

JANUARY



Zionsville High School Campus Menu

Second Semester 2018-2019

Students may take 3-5 components to make a meal
 Components are: Protein, Grain, 1-2 Vegetables, 1-2 Fruits and Milk
 All meals must include at least 1 Fruit or Vegetable

Breakfast Served Daily 8:00 – 8:30

After School Snack Served Mon. – Thur. 3:40 – 3:55

Main Café @ the High School Campus

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Hunan Orange Chicken^{ESW} over Brown Rice^S French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Steamed California Blend Vegetables^M 100% Vegetable Juice Salsa Cups Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Mandarin Oranges Pears Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Quesadilla^{MSW} 5" Deep Dish Pizza ^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Breaded Chicken Wrap^{MESW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Refried Beans Steamed Corn^M Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Peaches Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Country Baked Steak^{SW} w/Whole Grain Dinner Roll^{IMW} Garlic French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Mashed Potatoes^M w/Gravy^{MW} Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Pears Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Chicken and Waffles^{MESW} Premium Chris P Chicken Sandwich^{MW} 4x6 Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Tri-Taters Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Spicy Chicken Sandwich^{SW} 5" Deep Dish Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Roasted Sweet and Russet Potatoes^{SW} Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Fruit Cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M
14	15	16	17	18
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Tenderloin Sandwich^{*SW} Hot Dog^W or Coney Dog^W French Bread Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Spicy Chicken Wrap^{MESW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> BBQ Baked Beans Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Mandarin Oranges Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Beef Soft Tacos^{SW} 5" Deep Dish Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Spicy Chicken Wrap^{MESW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Steamed Corn^M Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Peaches Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Cheeseburger^{MW} Hamburger^W Garlic French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Veggie Wrap^{MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Cheesy Mashed Potatoes^M Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Pears Fruit cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Breaded Chicken Parmesan over Whole Grain Pasta^{MSW} w/Whole Grain Breadstick^{MESW} Premium Spicy Chicken Sandwich^{SW} 4x6 Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Spicy Chicken Wrap^{MESW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Green Beans w/Ham^{*M} Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Breaded Chicken Sandwich^{SW} 5" Deep Dish Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Spicy Chicken Wrap^{MESW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Emoji Fries Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Fruit Cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M

<p style="text-align: center;">21</p> <h2 style="text-align: center;">No School Today</h2>  <p style="text-align: center;">"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education." ~Martin Luther King Jr.</p>	<p style="text-align: center;">22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Walking Taco^{MS} 5" Deep Dish Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Spicy Chicken Wrap^{MESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Corn^M Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p style="text-align: center;">23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Nuggets^{SW} w/Whole Grain Dinner Roll^W 4x6 Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Ham Wrap^{MESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Cheesy Mashed Potatoes^{MS} Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pears Strawberry Cups Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p style="text-align: center;">24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Corn Dog Nuggets^{ESW} Premium Dill Chicken Sandwich^{MSW} Garlic French Bread Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Spicy Chicken Wrap^{MESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans w/Ham^{*M} Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Fruit Cocktail Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p style="text-align: center;">25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Boneless Buffalo Wings^{SW} w/Whole Grain-Dinner Roll^W Z'Rib^{*MSW} 5" Deep Dish Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Spicy Chicken Wrap^{MESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pineapple Pears Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M
<p style="text-align: center;">28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Hunan Orange Chicken^{ESW} over Brown Rice^S French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Breaded Chicken Wrap^{MESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed California Blend Vegetables^M Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Mandarin Oranges Pears Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p style="text-align: center;">29</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Quesadilla^{MSW} 5" Deep Dish Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Breaded Chicken Wrap^{MESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Refried Beans Steamed Corn^M Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p style="text-align: center;">30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Country Baked Steak^{SW} w/Whole Grain Dinner Roll^W Garlic French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mashed Potatoes^M w/Gravy^{WW} Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pears Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p style="text-align: center;">31</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken and Waffles^{MESW} Premium Chris P Chicken Sandwich^{WW} 4x6 Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p style="text-align: center;">1</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Spicy Chicken Sandwich^{SW} 5" Deep Dish Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Roasted Sweet and Russet Potatoes^W Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Fruit Cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M

Pricing	
Milk	\$0.60
Student Lunch	\$2.70
Student Lunch, Premium	\$3.00
A la Carte Entrée	\$2.00
A la Carte Premium Entrée	\$2.35

Snacks and beverages are available for purchase at an additional charge. Please see the website for pricing.

Legend:

W – Contains Wheat	P – Contains Peanuts
S – Contains Soy	T – Contains Tree Nuts
M – Contains Milk/Dairy	E – Contains Eggs
F – Contains Fish	SF – Contains Shellfish
* Contains Pork	
GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)	



FLU Wants YOU!

3 Ways to Fight the Flu.



COUGH and SNEEZE into your SLEEVE.

Hands spread the illness.



WASH HANDS OFTEN!

for 20 seconds with soap and warm water



REST is BEST.

Stay home if you have flu symptoms:

- Fever: 100°F/38°C and above
- Coughing and sneezing
- Body aches
- Extreme fatigue

Stop the flu before it gets you.

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on SchoolPay!
Visit the ZCS Lunch Menu web page, and click on meal assistance for an application.




Students may take 3-5 components to make a meal
 Components are: Protein, Grain, 1-2 Vegetables, 1-2 Fruits
 and Milk

All meals must include at least 1 Fruit or Vegetable

Eagle Café @ The Freshman Center

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Calzone^{MSW} and/or Quesadilla^{MSW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Steamed Corn^M Assorted Fresh Vegetables Roasted Garbanzo Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Mandarin Oranges Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Tenderloin Sandwich^{*SW} Premium Dill Chicken Sandwich^{MSW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Home Fries^W Assorted Fresh Vegetables Pea Salad^E Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Peaches Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> French Bread Pizza^{MSW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Steamed Broccoli^M Assorted Fresh Vegetables Roasted Garbanzo Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Pears Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Deep Dish Pizza^{MW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Green Beans^M Assorted Fresh Vegetables Roasted Garbanzo Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Applesauce Spiced Peaches Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Breaded Chicken Sandwich^{SW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Home Fries^W Assorted Fresh Vegetables Roasted Garbanzo Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Pineapple Fruit Cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M

Food Court @ The Student Activity Center

DAILY
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Ham and/or Turkey Sandwiches^{*MSW} Wednesday – Friday PB&J Uncrustable^{PW} Chef Salad^{MEW} Premium Fruit and Yogurt Parfait^{MSW} Premium Power packs^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Roasted Garbanzo Beans Mixed Greens Salad Salsa Cups Assorted Fresh Vegetables 100% Vegetable Juice Pea Salad^E (Tuesdays) Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Assorted: <ul style="list-style-type: none"> Fresh Fruits Dried Fruits Canned Fruits Frozen Peaches and/or Strawberries 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M
 Tuesdays 10 roll package \$6.75

Legend:
W – Contains Wheat
S – Contains Soy
M – Contains Milk/Dairy
F – Contains Fish
P – Contains Peanuts
T – Contains Tree
E – Contains Eggs
SF – Contains Shellfish
* Contains Pork
GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten)

Pricing	
Milk	\$0.60
Student Lunch	\$2.70
Student Lunch, Premium	\$3.00
A la Carte Entrée	\$2.00
A la Carte Premium Entrée	\$2.35

Snacks and beverages are available for purchase at an additional charge. Please see website for pricing.

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on the SchoolPay folder or go to www.SchoolPay.com

Visit the ZCS Lunch Menu web page and click on meal assistance to find an application or go to www.lunchapp.com

If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.		
Main Café	Marlene Knisley	317.873.3355 x12974
Food Court	Tina Riley	317.873.3355 x62330
Eagle Café @ Freshman Center	Tina Riley	317.873.3355 x62974

High School Lunch

Mon - 01/07/2019	Portion Size	G Carb
Hunan Orange Chicken	14 ea	31.60
Rice	1/2 cup	17.58
Pizza, French Bread	1 ea	36.00
Wrap, Breaded Chicken	1 EA	28.87
Chicken Sandwich Dill	1 ea	40.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
California Blend Veg 1/2C	1/2 cup	6.17
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Tue - 01/08/2019	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Wrap, Breaded Chicken	1 EA	28.87
Chicken, Premium Spicy San	1 each	36.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Refried Beans	1/2 cup	7.84
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Mexican Relish Boat	1 boat	4.98
Sour Cream, pkt	1 ea	2.00
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

Wed - 01/09/2019	Portion Size	G Carb
Country Baked Steak	1 ea	16.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Garlic French Bread	1 ea	38.46
Wrap, Chicken Salad	1/2 Wrap	24.02
Chicken, Chris P Chicken Sa	1 each	43.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Mashed Potatoes	1/2 cup	14.63
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Country Gravy	2 oz	5.54
Butter, Whipped Cup	1 ea	0.00

Thu - 01/10/2019	Portion Size	G Carb
Waffle	1 ea	23.00
Chicken Tenders	3 ea	13.00
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Wrap, Chicken Salad	1/2 Wrap	24.02
Chicken, Chris P Chicken Sa	1 each	43.00
Pretzel Rods, WG 1oz	1 each	14.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Tri-Taters	2 ea	28.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
BBQ Sauce, PC	1 pkt	4.31
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
Syrup, Pancake	1 PKT	28.77

Fri - 01/11/2019	Portion Size	G Carb
Chicken Sand Spicy	1 ea	36.50
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Wrap, Chicken Salad	1/2 Wrap	24.02
Pretzel, Italian w/Chs & Mari	1 ea	43.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Roasted Sweet & Russet 1/2	1/2 Cup	19.43
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Mon - 01/14/2019	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	45.15
Hot Dog on Bun	1 ea	26.98
Pizza, French Bread	1 ea	36.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Chicken Sandwich Dill	1 ea	40.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
BBQ Baked Beans (HS, MS')	1/2 cup	25.10
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Pickle Relish, pkt	1 pkt	3.00
Coney Sauce	2 oz	0.26
Cheese, Cheddar Shredded	1 oz	1.01
Onion, Red	1 OZ	3.53

Tue - 01/15/2019	Portion Size	G Carb
Soft Tacos	2 ea	33.01
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Chicken, Premium Spicy San	1 each	36.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Corn, Steamed 1/2 C	1/2 cup	18.11
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Lettuce, Shredded	1/2 CUP	0.94
Salsa	2 oz	4.03
Cheese, Cheddar Shredded	1 oz	1.01
Sour Cream, pkt	1 ea	2.00
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

Wed - 01/16/2019	Portion Size	G Carb
Cheeseburger	1 ea	28.00
Hamburger w/bun	1 ea	27.00
Pizza, Garlic French Bread	1 ea	38.46
Wrap, Veggie	1 EA	25.92
Chicken, Chris P Chicken Sa	1 each	43.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Cheesy Mashed Potatoes	1/2 cup	15.05
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Thu - 01/17/2019	Portion Size	G Carb
Breaded Chicken Parm on p	1 ea	43.59
Breadstick	1 ea	12.76
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Chicken, Premium Spicy San	1 each	36.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
Green Beans w/Ham	1/2 cup	8.09
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Cheese, Pamesan pkt	1 pkt	0.00

Fri - 01/18/2019	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Double Cheeseburger	1 ea	29.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
Smiles, Potato	4 ea	20.13
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Mon - 01/21/2019	Portion Size	G Carb
General Tso Chicken	1 bowl	60.26
Pizza, French Bread	1 ea	36.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Chicken Sandwich Dill	1 ea	40.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Broccoli, Steamed	1/2 cup	5.80
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Tue - 01/22/2019	Portion Size	G Carb
Walking Taco	1 EA	33.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Chicken, Premium Spicy San	1 each	36.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Corn, Steamed 1/2 C	1/2 cup	18.11
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Lettuce, Shredded	1/2 CUP	0.94
Cheese, Cheddar Shredded	1 oz	1.01
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

Wed - 01/23/2019	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Garlic French Bread	1 ea	38.46
Wrap, Ham	1 ea	25.98
Chicken, Chris P Chicken Sa	1 each	43.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Cheesy Mashed Potatoes	1/2 cup	15.05
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
BBQ Sauce, PC	1 pkt	4.31
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
Butter, Whipped Cup	1 ea	0.00

Thu - 01/24/2019	Portion Size	G Carb
Corn Dog Nuggets	6 ea	30.37
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Chicken Sandwich Dill	1 ea	40.00
Pretzel Rods, WG 1oz	1 each	14.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Green Beans w/Ham	1/2 cup	8.09
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
BBQ Sauce, PC	1 pkt	4.31
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00

Fri - 01/25/2019	Portion Size	G Carb
Chicken, Wings, Boneless H	5 each	10.16
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Breadstick, Bosco 6" 9-12	2 ea	34.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
BBQ Baked Beans (HS, MS')	1/2 cup	25.10
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Chunk	1/2 cup	16.95
Spiced Peaches	1/2 CUP	20.44
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Dressing, Blue Cheese	ounce	12.71
Marinara Sauce Cups	PC	3.00

Mon - 01/28/2019	Portion Size	G Carb
Hunan Orange Chicken	14 ea	31.60
Rice	1/2 cup	17.58
Pizza, French Bread	1 ea	36.00
Wrap, Breaded Chicken	1 EA	28.87
Chicken Sandwich Dill	1 ea	40.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
California Blend Veg 1/2C	1/2 cup	6.17
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Tue - 01/29/2019	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Wrap, Breaded Chicken	1 EA	28.87
Chicken, Premium Spicy San	1 each	36.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Refried Beans	1/2 cup	7.84
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Mexican Relish Boat	1 boat	4.98
Sour Cream, pkt	1 ea	2.00
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

Wed - 01/30/2019	Portion Size	G Carb
Country Baked Steak	1 ea	16.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Garlic French Bread	1 ea	38.46
Wrap, Chicken Salad	1/2 Wrap	24.02
Chicken, Chris P Chicken Sa	1 each	43.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Mashed Potatoes	1/2 cup	14.63
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Country Gravy	2 oz	5.54
Butter, Whipped Cup	1 ea	0.00

Thu - 01/31/2019	Portion Size	G Carb
Waffle	1 ea	23.00
Chicken Tenders	3 ea	13.00
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Wrap, Chicken Salad	1/2 Wrap	24.02
Chicken, Chris P Chicken Sa	1 each	43.00
Pretzel Rods, WG 1oz	1 each	14.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Tri-Taters	2 ea	28.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
BBQ Sauce, PC	1 pkt	4.31
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
Syrup, Pancake	1 PKT	28.77

Freshman Center Lunch

Mon - 01/07/2019	Portion Size	G Carb
Pizza, Calzone	1 ea	32.00
Pizza, Cheese Quesadilla	1 slice	39.27
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Corn, Steamed 1/2 C	1/2 cup	18.11
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48

Tue - 01/08/2019	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	45.15
Chicken Sandwich Dill	1 ea	40.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Home Fries	3.2 OZ	18.14
Roasted Garbanzo Beans	1/2 cup	21.46
Pea Salad	1/2 Cup	11.53
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Relish Boat	1 svg	3.03
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Wed - 01/09/2019	Portion Size	G Carb
Pizza, French Bread	1 ea	36.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Broccoli, Steamed	1/2 cup	5.80
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48

Thu - 01/10/2019	Portion Size	G Carb
Pizza, 5" Cheese	1 each	32.77
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Green Beans 1/2 C	1/2 cup	5.91
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Spiced Peaches	1/2 CUP	20.44
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00

Fri - 01/11/2019	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Home Fries	3.2 OZ	18.14
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Relish Boat	1 svg	3.03
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Chunk	1/2 cup	16.95
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Food Court Lunch

Tue - 01/08/2019	Portion Size	G Carb
Power Pack - FC	1 container	40.76
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
PB&J Uncrustable, Grape 5.	1 ea	64.00
Chef Salad w/Ham	1 ea	29.96
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.