

Zionsville High School Campus Menu

Second Semester 2019-2020

Main Café @ The High School

Breakfast Served Daily 8:00 – 8:30

Exception Wed. 8:30 – 9:07

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

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



	Monday	Tuesday	Wednesday	Thursday	Friday
PURPLE	Chicken Poppers ^{ESW} w/WG Dinner Roll ^W Cheese Stuffed Breadsticks ^{MESW} Cheesy Mashed Potatoes ^M Mandarin Oranges	Beef Walking Taco ^{MS} Rippers Cheese or Pepperoni Pizza ^{MESW} Jalapeño Corn ^M Pineapple	Pork Tenderloin Sandwich ^{*SW} Garlic French Bread Pizza ^{MSW} Emoticons Soup Applesauce	All Beef Cheeseburger ^{MW} Hamburger ^W Premium Spicy Chicken Sandwich ^{SW} Deep Dish Cheese or Pepperoni Pizza ^{*MSW} BBQ Baked Beans* Peaches	Chicken Nuggets ^{SW} w/WG Biscuit Stuffed Crust Pizza ^{*MW} Roasted Sweet and Russet Potatoes ^W Pears
GREEN	Cheese Quesadilla ^{MSW} Cheese Stuffed Breadsticks ^{MESW} Refried Beans Steamed Corn ^M Pineapple	Pork Z'Rib ^{*MSW} Grilled Cheese ^{MW} Rippers Cheese or Pepperoni Pizza ^{MESW} Home Fries Applesauce	Country Baked Steak ^W w/WG Dinner Roll ^W Garlic French Bread Pizza ^{MSW} Mashed Potatoes ^M Gravy Available ^{MW} Soup Peaches	Macaroni and Cheese ^{MEW} w/NY Garlic Toasts ^{MSW} Premium Dill Chicken Sandwich ^{MSW} Deep Dish Cheese or Pepperoni Pizza ^{*MSW} Green Beans ^M Pears	Breaded Chicken Sandwich ^{SW} Spicy Chicken Sandwich ^{SW} Stuffed Crust Pizza ^{*MW} Baked Potatoes Mandarin Oranges
RED	Chicken Corn Dog Nuggets ^{ESW} Cheese Stuffed Breadsticks ^{MESW} Cali Blend w/Cheese Pears Fruit Cocktail	Beef or Bean Soft Tacos ^{SW} Rippers Cheese or Pepperoni Pizza ^{MESW} Refried Beans Steamed Corn ^M Peaches	Chicken and Waffles ^{MESW} Garlic French Bread Pizza ^{MSW} Tri-Taters Soup Applesauce	General Tso's Chicken ^{MSW} Over Rice ^S Premium Chris P Chicken Sandwich ^{MW} Deep Dish Cheese or Pepperoni Pizza ^{*MSW} Steamed Broccoli ^M Mandarin Oranges	!!!!!!!!!!!!!!!!!!!!!!!!!!!! Cook's Choice Check Website For Menu
Additional Entrée (Protein and Grain) and Fruit and Vegetable Selections					
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY	PB&J Sandwich ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Turkey Bacon Club Ciabatta ^{MSW}	PB&J Sandwich ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Asian Shaker Salad ^{SW}	PB&J Sandwich ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Chicken Salad Wrap ^{MESW}	PB&J Sandwich ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Chicken Caesar Shaker Salad ^{MSW}	PB&J Sandwich ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Buffalo Chicken Wrap ^{MESW}
DAILY	Assorted Fresh Vegetables, Mixed Greens Salad, and Wednesdays Soup of the Week Assorted Fresh and Dried Fruits 100% fruit Juice Skim and Low Fat White Milk and Skim Flavored Milk				

	January					February					March					April					May								
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F				
Purple	6	7	8	9	10	Green	3	4	5	6	7	Red	2	3	4	5	6	Purple	6	7	8	9	10	Purple				1	
Green	13	14	15	16	17	Red	10	11	12	13	14	Purple	9	10	11	12	13	Green	13	14	15	16	17	Green	4	5	6	7	8
Red	NL	21	22	23	24	Purple	NL	NL	19	20	21	Green	16	17	18	19	20	Red	20	21	22	23	24	Red	11	12	13	14	15
Purple	27	28	29	30	31	Green	24	25	26	27	28	Red	23	24	25	26	NL	Purple	27	28	29	30		Purple	18	19	20	CC	CC
NL = No Lunch Served					CC = Cook's Choice					Menus Subject to Change										12-19-19									

Eagle Café @ The Freshman Center

	Monday	Tuesday	Wednesday	Thursday	Friday
W E E K L Y	Cheese Stuffed Breadsticks ^{MESW} Premium Chris P Chicken Sandwich ^{MW} Steamed Corn ^M Applesauce Fruit Cocktail	Pork Tenderloin Sandwich ^{*SW} Rippers Cheese Pizza ^{MESW} Home Fries Peaches	Beef Pepperoni Calzone ^{MSW} Premium Dill Chicken Sandwich ^{MSW} Green Beans ^M Pears	Pork Z'Rib Sandwich ^{*MSW} Chicken Tenders ^{MSW} w/WG Dinner Roll ^W Tri-Taters Mandarin Oranges	Cheese Quesadilla ^{MSW} Premium Spicy Chicken Sandwich ^{SW} Refried Beans California Blend Veggies w/Cheese Sauce ^M Pineapple
<u>Additional Entrée (Protein and Grain) Selections Offered Daily</u> PB&J Sandwich ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Fruit and Yogurt Parfait ^{MSW}			<u>Additional Fruit and Vegetable Selections Offered Daily</u> Assorted Fresh Vegetables and Eagle Greens Salad Assorted Fresh and Dried Fruits 100% fruit Juice Skim and Low Fat White Milk and Skim Flavored Milk		

The Wedge @ The Student Activity Center

	Monday	Tuesday	Wednesday	Thursday	Friday
W E E K L Y	Spicy Chicken Sandwich ^{SW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Applesauce Fruit Cocktail	Cheeseburger Protein Pack ^{M GF} PB&J Sandwich ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Tri-Taters Peaches	Bosco Breadsticks ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Pears	Deli Meat Sandwiches ^{*MSW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Roasted Garbanzo Beans* Mandarin Oranges	Breaded Chicken Sandwich ^{SW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Baked Potato Pineapple
 <p>Look for Sushi in the Wedge Tuesdays 10 roll package for \$7.00</p>		Frozen Yogurt in the Wedge Thursdays 6oz for \$1.50 	<u>Additional Fruit and Vegetable Selections Offered Daily</u> Assorted Fresh Vegetables and Mixed Greens Salad Assorted Fresh and Dried Fruits 100% fruit Juice Skim and Low Fat White Milk and Skim Flavored Milk		

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	Jamie Jordan	317.873.3355	x62330
Eagle Café @ Freshman Center	Tina Riley	317.873.3355	x62974

Pricing	
Milk	\$0.60
Student Lunch	\$2.85
Student Lunch, Premium	\$3.15
A la Carte Entrée	\$2.10
A la Carte Premium Entrée	\$2.45

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.)

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

On the days leading up to an extended break, we will have a limited supply of perishable items and will stop offering them when we run out. This includes but is not limited to; fresh produce, yogurt, and eggs.

High School Lunch

PURPLE MONDAY	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 Poppers	14 ea	173	32	349	1.00	1.00	18.00	108	0.00	0.00	14.70	9.60	8.40	1.40
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
Pizza, Chs Stfd Breadstick	2 sticks	300	30	480	3.00	1.80	400.00	200	0.00	5.00	20.00	30.00	11.00	6.00
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Ciabatta, Turkey Club	1 ea	338	55	857	3.70	1.99	107.24	524	11.98	3.91	30.26	32.11	9.71	3.60
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cheesy Mashed Potatoes	1/2 cup	119	12	429	1.46	0.39	96.45	104	0.00	0.00	5.00	15.05	4.78	2.49
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
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
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
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

PURPLE TUESDAY	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
Walking Taco	1 EA	321	35	462	4.00	2.72	61.00	645	5.00	2.00	16.00	30.00	17.00	2.80
Pizza, Rippers Cheese	Slice	341	35	602	2.01	3.61	301.06	401	3.61	2.01	23.08	32.11	13.05	4.01
Pizza, Rippers Pepperoni	Slice	271	30	572	4.01	0.72	200.70	401	3.61	3.01	18.06	27.10	10.04	4.01
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Salad, Shaker Asian	1 each	224	51	348	3.30	1.19	33.45	533	4.55	*8.38	18.73	16.14	10.35	1.14
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Corn, Jalapeno	1/2 cup	87	4	2	1.73	0.35	3.30	220	5.28	2.06	2.49	18.37	2.26	1.13
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
Pineapple, Tidbit	1/2 cup	73	0	0	1.04	0.38	0.00	0	12.53	15.66	1.04	16.71	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
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
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
Cheese, Cheddar Shredded	1 oz	111	30	192	0.00	0.00	151.87	0	0.00	0.00	7.09	1.01	10.12	6.08
Olives, Ripe, Sliced	1 oz	45	0	223	0.00	0.00	0.00	0	0.00	0.00	0.00	1.78	4.45	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
Banana Pepper	1 oz	6	0	309	1.10	0.00	22.05	0	9.92	0.00	0.00	1.10	0.00	0.00
Dressing, Asian Sesame	1 ea	178	0	583	0.00	0.00	0.00	0	0.00	7.91	0.00	7.91	15.82	2.47

PURPLE WEDNESDAY	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
Pork Tenderloin Sandwich	1 ea	420	35	600	4.00	3.60	100.00	0	0.00	5.00	20.00	45.00	18.00	4.50
Pizza, Garlic French Bread	1 ea	410	26	744	0.00	3.46	320.51	641	6.15	3.85	23.08	38.46	19.23	7.69
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Wrap, Chicken Salad	1/2 Wrap	459	107	953	1.34	2.44	102.82	395	4.38	2.22	33.50	24.02	25.33	5.38
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Emoticons, Potatoes	4 ea	115	0	78	1.64	0.59	0.00	0	0.00	0.00	1.64	18.88	4.10	0.82
Soup, Broccoli Cheese	1 cup	143	15	521	3.46	0.70	138.73	1147	45.48	*1.42	7.06	15.30	6.78	3.95
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	0.03
Salsa Cups	3 cup	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
Applesauce	1/2 cup	90	0	10	1.00	0.00	0.00	0	0.00	19.98	0.00	22.98	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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

PURPLE THURSDAY	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	356	56	606	3.00	2.80	183.00	100	6.00	4.50	21.50	29.00	17.00	6.55
Hamburger w/bun	1 ea	316	49	466	3.00	2.80	83.00	0	0.00	4.00	18.00	28.00	14.00	4.80
Chicken, Premium Spicy San	1 each	350	45	540	3.00	3.24	60.00	0	0.00	5.00	25.00	36.00	12.00	2.00
Pizza, 5" Cheese	1 each	348	35	765	2.98	1.79	347.51	496	11.92	2.98	19.86	32.77	14.89	7.94
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
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Salad, Shaker Chicken Caes	1 each	368	67	786	3.09	2.09	169.34	443	2.76	3.90	27.91	32.02	14.40	6.43
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
BBQ Baked Beans (Bush's)	1/2 cup	168	0	664	5.40	2.03	57.75	84	0.00	16.84	6.48	35.69	1.08	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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
Dressing, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	0	0.00	2.00	2.00	3.00	16.00	3.00

PURPLE FRIDAY	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 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
Biscuit, 2.25oz	1 ea	192	3	575	0.64	0.00	0.00	0	0.00	2.55	4.47	27.43	7.02	3.83
Pizza, SC Cheese ConAgra	1 each	368	40	805	3.45	2.42	425.50	0	0.00	5.75	19.55	43.70	13.80	6.90
Pizza, SC Pepperoni Tony's	1 each	370	40	630	4.00	2.70	250.00	400	0.00	10.00	17.00	40.00	16.00	8.00
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Roasted Sweet & Russet 1/2	1/2 Cup	98	0	258	1.78	0.28	7.77	5635	5.27	6.22	1.39	19.43	2.01	0.25
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
Pears, Sliced	1/2 cup	67	0	6	2.22	0.40	22.24	0	2.67	12.23	0.00	16.68	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
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
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
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

GREEN TUESDAY	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
Z'rib Sandwich	1 EA	360	45	910	3.00	2.88	80.00	300	1.20	13.00	18.00	39.00	14.00	5.00
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
Pizza, Rippers Cheese	Slice	341	35	602	2.01	3.61	301.06	401	3.61	2.01	23.08	32.11	13.05	4.01
Pizza, Rippers Pepperoni	Slice	271	30	572	4.01	0.72	200.70	401	3.61	3.01	18.06	27.10	10.04	4.01
Uncrustable, Grape 5.3 oz	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Salad, Shaker Asian	1 each	224	51	348	3.30	1.19	33.45	533	4.55	*8.38	18.73	16.14	10.35	1.14
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Home Fries	3.2 OZ	117	0	470	1.07	0.38	0.00	0	0.00	1.07	2.13	21.35	4.27	0.53
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
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
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
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
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
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
Applesauce	1/2 cup	90	0	10	1.00	0.00	0.00	0	0.00	19.98	0.00	22.98	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
Dressing, Asian Sesame	1 ea	178	0	583	0.00	0.00	0.00	0	0.00	7.91	0.00	7.91	15.82	2.47

GREEN WEDNESDAY	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
Country Baked Steak	1 ea	300	65	530	2.00	1.80	20.00	0	0.00	0.00	16.00	16.00	18.00	6.00
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
Pizza, Garlic French Bread	1 ea	410	26	744	0.00	3.46	320.51	641	6.15	3.85	23.08	38.46	19.23	7.69
Uncrustable, Grape 5.3 oz	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Wrap, Chicken Salad	1/2 Wrap	459	107	953	1.34	2.44	102.82	395	4.38	2.22	33.50	24.02	25.33	5.38
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mashed Potatoes	1/2 cup	73	0	358	1.05	0.31	13.37	0	0.00	0.00	2.09	14.63	1.05	0.00
Soup, Tomato	8 oz	97	0	519	1.07	0.77	3.87	430	6.44	12.89	2.15	21.48	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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
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
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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Country Gravy	2 oz	33	0	245	0.00	0.00	1.78	0	0.00	0.00	0.00	5.54	1.11	1.11
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
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

GREEN THURSDAY	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
Mac and Cheese	6 oz	295	47	759	2.00	1.00	363.00	654	0.00	3.00	16.00	26.00	15.00	8.10
NY Garlic Toast	1 EA	100	0	180	1.00	0.72	0.00	0	0.00	1.00	3.00	14.00	3.50	1.50
Chicken Sandwich Dill	1 ea	340	75	630	3.00	3.60	100.00	100	0.00	6.00	31.00	40.00	6.50	1.00
Pizza, 5" Cheese	1 each	348	35	765	2.98	1.79	347.51	496	11.92	2.98	19.86	32.77	14.89	7.94
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
Uncrustable, Grape 5.3 oz	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Salad, Shaker Chicken Caes	1 each	368	67	786	3.09	2.09	169.34	443	2.76	3.90	27.91	32.02	14.40	6.43
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Green Beans 1/2 C	1/2 cup	37	3	302	2.11	0.00	21.55	253	3.96	*2.19	0.02	5.19	1.24	0.79
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
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
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
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
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
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
Pears, Sliced	1/2 cup	67	0	6	2.22	0.40	22.24	0	2.67	12.23	0.00	16.68	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
Dressing, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	0	0.00	2.00	2.00	3.00	16.00	3.00

GREEN FRIDAY	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	361	35	411	4.01	3.25	80.11	0	0.00	5.01	21.08	41.08	12.05	2.01
Pizza, SC Cheese ConAgra	1 each	368	40	805	3.45	2.42	425.50	0	0.00	5.75	19.55	43.70	13.80	6.90
Pizza, SC Pepperoni Tony's	1 each	370	40	630	4.00	2.70	250.00	400	0.00	10.00	17.00	40.00	16.00	8.00
Uncrustable, Grape 5.3 oz	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Wrap, Buffalo Chicken	1 ea	387	92	1255	4.34	2.40	292.13	606	5.49	4.18	33.98	33.40	13.54	5.61
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Potato, Baked	1 ea	90	0	6	1.47	0.98	14.74	1	6.46	0.70	2.43	20.49	0.09	0.03
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
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
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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
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
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

RED TUESDAY	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
Soft Tacos	2 ea	291	35	543	4.01	3.45	161.11	647	5.01	4.01	19.04	33.01	10.01	2.81
Pizza, Rippers Cheese	Slice	341	35	602	2.01	3.61	301.06	401	3.61	2.01	23.08	32.11	13.05	4.01
Pizza, Rippers Pepperoni	Slice	271	30	572	4.01	0.72	200.70	401	3.61	3.01	18.06	27.10	10.04	4.01
Uncrustable, Grape 5.3 oz	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Salad, Shaker Asian	1 each	224	51	348	3.30	1.19	33.45	533	4.55	*8.38	18.73	16.14	10.35	1.14
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
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
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
Cheese, Cheddar Shredded	1 oz	111	30	192	0.00	0.00	151.87	0	0.00	0.00	7.09	1.01	10.12	6.08
Olives, Ripe, Sliced	1 oz	45	0	223	0.00	0.00	0.00	0	0.00	0.00	0.00	1.78	4.45	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
Banana Pepper	1 oz	6	0	309	1.10	0.00	22.05	0	9.92	0.00	0.00	1.10	0.00	0.00
Dressing, Asian Sesame	1 ea	178	0	583	0.00	0.00	0.00	0	0.00	7.91	0.00	7.91	15.82	2.47

RED WEDNESDAY	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 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
Waffle	1 ea	130	5	360	3.00	1.08	40.00	0	0.00	4.00	4.00	23.00	3.50	0.50
Pizza, Garlic French Bread	1 ea	410	26	744	0.00	3.46	320.51	641	6.15	3.85	23.08	38.46	19.23	7.69
Uncrustable, Grape 5.3 oz	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Wrap, Chicken Salad	1/2 Wrap	459	107	953	1.34	2.44	102.82	395	4.38	2.22	33.50	24.02	25.33	5.38
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tri-Taters	2 ea	219	0	628	1.99	1.08	0.00	0	0.00	0.00	2.99	30.90	8.97	1.50
Soup, Potato Cheese with H	1 cup	201	30	620	1.88	0.78	112.91	127	8.89	*1.42	8.63	23.10	7.48	4.32
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	0.03
Salsa Cups	3 cups	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
Applesauce	1/2 cup	90	0	10	1.00	0.00	0.00	0	0.00	19.98	0.00	22.98	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
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

RED THURSDAY	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
General Tso Chicken	1 bowl	414	34	792	2.10	1.44	26.78	279	0.00	26.61	17.81	60.26	11.94	1.70
Pizza, 5" Cheese	1 each	348	35	765	2.98	1.79	347.51	496	11.92	2.98	19.86	32.77	14.89	7.94
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
Uncrustable, Grape 5.3 oz	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Chicken, Chris P Chicken Sa	1 each	366	45	786	4.00	2.80	81.00	188	0.00	5.00	26.00	43.00	10.00	1.00
Salad, Shaker Chicken Caes	1 each	368	67	786	3.09	2.09	169.34	443	2.76	3.90	27.91	32.02	14.40	6.43
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Broccoli, Steamed	1/2 cup	41	3	23	2.87	0.58	48.28	989	37.90	*0.00	2.93	6.25	1.03	0.61
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
Soy Sauce pkt	1 pkt	0	0	15	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Dressing, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	0	0.00	2.00	2.00	3.00	16.00	3.00

RED FRIDAY	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, Calzone	1 ea	280	225	590	3.00	1.80	300.00	500	0.00	6.00	19.00	32.00	11.00	6.00
Pizza, SC Cheese ConAgra	1 each	368	40	805	3.45	2.42	425.50	0	0.00	5.75	19.55	43.70	13.80	6.90
Pizza, SC Pepperoni Tony's	1 each	370	40	630	4.00	2.70	250.00	400	0.00	10.00	17.00	40.00	16.00	8.00
Uncrustable, Grape 5.3 oz	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Wrap, Buffalo Chicken	1 ea	387	92	1255	4.34	2.40	292.13	606	5.49	4.18	33.98	33.40	13.54	5.61
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
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
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
Baked Apples	1/2 CUP	105	0	12	2.38	0.02	1.68	0	0.01	22.42	0.01	26.01	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17

Freshman Center Lunch

MONDAY	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, Chris P Chicken Sa	1 each	366	45	786	4.00	2.80	81.00	188	0.00	5.00	26.00	43.00	10.00	1.00
Pizza, Chs Stfd Breadstick	2 sticks	300	30	480	3.00	1.80	400.00	200	0.00	5.00	20.00	30.00	11.00	6.00
Pizza, French Bread	1 ea	340	45	490	3.00	0.00	0.00	0	0.00	7.00	18.00	36.00	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
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
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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 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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	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
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
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
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
Applesauce	1/2 cup	90	0	10	1.00	0.00	0.00	0	0.00	19.98	0.00	22.98	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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
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
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

TUESDAY	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
Pork Tenderloin Sandwich	1 ea	420	35	600	4.00	3.60	100.00	0	0.00	5.00	20.00	45.00	18.00	4.50
Pizza, Rippers Cheese	Slice	341	35	602	2.01	3.61	301.06	401	3.61	2.01	23.08	32.11	13.05	4.01
Pizza, Rippers Pepperoni	Slice	271	30	572	4.01	0.72	200.70	401	3.61	3.01	18.06	27.10	10.04	4.01
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Home Fries	3.2 OZ	117	0	470	1.07	0.38	0.00	0	0.00	1.07	2.13	21.35	4.27	0.53
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
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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 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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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

WEDNESDAY	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, Calzone	1 ea	280	225	590	3.00	1.80	300.00	500	0.00	6.00	19.00	32.00	11.00	6.00
Chicken Sandwich Dill	1 ea	340	75	630	3.00	3.60	100.00	100	0.00	6.00	31.00	40.00	6.50	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
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Green Beans 1/2 C	1/2 cup	37	3	302	2.11	0.00	21.55	253	3.96	*2.19	0.02	5.19	1.24	0.79
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
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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 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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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

THURSDAY	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
Z'rib Sandwich	1 EA	360	45	910	3.00	2.88	80.00	300	1.20	13.00	18.00	39.00	14.00	5.00
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Tri-Taters	2 ea	219	0	628	1.99	1.08	0.00	0	0.00	0.00	2.99	30.90	8.97	1.50
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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 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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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

FRIDAY	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, Cheese Quesadilla	1 slice	322	10	816	4.03	0.00	151.02	302	0.00	3.02	15.10	39.27	12.08	3.02
Chicken, Premium Spicy San	1 each	350	45	540	3.00	3.24	60.00	0	0.00	5.00	25.00	36.00	12.00	2.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
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
Cali Blend and Cheese Sauc	1/2 cup	60	7	145	1.85	0.09	96.96	1746	27.79	*0.93	3.63	6.26	2.00	1.33
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
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
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
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
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
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 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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	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
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
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
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
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
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
Pineapple, Chunk	1/2 cup	59	0	0	0.99	0.35	0.00	0	14.78	12.81	0.00	14.78	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
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
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
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
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
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
Olives, Ripe, Sliced	1 oz	45	0	223	0.00	0.00	0.00	0	0.00	0.00	0.00	1.78	4.45	0.00
Banana Pepper	1 oz	6	0	309	1.10	0.00	22.05	0	9.92	0.00	0.00	1.10	0.00	0.00
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

Food Court Lunch

MONDAY	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 Sand Spicy	1 ea	361	35	411	4.01	3.25	80.11	0	0.00	5.01	21.08	41.08	12.05	2.01
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	0.03
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
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
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
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
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
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
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	1.00	0.00	0.00	0	0.00	19.98	0.00	22.98	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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Ranch 12g	1 pkt	51	4	107	0.00	0.00	0.00	4	0.00	0.86	0.00	0.86	5.14	0.64

TUESDAY	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
Cheeseburger	1 ea	356	56	606	3.00	2.80	183.00	100	6.00	4.50	21.50	29.00	17.00	6.55
Hamburger w/bun	1 ea	316	49	466	3.00	2.80	83.00	0	0.00	4.00	18.00	28.00	14.00	4.80
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Tri-Taters	2 ea	219	0	628	1.99	1.08	0.00	0	0.00	0.00	2.99	30.90	8.97	1.50
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	0.03
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
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
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
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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Ranch 12g	1 pkt	51	4	107	0.00	0.00	0.00	4	0.00	0.86	0.00	0.86	5.14	0.64
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

THURSDAY	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
Ham and Cheese on Wheat	1 ea	255	44	762	2.00	2.52	140.00	100	6.00	4.53	19.67	29.07	9.07	3.78
Turkey Sandwich, Govt.	1 ea	294	53	678	2.00	2.16	140.00	100	6.00	2.50	25.50	25.00	10.99	3.75
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Roasted Garbanzo Beans	1/2 cup	155	0	345	5.46	1.53	43.41	19	0.12	*0.00	6.10	21.46	4.78	0.59
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	0.03
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
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
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
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
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
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
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
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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Ranch 12g	1 pkt	51	4	107	0.00	0.00	0.00	4	0.00	0.86	0.00	0.86	5.14	0.64
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

FRIDAY	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
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
PB&J Sand Make Your Own,	1 EA	*635	*0	*438	*6.11	*2.53	*389.41	*115	*0.00	*31.14	*20.39	*65.51	*34.89	*7.19
Chef Salad	1 ea	295	116	353	5.16	2.45	293.68	930	21.59	4.04	15.53	30.48	12.46	5.39
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Potato, Baked	1 ea	90	0	6	1.47	0.98	14.74	1	6.46	0.70	2.43	20.49	0.09	0.03
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
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
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
Mixed Greens Salad	1 cup	13	0	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	0.03
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
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
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
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
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
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
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, Tidbit	1/2 cup	73	0	0	1.04	0.38	0.00	0	12.53	15.66	1.04	16.71	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 FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	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 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 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Ranch 12g	1 pkt	51	4	107	0.00	0.00	0.00	4	0.00	0.86	0.00	0.86	5.14	0.64
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
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
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

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.