

# Elementary School Menu

## Second Semester 2019-2020

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>PURPLE</b>	Chicken Corn Dog Nuggets <sup>ESW</sup> Steamed Corn <sup>M</sup> Mandarin Oranges Fruit Cocktail	All Beef Cheeseburger <sup>MW</sup> Hamburger <sup>W</sup> Emoticons Pineapple	Mac and Cheese <sup>MEW</sup> California Blend Vegetables <sup>M</sup> Applesauce	Nachos w/Cheese Sauce <sup>M</sup> Refried Beans Peaches	Pancakes <sup>MESW</sup> w/Pork Sausage Patty* Tri-Tater Pears
<b>GREEN</b>	Rippers Cheese or Pepperoni Pizza <sup>MESW</sup> Steamed Peas <sup>M</sup> Pineapple Fruit Cocktail	Assorted Cereal w/Danimals Yogurt <sup>M</sup> Tri-Taters Applesauce	Breaded Chicken or Spicy Chicken Sandwich <sup>SW</sup> Mashed Potatoes <sup>M</sup> Gravy Available <sup>W</sup> Peaches	Rotini w/Meat Sauce <sup>EW</sup> w/WG Garlic Breadstick <sup>MESW</sup> Green Beans <sup>M</sup> Pears	Chicken Nuggets <sup>SW</sup> w/WG Dinner Roll <sup>W</sup> Baked Beans Mandarin Oranges
<b>RED</b>	Chicken Tenders <sup>SW</sup> Steamed Corn <sup>M</sup> Applesauce Fruit Cocktail	All Beef Hot Dog <sup>W</sup> BBQ Baked Beans* Peaches	French Toast <sup>MESW</sup> w/Pork Sausage Patty* Home Fries Pears	Deep Dish Cheese or Pepperoni Pizza* <sup>MSW</sup> Steamed Broccoli <sup>M</sup> Mandarin Oranges	!!!!!!!!!!!!!!!!!!!! Student's Choice Check Website For Menu
<b>Additional Entrée (Protein and Grain) and Fruit and Vegetable Selections</b>					
<b>WEEKLY</b>	<b>Monday</b> PB&J Sandwich <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Grilled Cheese <sup>MSW</sup> Sandwich <sup>MSW</sup>	<b>Tuesday</b> PB&J Sandwich <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Fruit and Yogurt Parfait <sup>MSW</sup>	<b>Wednesday</b> PB&J Sandwich <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Grilled Cheese <sup>MSW</sup> Sandwich <sup>MSW</sup>	<b>Thursday</b> PB&J Sandwich <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Fruit and Yogurt Parfait <sup>MSW</sup>	<b>Friday</b> PB&J Sandwich <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Grilled Cheese <sup>MSW</sup> Sandwich <sup>MSW</sup>
<b>DAILY</b>	Assorted Fresh Vegetables and Mixed Greens Salad Assorted Fresh and Dried Fruits 100% Fruit/Vegetable Juice (Monday and Friday) Skim and Low Fat White Milk and Skim Flavored Milk <i>The days leading up to an extended break will see a limited supply of perishable items.</i>			<b>Pricing</b> Milk \$0.60 Student Lunch \$2.65 A la Carte Entrée \$1.85 Snacks and beverages are available for purchase at an additional charge. Please see the website for pricing.	

<p>To pay online or to set up low balance reminders visit the ZCS Food Service web page and click on the SchoolPay icon!          Visit the ZCS Food Service web page and look for the meal assistance section where you will find information and an application.</p>	<p>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)</p>															
<p>If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Pleasant View Elementary</td> <td style="width: 33%;">Lisa Morgan</td> <td style="width: 33%;">317.873.1224 x17974</td> </tr> <tr> <td>Eagle Elementary</td> <td>Sheila Dibble</td> <td>317.873.1234 x15974</td> </tr> <tr> <td>Union Elementary</td> <td>Kathy Beanblossom</td> <td>317.733.4007 x16974</td> </tr> <tr> <td>Stonagate Elementary</td> <td>Nancy Fitzpatrick</td> <td>317.873.8050 x19974</td> </tr> <tr> <td>Boone Meadow Elementary</td> <td>Cheryl Pendleton</td> <td>317.873.2226 x14974</td> </tr> </table>		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	Stonagate Elementary	Nancy Fitzpatrick	317.873.8050 x19974	Boone Meadow Elementary	Cheryl Pendleton	317.873.2226 x14974
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														
Stonagate Elementary	Nancy Fitzpatrick	317.873.8050 x19974														
Boone Meadow Elementary	Cheryl Pendleton	317.873.2226 x14974														

	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      12-18-19

Purple Monday	Portion Size	G Carb
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
Peas, Steamed 1/2 cup	1/2 cup	14.11
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	1.98
Juice, Sunset Sip	1 ea	10.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Tidbit	1/2 cup	16.71
Fruit Cocktail	1/2 cup	15.09
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Hot Sauce Pkt	1 pkt	0.23
Taco Sauce, 9g	1 pkt	1.00
Olives, Ripe, Sliced	1 oz	1.78
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10

Purple Tuesday	Portion Size	G Carb
Cereal, Cinnamon Taosters	Bowl	43.77
Cereal, Frosted Flakes	Bowl	51.00
Cereal, Frosted Mini Wheat	Bowl	47.00
Cereal, Honey Graham Toas	Bowl	43.00
Cereal, Honey Scooters	Bowl	46.00
Cereal, Marshmallow Mateys	Bowl	23.50
Danimals Crush Cup, Strawb	1 ea	14.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.61
L/O		0.00
Tri-Taters	2 ea	30.90
Pre-k Broccoli,raw 1/4 C	1/4 cup	1.08
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Applesauce	1/2 cup	22.98
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29

Purple Wednesday	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Chicken Sand Spicy	1 ea	41.08
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
Mashed Potatoes	1/2 cup	14.63
Pre-k Cucumber Slices 1/4 C	1/4 Cup	1.34
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Peaches, Diced	1/2 CUP	15.96
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Chicken Gravy	2 oz	3.19

Purple Thursday	Portion Size	G Carb
Rotini Pasta with Meat Sauce	7.44 oz	24.19
Breadstick	1 ea	12.76
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.61
L/O		0.00
Green Beans 1/2 C	1/2 cup	5.19
Pre-K Baby Carrots 1/4 cup	1/4 cup	2.99
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Cheese, Pamesan pkt	1 pkt	0.00

Purple Friday	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
Baked Beans (Bush's)	1/2 cup	31.33
Pre-k Celery Sticks 1/4 cup	3 sticks	0.96
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Mandarin Oranges	1/2 cup	24.43
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96
Butter, Whipped Cup	1 ea	0.00
Sour Cream, pkt	1 ea	2.00

Green Monday	Portion Size	G Carb
Chicken Tenders	3 ea	13.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
Corn, Steamed 1/2 C	1/2 cup	18.11
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	1.98
Juice, Sunset Sip	1 ea	10.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Applesauce	1/2 cup	22.98
Fruit Cocktail	1/2 cup	15.09
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96

Green Tuesday	Portion Size	G Carb
Hot Dog on Bun	1 ea	26.98
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.61
L/O		0.00
BBQ Baked Beans (Bush's)	1/2 cup	35.69
Pre-k Broccoli,raw 1/4 C	1/4 cup	1.08
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Peaches, Diced	1/2 CUP	15.96
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00



Green Wednesday	Portion Size	G Carb
French Toast Sticks, WG	3 sticks	42.00
Sausage, Pork Patty	1 ea	1.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
Home Fries	3.2 OZ	21.35
Pre-k Cucumber Slices 1/4 C	1/4 Cup	1.34
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Syrup, Pancake	1 PKT	28.77
Ketchup, Packets	1 ea	2.00

Green Thursday	Portion Size	G Carb
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.61
L/O		0.00
Broccoli, Steamed	1/2 cup	6.25
Pre-K Baby Carrots 1/4 cup	1/4 cup	2.99
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Mandarin Oranges	1/2 cup	24.43
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29

Green Friday	Portion Size	G Carb
Chicken Soft Tacos	2 ea	30.34
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
Corn, Steamed 1/2 C	1/2 cup	18.11
Pre-k Celery Sticks 1/4 cup	3 sticks	0.96
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Frozen Fruit Juice Cup, Berry	1 cup	19.00
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Taco Sauce, 9g	1 pkt	1.00
Sour Cream, pkt	1 ea	2.00
Salsa	2 oz	4.03
Lettuce, Shredded	1/2 CUP	0.94
Cheese, Cheddar Shredded	1 oz	1.01

Red Monday	Portion Size	G Carb
Corn Dog Nuggets	6 ea	30.37
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
Corn, Steamed 1/2 C	1/2 cup	18.11
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	1.98
Juice, Sunset Sip	1 ea	10.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Mandarin Oranges	1/2 cup	24.43
Fruit Cocktail	1/2 cup	15.09
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00

Red Tuesday	Portion Size	G Carb
Cheeseburger	1 ea	29.00
Hamburger w/bun	1 ea	28.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.61
L/O		0.00
Emoticons, Potatoes	4 ea	18.88
Pre-k Broccoli,raw 1/4 C	1/4 cup	1.08
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Chunk	1/2 cup	14.78
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Red Wednesday	Portion Size	G Carb
Mac and Cheese	6 oz	26.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
California Blend Veg 1/2C	1/2 cup	6.17
Pre-k Cucumber Slices 1/4 C	1/4 Cup	1.34
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Applesauce	1/2 cup	22.98
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29

Red Thursday	Portion Size	G Carb
Nachos and Cheese Sauce	1 EA	29.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.61
L/O		0.00
Refried Beans	1/2 cup	7.84
Pre-K Baby Carrots 1/4 cup	1/4 cup	2.99
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Salsa Cups	3 oz	5.92
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Peaches, Diced	1/2 CUP	15.96
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Dressing, Asst 12g	1 pkg	1.29
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Cheese, Cheddar Shredded	1 oz	1.01
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10
Taco Sauce, 9g	1 pkt	1.00
Lettuce, Shredded	1/2 CUP	0.94
Olives, Ripe, Sliced	1 oz	1.78

Red Friday	Portion Size	G Carb
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
Pre-k Celery Sticks 1/4 cup	3 sticks	
Baby Carrots 1/2 cup	1/2 cup	0.96
Celery Sticks	6 sticks	6.07
Carrot and Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.37
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.46
Broccoli,raw: fresh 1/2 C	1/2 cup	2.19
Cucumber Slices	1/2 Cup	2.15
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	2.68
Garden Fresh Vegetables 1/	1/2 c	3.97
Mixed Greens Salad	1 cup	4.82
Salsa Cups	3 oz	2.30
L/O		5.92
Apples, Fresh 1/2 cup	Pkg	0.00
Bananas	1 EACH	10.40
Orange - Whole	1 EACH	26.95
Raisins	1 box	11.28
Craisins	1 packet	34.05
Pears, Diced	1/2 cup	28.00
Juice, Apple Cup	1 ea	18.48
Juice, Orange Cup	1 ea	14.00
L/O		13.00
Milk, 1/2 Pint 1% White	1 ea	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	13.00
Milk, 1/2 Pint Skim White	1 ea	20.00
Peanut Butter, PC	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	6.07
Dressing, Asst 12g	1 pkg	2.00
Syrup, Pancake	1 PKT	1.29
Ketchup, Packets	1 ea	28.77
		2.00

\*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.