C11C/1 | 29**Chicken Tenders** **(Roll – Gr. 6-8 only)**Mashed Potatoes w/GravyRoasted Brussel SproutsChilled Pineapple | **3****MS-1** | 30Mexican or Cheese PizzaGolden CornCherry Tomatoes/DipApplesauce | 16/1 | 31Sack AttackHam & Cheese on BunUncrustable/String CheeseChipsDragon PunchFresh Fruit | Recipe1/11 Pkg1 |
| **NOTE:** A choice of 8 oz. Fat-Free Chocolate or 8 oz. 1% unflavored milk is offered daily.  **Monday:** Peanut Butter Sandwich (K-5); Peanut Butter Sandwich/Cheese Stick (Grades 6-8)  **Wednesday:**  Yogurt/Peanut Butter Graham Bar.**Fruit/Vegetable Portions ½ cup and “oven” potato portions are 2.5 oz. unless otherwise noted. Mashed potatoes are ½ cup with 1 oz. gravy.****Dressing portion with salads and relishes is one packet. Leafy salads are 1 cup. Dried fruit is ¼ cup.****E=Elementary Portion and M=Middle Portion** |