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

**-- August, 2018**

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| **MONDAY** |  | **TUESDAY** |  | **WEDNESDAY** |  | **THURSDAY** |  | **FRIDAY** |  |
|  |  |  |  | 8  Chicken Patty Sandwich  Colossal Crinkle Potatoes  Baked Beans  Frozen Juice Cup | 1  1 | 9  Pepperoni Pizza  Ham & Cheese Wrap  Potato Smiles  Veggies w/Dip  Fresh Fruit | 1  Recipe  4 | 10  Asian Chicken/Rice  Burrito/Salsa  Sweet Potato Fries  Garden Peas  Chilled Pineapple | 3/ ½ C  1/ ¼ C |
| 13  BBQ Pulled Pork Sandwich  Seasoned Potato Wedges  Cauliflower w/Cheese  Mandarin Oranges | #12 Scoop/1 | 14  Breakfast for Lunch  **French Toast Sticks/**  **Syrup/Sausage Patty**  Breakfast Sandwich  Tater Tots  Mini Carrots/Dip  Applesauce | **E-4/1/1**  **M-4/1/2**  Recipe | 15  **Chicken Bites**  **(Roll-Gr. 6-8 ONLY)**  Mashed Potatoes w/Gravy  Edamame Succotash  Fresh Fruit | **10**  **MS -1** | 16  Cheese Pizza  Crispy Chicken Salad/  Croutons  Golden Corn  Mixed Green Salad/Dressing  Chilled Peaches | 1  Recipe/  Recipe  1C/1 | 17  **Walking Taco**  Chicken & Cheese Quesadilla/Chips  /Salsa  Fiesta Black Beans  Shredded Lettuce & Tomato  Salad/Dressing  Mixed Fruit Salad | **Elem – Rec**  **MS – Rec**  Rec/1oz/1/4C  1C/1 |
| 20  Hamburger/Cheeseburger  Colossal Crinkle Potatoes  Baked Beans  Tropical Fruit Salad | 1 sl. | 21  **Pasta w/Marinara/Max Stick**  Turkey & Cheese on Bun  Golden Corn  Mixed Green Salad/Dressing  Chilled Peaches | **E – Rec/1**  **M – Rec/2**  Recipe  1C/1 | 22  Chicken Drumstick/Roll  Mashed Potatoes w/Gravy  Glazed Carrots  Berry Fruit Salad | 1/1 | 23  Pepperoni Pizza  Turkey & Cheese Wrap  Baby Bakers  California Blend Veggies  Fresh Fruit | 1  Recipe  5 | 24  Ravioli/Biscuit  Pepperoni & Cheese Bites  Seasoned Green Beans  Veggies w/Dip  Frozen Juice Cup | 1C/1  8  1 |
| 27  Corn Dog  Tater Tots  Broccoli w/Cheese Sauce  Mandarin Oranges | 1 | 28  Taco/Chips/Salsa  Grilled Cheese Sandwich  Refried Beans  Shredded Lettuce & Tomato  Salad/Dressing  Chilled Peaches | Rec/1oz/  ¼ C  1  1C/1 | 29  **Chicken Tenders**  **(Roll – Gr. 6-8 only)**  Mashed Potatoes w/Gravy  Roasted Brussel Sprouts  Chilled Pineapple | **3**  **MS-1** | 30  Mexican or Cheese Pizza  Golden Corn  Cherry Tomatoes/Dip  Applesauce | 1  6/1 | 31  Sack Attack  Ham & Cheese on Bun  Uncrustable/String Cheese  Chips  Dragon Punch  Fresh Fruit | Recipe  1/1  1 Pkg  1 |
| **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** | | | | | | | | | |