

Common Ground
002 - COMMON GROUND HS
LUNCH JAN2018

Dec 30, 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| Jan - 1 *NO SCHOOL | Jan - 2 *EGG SALAD SANDWICH *TUNA SALAD SANDWICH 2* *CRACKERS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **SOUP BEAN* | Jan - 3 **BEEF HOT DOG WITH BUN* *TOFU DOG W/BUN **BAKED BEANS* **FRENCH FRIES **CORN *SALAD BAR *SALAD DRESSING **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **SOUP BEAN* | Jan - 4 *ROAST TURKEY BREAST *VEGGIE CHICKEN CUTLETTTE *RICE,Brown,cooked, Cooks *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *CRANBERRY SAUCE *ROASTED TOMATO SOUP | Jan - 5 **HAMBURGER ON A BUN *BEANIE BURGERS *PASTA, WHOLE GRAIN *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* |
| Nutrients Target Carb 0.0g 0.0%Cal | Nutrients Target Carb 186.0g 56.7%Cal | Nutrients Target Carb 233.8g 62.0%Cal | Nutrients Target Carb 261.2g 63.5%Cal | Nutrients Target Carb 210.5g 60.2%Cal |
| Jan - 8 **STEAK & CHEESE WRAPS **HUMMUS WRAP* *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* | Jan - 9 *BARBECUED CHICKEN *VEGGIE CHICKEN CUTLETTTE *RICE,Brown,cooked, Cooks *ROASTED CORN &BLACK BEAN S *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* | Jan - 10 *MAC & CHEESE **CIABATTA ROLLS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *ROASTED TOMATO SOUP | Jan - 11 *SHEPHERDS PIE **CIABATTA ROLLS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *ROASTED TOMATO SOUP | Jan - 12 *CHILI CON CARNE W/ BEANS *TORTILLA CHIPS* *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* *NACHO CHEESE SAUCE *SALSA *SOUR CREAM FAT FREE |
| Nutrients Target Carb 195.7g 51.6%Cal | Nutrients Target Carb 184.3g 54.5%Cal | Nutrients Target Carb 164.6g 52.8%Cal | Nutrients Target Carb 148.2g 47.7%Cal | Nutrients Target Carb 111.6g 42.8%Cal |

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

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| Jan - 15 **GRILLED CHEESE SANDWICH* *ROASTED TOMATO SOUP *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* | Jan - 16 *SW TURKEY BURGERS *VEGGIE BURGER W/BUN *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **CHIPS,BAKED LAYS | Jan - 17 **AMERICAN CHOP SUEY* **AMERICAN CHOP SUEY VEGGIE* **CIABATTA ROLLS *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* | Jan - 18 **TURKEY & CHEESE WRAPS **HUMMUS WRAP* **CHIPS,BAKED LAYS **ASSORTED FRUIT* **CARROT STICKS* **CELERY STICKS* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **CONDIMENTS | Jan - 19 *STAFF DEVELOPMENT DAY |
| Nutrients Target Carb 142.6g 48.5%Cal | Nutrients Target Carb 151.5g 47.0%Cal | Nutrients Target Carb 214.9*g 61.5%Cal | Nutrients Target Carb 210.7*g 60.6%Cal | Nutrients Target Carb 0.0*g 0.0%Cal |
| Jan - 22 *STAFF DEVELOPMENT DAY | Jan - 23 *STAFF DEVELOPMENT DAY | Jan - 24 **CHICK ON BUN* **BLACK EYE PATTY BY THEA* *PASTA, WHOLE GRAIN *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* | Jan - 25 *PULLED TURKEY SANDWICHES *PULLED "VEGGIE" BBQ *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **SOUP VEGGIE GUMBO | Jan - 26 *MEATBALL SUB* *MEATLESS "MEATBALLS" SUB* *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **SOUP VEGGIE GUMBO **CARROT STICKS* **CELERY STICKS* *PARMESAN CHEESE |
| Nutrients Target Carb 0.0*g 0.0%Cal | Nutrients Target Carb 0.0*g 0.0%Cal | Nutrients Target Carb 225.3*g 62.8%Cal | Nutrients Target Carb 178.6*g 59.6%Cal | Nutrients Target Carb 222.7*g 53.1%Cal |

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| Jan - 29 *GRILL CHICKEN CAESAR SAL **GRILLED VEGGIE WRAP *QUINOA SALAD *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **CIABATTA ROLLS | Jan - 30 *PORK TENDERLOIN * *QUICHE W/ SELF FORMING CRUS *PASTA SALAD *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* **CIABATTA ROLLS | Jan - 31 **HAMBURGER ON A BUN *VEGGIE BURGER W/BUN **BAKED BEANS* *SALAD BAR *SALAD DRESSING *MIXED GARDEN VEGGIES **ASSORTED FRUIT* *MILK 1 % WHITE* *MILK, FAT FREE* *LACTAID* | | |
| Nutrients Target Carb 208.3*g 61.1%Cal | Nutrients Target Carb 144.3*g 49.3%Cal | Nutrients Target Carb 187.1*g 56.3%Cal | | |

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