

Common Ground
002 - COMMON GROUND HS
LUNCH dec 2017

Nov 28, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1 **HAMBURGER ON A BUN **GARDENBURGERS* **CHIPS,BAKED LAYS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **SOUP BEAN* **SOUP FRENCH ONION
				Nutrients Target Carb 225.4g 55.5%Cal
Dec - 4 **BEEF HOT DOG WITH BUN* *VEGAN SAUSAGE* *BAKED BEANS (VEGETARIAN) *PASTA SALAD *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **SOUP BEAN* **SOUP FRENCH ONION	Dec - 5 **GRILLED CHEESE SANDWICH* **RICE,Brown, cooked* *PINTO BEANS *SALSA *SALAD BAR *SALAD DRESSING *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID*	Dec - 6 **SWEEDISH MEATBLLS **CIABATTA ROLLS **CHIPS,BAKED LAYS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID*	Dec - 7 *BUFFALO CHICKEN TENDERS *OVEN ROASTED POTATOES *HONEY MUSTARD DRESSING *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID*	Dec - 8 *VEGETARIAN "BEEF" STEW *GARLIC KNOTS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID*
Nutrients Target Carb 241.3g 56.7%Cal	Nutrients Target Carb 190.5g 60.0%Cal	Nutrients Target Carb 181.3g 44.0%Cal	Nutrients Target Carb 154.3*g 44.9%Cal	Nutrients Target Carb 159.4*g 61.3%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Dec - 11 *TUNA SALAD SANDWICH 2* *EGG SALAD SANDWICH **CHIPS,BAKED LAYS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *ROASTED TOMATO SOUP	Dec - 12 *QUICHE W/BROCCOLI & CHEESE *GARLIC KNOTS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *ROASTED TOMATO SOUP	Dec - 13 *TURKEY CLUB SANDWICH **HUMMUS WRAP* **CHIPS,BAKED LAYS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *ROASTED TOMATO SOUP	Dec - 14 *VEGGIE EGG WHITE FRITATTA* **HAM FRITATTA *HASHBROWNS *GRITS WITH CHEESE *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID*	Dec - 15 *VEGETABLE CHILI *TORTILLA CHIPS* *SALSA *SOUR CREAM FAT FREE *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **SOUP VEGGIE GUMBO
Nutrients Target Carb 193.0*g 52.4%Cal	Nutrients Target Carb 138.1*g 48.5%Cal	Nutrients Target Carb 246.5*g 56.2%Cal	Nutrients Target Carb 162.9*g 46.2%Cal	Nutrients Target Carb 142.6*g 52.8%Cal
Dec - 18 *BARBECUED CHICKEN **CIABATTA ROLLS **GREEN BEANS **VEGETABLE WRAPS *SALAD BAR *SALAD DRESSING **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *POTATO LEEK SOUP	Dec - 19 *PORK TENDERLOIN * *VEGETABLE QUESADILLA *TASTY TOTS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **SOUP BEAN*	Dec - 20 **BAKED HAM* *ROAST TURKEY BREAST *QUINOA STUFFED PEPPERS *MAC & CHEESE **GREEN BEAN SALAD *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID*	Dec - 21 *SW TURKEY BURGERS **GARDENBURGERS* *TORTILLAS W/SALSA *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *ROASTED TOMATO SOUP	Dec - 22 *NO LUNCH
Nutrients Target Carb 205.3*g 56.9%Cal	Nutrients Target Carb 178.2*g 52.0%Cal	Nutrients Target Carb 150.5*g 39.0%Cal	Nutrients Target Carb 153.8*g 40.6%Cal	Nutrients Target Carb 0.0*g 0.0%Cal
Dec - 25 *NO SCHOOL	Dec - 26 *NO SCHOOL	Dec - 27 *NO SCHOOL	Dec - 28 *NO SCHOOL	Dec - 29 *NO SCHOOL
Nutrients Target Carb 0.0*g 0.0%Cal	Nutrients Target Carb 0.0*g 0.0%Cal	Nutrients Target Carb 0.0*g 0.0%Cal	Nutrients Target Carb 0.0*g 0.0%Cal	Nutrients Target Carb 0.0*g 0.0%Cal

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