



Zionsville Elementary School Menu

Second Semester 2018-2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Tenders^{SW} w/Whole Grain Soft Pretzel Stick^W PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Au Gratin Potatoes w/Ham Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups 100% Vegetable Juice <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Blueberries Fruit Cocktail Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>5</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Deep Dish Pizza^{*MSW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mixed Vegetables^M Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Peaches Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>6</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheeseburger^{MW} Hamburger^{SW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans[*] Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pears Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>7</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Rotini in Meat Sauce^{EW} w/Whole Grain Garlic Breadstick^W PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans w/Ham^{*M} Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M <p>~Treat with Meal~</p>	<p>8</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Assorted Cereal^{WTS} w/Hard Boiled Egg^E PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pineapple Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M
<p>11</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheese Stuffed Breadsticks^{MESW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli^M Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad 100% Vegetable Juice <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Mandarin Oranges Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>12</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> French Toas^{MESW} w/Sausage Patty[*] PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Peaches Pears Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>13</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Corn Dog Nuggets^{ESW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans[*] Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Strawberry Cups Mixed Fruit Cocktail Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>14</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken and Noodles^{MESW} w/Whole Grain Dinner Roll^W PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mashed Potatoes^M w/Gravy^{WS} Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>15</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Breaded Chicken or Spicy Chicken Sandwich^{SW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME} GF Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans w/Ham^{*M} Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pineapple Assorted Fresh Fruits 100% Fruit Juice Slushy <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M




Top Five Reasons to Work in a ZCS Cafeteria:

5. Serve as a positive role model for our kids!
4. Spend carefree evenings & weekends with your family & friends!
3. Learn the "real" facts behind school lunch, not the televised version!
2. Surround yourself with coworkers having similar life values!
And the number one reason to work in a school cafeteria...
1. **Delight in carefree summers, just like when you were a child!**

Apply Here: mailto:https://www.zcs.k12.in.us/apps/pages/employment_opportunities

or call 317-873-1232 X11630

<p>18</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/Whole Grain Breadstick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Turkey Sub Sandwich^{MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Peas^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>19</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking TacosSM • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Ham Sub Sandwich^{**MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Refried Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>20</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Stuffed Crust Pizza^{*MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Turkey Sub Sandwich^{MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Broccoli^{IM} • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pears • Blueberry Crisp^W • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>21</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Hot Dog^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Ham Sub Sandwich^{**MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M <p>~ Pudding^{MSW} with every meal~</p>	<p>22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Maple Sausage Pancake on a Stick^{ESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Asst. Sub Sandwich^{**MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Emoji Fries • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pineapple • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M
<p>25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Tenders^{SW} w/Whole Grain Soft Pretzel Stick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Au Gratin Potatoes w/Ham • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups • 100% Vegetable Juice <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Blueberries • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>26</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Deep Dish Pizza^{*MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mixed Vegetables^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>27</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheeseburger^{MW} • Hamburger^{SW} • PB&J Uncrustable^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • BBQ Baked Beans* • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pears • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Rotini in Meat Sauce^{EW} w/Whole Grain Garlic Breadstick^W • PB&J Uncrustable^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Green Beans^M • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M <p>~ Cookie with Meal~</p>	<p>29</p> 

If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.

Pleasant View Elementary	Lisa Morgan	317.873.1224	x17974
Eagle Elementary	Sheila Dibble	317.873.1234	x15974
Union Elementary	Kathy Beanblossom	317.733.4007	x16974
Stonegate Elementary	Nancy Fitzpatrick	317.873.8050	x19974
Boone Meadow Elementary	Cheryl Pendleton	317.873.2226	x14974

Pricing

Milk	\$0.60
Student Lunch	\$2.50
A la Carte Entrée	\$1.75

Please see the website for additional prices for a la carte purchases.

Legend:

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

Vegetable News

Attn: Students

Fresh vegetables are always available for sale during lunch.

Hot Vegetables are available with purchase of a meal only.

2-01-19

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 where you will find information and an application.

Mon - 03/04/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Tenders	3 ea	211	36	424	2.00	2.00	25.00	169	101.00	0.00	15.00	13.00	11.00	2.00
Pretzel Rods, WG 1oz	1 each	70	0	40	1.00	0.72	0.04	0	0.00	0.00	2.00	14.00	0.50	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Potatoes, Au Gratin with Ha	0.5 cup	48	12	101	0.17	0.15	6.55	74	0.14	0.50	2.02	3.77	2.79	1.47
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cherry Tomatoes 1/4 cup	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
BBQ Sauce Cups	1 ea	57	0	23	0.00	0.00	0.00	162	2.92	12.15	0.00	12.96	0.00	0.00
Honey	1 ea	43	0	1	0.03	0.06	0.84	0	0.07	11.50	0.04	11.54	0.00	0.00
Honey Mustard Dipping Cup	1 ea	70	10	220	0.00	0.36	0.00	1500	0.00	2.00	0.00	5.00	6.00	1.00

Tue - 03/05/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 5" Pepperoni	1 each	350	35	770	3.00	1.80	350.00	500	12.00	3.00	20.00	33.00	15.00	8.00
Pizza, 5" Pepperoni	1 each	350	35	770	3.00	1.80	350.00	500	12.00	3.00	20.00	33.00	15.00	8.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Mixed Vegetables 1/2 C	1/2 cup	87	5	43	3.63	0.86	22.68	4671	9.43	*0.00	3.02	13.35	2.25	1.22
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Broccoli,raw: fresh 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52

Wed - 03/06/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	353	59	452	2.00	3.27	160.00	171	6.00	4.50	23.79	28.00	16.23	6.34
Hamburger w/bun	1 ea	313	51	312	2.00	3.27	60.00	71	0.00	4.00	20.29	27.00	13.23	4.59
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
BBQ Baked Beans 1/2 C svg	1/2 cup	168	0	663	5.40	2.03	57.36	84	0.00	16.74	6.48	35.57	1.08	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Cucumber Slices 1/4 Cup	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50

Thu - 03/07/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Rotini Pasta with Meat Sauce	8 oz	338	58	652	4.30	3.23	59.14	659	24.73	8.60	19.35	25.81	17.20	6.67
Breadstick	1 ea	59	0	69	0.98	0.71	19.63	0	0.00	0.00	1.96	12.76	0.49	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Green Beans w/Ham	1/2 cup	63	7	17	2.14	0.71	35.62	508	10.94	*2.10	1.93	8.09	2.40	1.40
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Cookie, Presidents	1 pkg	100	0	75	2.00	7.18	99.79	399	4.79	*N/A*	2.00	17.96	2.99	1.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cheese, Pamesan pkt	1 pkt	13	4	57	0.00	0.00	0.00	0	0.00	0.00	0.88	0.00	0.88	0.00

Fri - 03/08/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cereal, Cinnamon Taosters	Bowl	239	0	269	2.98	8.95	198.94	0	0.00	18.90	2.98	43.77	6.96	0.50
Cereal, Frosted Flakes	Bowl	220	0	270	1.00	7.20	0.00	200	0.00	21.00	3.00	51.00	0.00	0.00
Cereal, Frosted Mini Wheat	Bowl	210	0	210	20.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	5.00	47.00	1.00	1.00
Cereal, Honey Graham Toas	Bowl	230	0	490	3.00	8.10	200.00	0	0.00	19.00	3.00	43.00	6.00	0.50
Cereal, Honey Scooters	Bowl	220	0	390	4.00	9.00	200.00	0	0.00	17.00	5.00	46.00	2.50	0.00
Cereal, Marshmallow Mateys	Bowl	105	0	190	1.50	3.15	125.00	0	0.00	11.50	2.00	23.50	1.00	0.00
Egg, Hard Boiled	1 EACH	72	186	71	0.00	0.88	28.00	270	0.00	0.19	6.28	0.36	4.76	1.56
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Tri-Taters	2 ea	200	0	560	2.00	0.00	0.00	0	0.00	2.00	2.00	28.00	8.00	1.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	68	0	0	1.13	0.41	0.00	0	16.95	14.69	0.00	16.95	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	15	0.00	0.00	0.00	65	0.00	13.00	1.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	50	0	15	0.00	0.00	0.00	50	30.00	10.00	1.00	13.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Mon - 03/11/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Chs Stfd Breadstick - L/O	2 sticks	300	30	480	3.00	1.80	400.00	200	0.00	5.00	20.00	30.00	11.00	6.00
		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Broccoli, Steamed	1/2 cup	47	5	23	2.87	0.58	48.28	1023	37.90	*0.00	2.93	5.80	1.96	1.20
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cherry Tomatoes 1/4 cup	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Marinara Sauce Cups	PC	15	0	120	1.00	0.36	0.00	100	1.20	2.00	0.00	3.00	0.00	0.00

Tue - 03/12/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
French Toast Sticks, WG	3 sticks	270	10	290	2.00	1.08	60.00	0	0.00	11.00	7.00	43.00	8.00	1.00
Sausage, Pork Patty	1 ea	121	26	172	0.00	0.00	16.00	56	0.00	0.00	6.00	1.00	10.00	3.70
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Tri-Taters	2 ea	200	0	560	2.00	0.00	0.00	0	0.00	2.00	2.00	28.00	8.00	1.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Broccoli,raw: fresh 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Syrup, Pancake	1 PKT	109	0	20	0.00	0.00	0.00	0	0.00	21.83	0.00	28.77	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Wed - 03/13/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Corn Dog Nuggets	6 ea	273	40	415	5.06	1.82	151.87	25	0.00	5.06	10.13	30.37	12.15	3.54
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
BBQ Baked Beans 1/2 C svg	1/2 cup	168	0	663	5.40	2.03	57.36	84	0.00	16.74	6.48	35.57	1.08	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Cucumber Slices 1/4 Cup	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Strawberries, Frozen Cup	1 EA	90	0	0	2.00	0.36	0.00	0	48.00	18.00	1.00	21.99	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00

Thu - 03/14/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken and Noodles	1 cup	148	49	410	1.01	1.08	20.82	19	1.50	2.72	13.64	14.41	3.57	0.83
Roll, Whole Grain Dinner	1 ea	90	0	135	2.00	1.08	40.00	0	0.00	2.00	3.00	17.00	1.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Mashed Potatoes	1/2 cup	73	0	359	1.05	0.31	13.55	0	0.00	0.00	2.09	14.63	1.05	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Chicken Gravy	2 oz	21	0	151	0.00	0.00	1.78	0	0.00	1.06	0.00	3.19	0.53	0.00
Butter, Whipped Cup	1 ea	33	10	30	0.00	0.00	0.00	133	0.00	0.00	0.00	0.00	3.67	2.33

Fri - 03/15/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sandwich Breaded	1 ea	334	33	588	4.00	3.80	80.00	80	87.00	4.00	21.00	40.00	10.00	2.00
Chicken Sand Spicy	1 ea	329	0	409	2.00	2.80	76.00	155	0.00	4.00	18.60	36.50	12.00	1.60
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Green Beans w/Ham	1/2 cup	63	7	17	2.14	0.71	35.62	508	10.94	*2.10	1.93	8.09	2.40	1.40
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	68	0	0	1.13	0.41	0.00	0	16.95	14.69	0.00	16.95	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	3.00	0.36	80.00	200	60.00	16.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Cher	1 cup	70	0	5	3.00	0.36	80.00	200	60.00	16.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Wate	1 cup	90	0	10	3.00	0.36	80.00	200	60.00	21.00	0.00	25.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50

Mon - 03/18/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Nuggets	5 ea	184	33	380	2.00	2.00	20.00	79	87.00	0.00	15.00	13.00	8.00	2.00
Breadstick	1 ea	59	0	69	0.98	0.71	19.63	0	0.00	0.00	1.96	12.76	0.49	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Turkey Sub	1 ea	281	48	846	2.00	2.17	160.00	100	6.00	4.50	26.75	28.00	6.27	2.76
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Peas, Steamed 1/2 cup	1/2 cup	95	5	103	4.29	1.46	20.96	2025	17.15	*4.76	4.97	14.11	2.16	1.20
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cherry Tomatoes 1/4 cup	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
BBQ Sauce Cups	1 ea	57	0	23	0.00	0.00	0.00	162	2.92	12.15	0.00	12.96	0.00	0.00
Honey	1 ea	43	0	1	0.03	0.06	0.84	0	0.07	11.50	0.04	11.54	0.00	0.00
Honey Mustard Dipping Cup	1 ea	70	10	220	0.00	0.36	0.00	1500	0.00	2.00	0.00	5.00	6.00	1.00

Tue - 03/19/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Walking Taco	1 EA	311	35	592	5.00	3.08	61.00	645	5.00	3.00	16.00	33.00	14.00	3.30
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Ham and Cheese Sub	1 ea	300	68	870	2.00	2.52	160.00	100	7.20	4.50	22.50	29.00	10.00	3.75
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Refried Beans	1/2 cup	70	8	99	2.74	0.82	66.03	63	0.22	0.19	4.26	7.84	2.40	1.52
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Broccoli,raw: fresh 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Sliced	1/2 cup	66	0	5	1.10	0.39	21.95	329	2.63	12.07	0.00	14.27	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	0.00	0.00
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01
Sour Cream, pkt	1 ea	60	20	50	0.00	0.00	40.00	200	0.00	2.00	1.00	2.00	5.00	3.00
Salsa	2 oz	20	0	141	0.00	2.17	0.00	0	0.00	2.01	0.00	4.03	0.00	0.00
Jalepeno Pepper Slices	1 OZ	0	0	494	0.00	0.00	0.00	97	3.48	0.97	0.00	0.97	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00

Wed - 03/20/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 4x6 Cheese	1 Each	310	30	360	3.00	2.70	450.00	500	9.00	6.00	22.00	30.00	12.00	6.00
Pizza, 4x6 Pepperoni	1 Each	350	40	580	3.00	2.70	350.00	400	9.00	6.00	22.00	29.00	17.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Turkey Sub	1 ea	281	48	846	2.00	2.17	160.00	100	6.00	4.50	26.75	28.00	6.27	2.76
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Broccoli, Steamed	1/2 cup	47	5	23	2.87	0.58	48.28	1023	37.90	*0.00	2.93	5.80	1.96	1.20
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Cucumber Slices 1/4 Cup	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Thu - 03/21/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Hot Dog on Bun	1 ea	327	34	574	2.00	2.51	40.00	29	0.00	9.89	10.89	26.98	18.70	7.38
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Ham and Cheese Sub	1 ea	300	68	870	2.00	2.52	160.00	100	7.20	4.50	22.50	29.00	10.00	3.75
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Corn, Steamed 1/2 C	1/2 cup	92	4	2	1.73	0.35	3.30	220	5.28	*2.06	2.49	18.11	2.26	1.13
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
Spiced Peaches	1/2 CUP	90	0	6	1.18	0.41	23.57	330	2.64	18.11	0.01	20.44	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Pudding, Chocolate	1 ea	110	0	125	1.00	1.08	350.79	0	0.00	15.03	1.00	22.05	2.00	1.00
Pudding, Vanilla	1 ea	110	0	130	1.00	0.00	350.79	0	0.00	14.03	0.00	20.05	2.51	1.50
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Pickle Relish, pkt	1 pkt	15	0	75	0.00	0.00	0.00	15	0.00	3.00	0.00	3.00	0.00	0.00
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50

Fri - 03/22/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Sausage Pancake on a Stick	1 ea	200	25	310	3.00	1.80	20.00	0	0.00	4.00	7.00	17.00	10.00	2.50
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Turkey Sub	1 ea	281	48	846	2.00	2.17	160.00	100	6.00	4.50	26.75	28.00	6.27	2.76
Ham and Cheese Sub	1 ea	300	68	870	2.00	2.52	160.00	100	7.20	4.50	22.50	29.00	10.00	3.75
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Smiles, Potato	4 ea	129	0	185	1.61	0.58	0.00	0	2.90	0.00	1.61	20.13	4.83	0.81
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	68	0	0	1.13	0.41	0.00	0	16.95	14.69	0.00	16.95	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	15	0.00	0.00	0.00	65	0.00	13.00	1.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	50	0	15	0.00	0.00	0.00	50	30.00	10.00	1.00	13.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00

Mon - 03/25/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Tenders	3 ea	211	36	424	2.00	2.00	25.00	169	101.00	0.00	15.00	13.00	11.00	2.00
Pretzel Rods, WG 1oz	1 each	70	0	40	1.00	0.72	0.04	0	0.00	0.00	2.00	14.00	0.50	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Potatoes, Au Gratin with Ha	0.5 cup	48	12	101	0.17	0.15	6.55	74	0.14	0.50	2.02	3.77	2.79	1.47
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cherry Tomatoes 1/4 cup	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
BBQ Sauce Cups	1 ea	57	0	23	0.00	0.00	0.00	162	2.92	12.15	0.00	12.96	0.00	0.00
Honey	1 ea	43	0	1	0.03	0.06	0.84	0	0.07	11.50	0.04	11.54	0.00	0.00
Honey Mustard Dipping Cup	1 ea	70	10	220	0.00	0.36	0.00	1500	0.00	2.00	0.00	5.00	6.00	1.00

Tue - 03/26/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 5" Pepperoni	1 each	350	35	770	3.00	1.80	350.00	500	12.00	3.00	20.00	33.00	15.00	8.00
Pizza, 5" Pepperoni	1 each	350	35	770	3.00	1.80	350.00	500	12.00	3.00	20.00	33.00	15.00	8.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Mixed Vegetables 1/2 C	1/2 cup	87	5	43	3.63	0.86	22.68	4671	9.43	*0.00	3.02	13.35	2.25	1.22
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Broccoli,raw: fresh 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52

Wed - 03/27/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	353	59	452	2.00	3.27	160.00	171	6.00	4.50	23.79	28.00	16.23	6.34
Hamburger w/bun	1 ea	313	51	312	2.00	3.27	60.00	71	0.00	4.00	20.29	27.00	13.23	4.59
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
BBQ Baked Beans 1/2 C svg	1/2 cup	168	0	663	5.40	2.03	57.36	84	0.00	16.74	6.48	35.57	1.08	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Cucumber Slices 1/4 Cup	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50

Thu - 03/28/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Mozzarella Pizza Pocket	1 ea	160	20	260	2.00	1.08	150.00	200	0.00	2.00	10.00	17.00	6.00	3.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Green Beans w/Ham	1/2 cup	63	7	17	2.14	0.71	35.62	508	10.94	*2.10	1.93	8.09	2.40	1.40
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Cookie, Presidents	1 pkg	100	0	75	2.00	7.18	99.79	399	4.79	*N/A*	2.00	17.96	2.99	1.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cheese, Pamesan pkt	1 pkt	13	4	57	0.00	0.00	0.00	0	0.00	0.00	0.88	0.00	0.88	0.00

Fri - 03/29/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cereal, Cinnamon Taosters	Bowl	239	0	269	2.98	8.95	198.94	0	0.00	18.90	2.98	43.77	6.96	0.50
Cereal, Frosted Flakes	Bowl	220	0	270	1.00	7.20	0.00	200	0.00	21.00	3.00	51.00	0.00	0.00
Cereal, Frosted Mini Wheat	Bowl	210	0	210	20.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	5.00	47.00	1.00	1.00
Cereal, Honey Graham Toas	Bowl	230	0	490	3.00	8.10	200.00	0	0.00	19.00	3.00	43.00	6.00	0.50
Cereal, Honey Scooters	Bowl	220	0	390	4.00	9.00	200.00	0	0.00	17.00	5.00	46.00	2.50	0.00
Cereal, Marshmallow Mateys	Bowl	105	0	190	1.50	3.15	125.00	0	0.00	11.50	2.00	23.50	1.00	0.00
Egg, Hard Boiled	1 EACH	72	186	71	0.00	0.88	28.00	270	0.00	0.19	6.28	0.36	4.76	1.56
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Tri-Taters	2 ea	200	0	560	2.00	0.00	0.00	0	0.00	2.00	2.00	28.00	8.00	1.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	68	0	0	1.13	0.41	0.00	0	16.95	14.69	0.00	16.95	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	15	0.00	0.00	0.00	65	0.00	13.00	1.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	50	0	15	0.00	0.00	0.00	50	30.00	10.00	1.00	13.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

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.