

## Lunch Menu 2020-2021

### Week 1

#### Monday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
<b>Grade 6-8</b> <b>Grade 9-12</b>	Spaghetti/ Bolognese	370	6g	48g	16g	5g	10%	510mg
	Rice & Carrot soup	140	1g	26g	7g	2g	4%	150mg
	Salad with tomatoes & corn/ Fresh Veg. (tomato, cucumber, corn)	120/25	3g	5g	3g	2g	2%	7mg
	Fruit Yogurt/low fat	125	1g	23g	5g	0	19%	50mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>756</b>	<b>12g</b>	<b>97.4g</b>	<b>34g</b>	<b>9g</b>	<b>59%</b>	<b>697 mg</b>
<b>PK K-5</b> <b>Total</b>		<b>480</b>	<b>9g</b>	<b>74g</b>	<b>13g</b>	<b>6.5g</b>	<b>45%</b>	<b>536mg</b>



## Lunch Menu 2020-2021

### Week 1

#### Wednesday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
<b>Grade 6-8</b> <b>Grade 9-12</b>	Pizza with Ham or Cheese	224/210	9g/8g	28g/25g	10g/11g	1g/1g	-/4%	270mg/268mg
	Spas (Soup with Yogurt)	92.4	4g	6.6g	7.1g	1g	6.3%	58.8mg
	Caesar Salad/ Fresh Veg. (peking cabbage, cucumber, green peas)	170/28	15g	8g	3g	2g	6%	70mg
	Banana	105	0g	27g	1g	3g	1%	1mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>850</b>	34g	109.4g	35g	9g	39%	739 mg
<b>PK K-5</b> <b>Total</b>		<b>653</b>	27g	82g	25g	6.4g	30%	550mg

## Lunch Menu 2020-2021

### Week N1

#### Thursday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
<b>Grade 6-8</b> <b>Grade 9-12</b>	Chicken Nuggets/Baked Potatoes	210/180	10g/-g	19g/31g	11g/4g	3g/4g	2/-%	350mg/25mg
	Pumpkin Soup	117.9	7.7g	12.3g	2.3g	3.9g	5.4%	65.2mg
	Carrot Salad/ Fresh Veg. (carrot, broccoli, tomato)	155/25	4.2g	13.5g	2.8g	1.4g	2%	50mg
	Orange	62	0g	15g	1g	3g	5%	0mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>748</b>	16.2g	99.9g	28.8g	13.4g	37%	555 mg
<b>PK K-5</b> <b>Total</b>		<b>625</b>	12.4g	76.8g	21.3g	6.4g	28.4%	550mg







## Lunch Menu 2020-2021

### Week 2

#### Wednesday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
<b>Grade 6-8</b> <b>Grade 9-12</b>	Pizza with Cheese or Pepperoni	210/313	8g/13g	25g/35g	11g/13g	1g/2.6g	4%/13%	268mg/455mg
	Vegetable Soup	123.5	1.3g	24.3g	6.4g	6.1g	5.5%	201mg
	Lentil Salad with Vegetables /Fresh Veg. (carrot, tomato, green pepper)	221.5 /32.5	10.2g	27g	9.1g	8.6g	6.5%	85mg
	Banana	105	0g	27g	1g	3g	1%	1mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>780.5</b>	25.2g	110.4g	33.1g	16.2g	48.5%	671g
<b>PK K-5</b> <b>Total</b>		<b>600.3</b>	19.3g	84.9g	25.4g	12.4g	37.3%	516.1mg







## Lunch Menu 2020-2021

### Week 3

#### Monday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
Grade 6-8 Grade 9-12	Chicken Paprikash (1 cup/235g) /Mashed Potato or Rice	401/119	22g/6g	35g/16g	30g/2g	1.7g/2g	7%/5%	345mg/185mg
	Pea Soup	161	3g	26g	8g	5g	3%	26mg
	Cucumber, Dill and Strained Yogurt Salad/Fresh Veg. (cucumber, lettuce, red pepper)	136/36.2	5.9g	15.5g	8.3g	2.1g	18%	126.5mg
	Mandarin	47	0g	12g	1g	2g	2%	2mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>844</b>	35.9g	99.9g	51.3g	9.8g	60%	788.5mg
PK K-5 <b>Total</b>		<b>649</b>	27.6g	76.8	39.4g	7.5	46.1%	606.5mg

## Lunch Menu 2020-2021

### Week 3

#### Tuesday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
Grade 6-8	Sandwiches with Cheese or Ham	240	7g	33g	12g	4g	22.7%	315mg
Grade 9-12	Pasta with Beef	290	13.7g	21.6g	22.1g	4.5g	2.9%	48mg
	or Pasta with Vegetable	260	7.4g	40g	11g	3.5g	8.9%	48mg
	Borscht (Beet Soup) with or without Beef	102.9	1.5g	17.9g	5.6g	3.1g	4.2%	205mg
	Tomato with Sour Cream Salad/Fresh Veg. (tomato, cucumber, lettuce)	110/34.3	4g	15g	6g	3g	13%	43mg
	Pineapple	99	0g	26g	0g	1g	2g	1g
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>850</b>	20.4g	135.4g	39g	13.5g	74.6%	537mg
<b>PK K-5 Total</b>		<b>653.8</b>	15.6g	104.1g	30g	10.3g	57.3%	413mg



## Lunch Menu 2020-2021

### Week 3

#### Thursday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
Grade 6-8 Grade 9-12	Oven Baked Beef and Potatoes	434.3	33.8g	27.9g	95.2g	2.9g	2.3%	362mg
	Soup with Meatballs	124	9g	5.21g	5.69g	4g	2%	73mg
	Greek Salad/ Fresh Veg. (lettuce, cucumber, olive)	179	15g	7.4g	5.1g	1.5g	13%	189mg
	Strawberry/100g	32	0g	7.7g	0.7g	2g	1.2%	0.9mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>786.3</b>	50.8g	64.39g	110.9g	8.4g	44.5%	681.9mg
PK K-5 <b>Total</b>		<b>604.8</b>	39g	49.5g	85.3g	6.4g	34.2%	524.5mg

## Lunch Menu 2020-2021

### Week 3

#### Friday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
Grade 6-8 Grade 9-12	Baked Chicken Cutlets/Vermicelli	256/196	6.8g/1.2g	19g/38g	28g/7.2g	1.1g/2.2g	12%/0.7%	323.5mg/29mg
	Cauliflower Bacon Cream Soup	181.8	10.7g	13.3g	10.0g	4.3g	4.1%	193mg
	Red beet and Nut Salad/Fresh Veg. (tomato, cucumber, green pepper)	154	12g	5g	6g	1g	14%	79mg
	Chocolate Chip Cookies (1slice medium/30g)	148	7.4g	20g	1.5g	0.6g	6%	48mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>895</b>	29.4g	103.4g	52.7g	6.9g	60.7%	609.5mg
PK K-5 <b>Total</b>		<b>688.4</b>	22.6g	79.5g	40.5g	5.3g	46.6%	468.8mg

## Lunch Menu 2020-2021

### Week 4

#### Monday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
Grade 6-8 Grade 9-12	Chicken Alfredo/Pasta	420	16g	28g	17g	2g	20%	350.5mg
	Soup “Kharcho”	181	10.9g	13.29g	8.26g	1.1g	2%	180mg
	Broccoli & Corn Salad/Fresh Veg. (broccoli, corn, tomato)	102/36.2	4g	12.4g	3.1g	1.5g	7%	84mg
	Fruit Yogurt/low fat	125	1g	23g	5g	0	19%	50mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>788</b>	23g	84.8g	35.1g	5.5g	74%	614.5mg
PK K-5 <b>Total</b>		<b>606</b>	17.6g	65.2g	27g	4.2g	56.9%	472.6mg





## Lunch Menu 2020-2021

### Week 4

#### Wednesday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
Grade 6-8 Grade 9-12	Pizza with Ham or Veggie	255/210	10g/7.8g	28g/27g	14g/9.1g	2g/1.8g	-%/15%	305mg/275mg
	Tomato & Basil Soup	108	6.5g	10.5g	3.6g	2.4g	4.5%	175mg
	Salad "Caesar"/Fresh Veg, (lettuce, cucumber, tomato)	160/37.8	15g	8g	3g	2g	6%	70mg
	Banana	105	0g	27g	1g	3g	1%	1mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>871</b>	34.8g	111.4g	37.1g	10.8g	50%	781mg
PK K-5 <b>Total</b>		<b>670</b>	26.7g	85.6g	28.5g	8.3g	38.4%	600mg

## Lunch Menu 2020-2021

### Week 4

#### Thursday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
Grade 6-8 Grade 9-12	Chicken with Mustard/Rice	293/130	4.6g/2.5g	30g/28g	33g/2.7g	1.3g/0.4g	4%/0.8%	378mg/84mg
	Chickpea Veggie Soup	184.5	5.0g	30.9g	6.8g	6g	5.5g	179.9
	Cucumber, Tomato & Avocado Salad/Fresh Veg. (cucumber, tomato, broccoli)	90.2/37.2	4.6g	10.7g	3.3g	2.5g	6.7%	110.7mg
	Berries	65	-	15g	1.4g	5.6g	2%	1.4mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>719.2</b>	13.7g	105.1g	50.4g	11.8g	41.5%	703.7mg
PK K-5 <b>Total</b>		<b>553.2</b>	10.5g	80.8g	38.7g	9.0g	31.9%	541.3mg

## Lunch Menu 2020-2021

### Week 4

#### Friday

Grade	Menu/serving size: 1 serving	Calories	Fat	Carb	Protein	Fiber	Calcium	Sodium
Grade 6-8 Grade 9-12	Beef Burger/Baked French Fries	270/171	13.5g/0.2g	20g/38.8g	17g/4.7g	-/4.9g	3.9%/2.7%	403mg/52.1mg
	Vegetable Noodle Soup	159	3.8g	26g	5.8g	3.4g	3.8%	185mg
	Coleslaw Salad/Fresh Veg. (Chinese cabbage, carrot, green peas)	174/29.8	13g	14g	1g	2.1g	2.9%	83mg
	Orange	62	0g	15g	1g	3g	5%	0mg
	Bread whole wheat/1 slice	69	1	12g	4g	2g	3%	98mg
	Unflavored low-fat (0.5%/) milk 200ml	72	1g	9.4g	6g	0	25%	25 mg
	Water	0	0	0	0	0	-	7mg
<b>Total</b>		<b>818</b>	<b>28.7g</b>	<b>109.2g</b>	<b>33.7g</b>	<b>12g</b>	<b>42.5%</b>	<b>668.1mg</b>
<b>PK K-5 Total</b>		<b>629</b>	<b>22g</b>	<b>84g</b>	<b>25.9g</b>	<b>9.2g</b>	<b>32.6%</b>	<b>513.9mg</b>

## Lunch Menu 2020-2021

### School Nutrition Guidelines

<u>School Meal Calorie Ranges by Grade</u>	
Grade	Lunch
PK K-5	450-650
6-8	600-700
9-12	750-850

  

<u>School Menu Sodium Consumption</u>	
Grade	Mg
PK K-5	≤ 640
6-8	≤ 710
9-12	≤ 740

## Lunch Menu 2020-2021

<b>Food Group</b>	<b>Grades PK K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Fruits (cups)</b>	½ per day 2 ½ per week	½ per day 2 ½ per week	1 per day 5 ½ per week
<b>Vegetables (cups)</b>	¾ per day 3 ¾ per week	¾ per day 3 ¾ per week	1 per day 5 ½ per week
<b>Grains (g)</b>	1 per day 8-9 per week	1 per day 8-10 per week	2 per day 10-12 per week
<b>Meat (g)</b>	1 per day 8-9 per week	1 per day 9-10 per week	2 per day 10-12 per week
<b>Milk (cups)</b>	1 per day 5 per week	2 ½ per day 5 per week	2 ½ per day 5 per week