



Zionsville Elementary School Menu First Semester 2018-2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Chicken Tenders^{SW} w/Whole Grain Soft Pretzel Stick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Au Gratin Potatoes w/Ham • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups • 100% Vegetable Juice Choice of 1 Fruit: <ul style="list-style-type: none"> • Mandarin Oranges • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right;">4</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Deep Dish Pizza^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Mixed Vegetables^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right;">5</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Cheeseburger^{MW} • Hamburger^{SW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • BBQ Baked Beans* • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right;">6</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Rotini in Meat Sauce^{EW} w/Whole Grain Garlic Breadstick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Green Beans w/HamTM • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M ~ Special Treat w/every meal~	<p style="text-align: right;">7</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Assorted Cereal^{WTS} w/Hard Boiled Egg^E • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Tri-Taters • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pineapple • Peaches • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M
<p style="text-align: right;">10</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks^{MESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Broccoli^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad • 100% Vegetable Juice Choice of 1 Fruit: <ul style="list-style-type: none"> • Mandarin Oranges • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right;">11</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • French Toas^{MESW} w/Sausage Patty* • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Tri-Taters • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Peaches • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right;">12</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Corn Dog Nuggets^{ESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • BBQ Baked Beans* • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Strawberry Cups • Mixed Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right;">13</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Chicken and Noodles^{MESW} w/Whole Grain Dinner Roll^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Mashed Potatoes^M w/Gravy^{WS} • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right;">14</p> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Breaded Chicken or Spicy Chicken Sandwich^{SW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Green Beans w/HamTM • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pineapple • Assorted Fresh Fruits • 100% Fruit Juice Slushy Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M



Top Ten Reasons to Work in a ZCS Cafeteria:

10. Exercise while you work!
9. Observe & connect with kids on their own turf!
8. Serve as a positive role model for those same kids!
7. Recognize that your "worth" in this life is defined by your actions not your job title!
6. Spend carefree evenings & weekends with your family & friends!
5. Gain a new perspective in life through youthful eyes!
4. Learn the "real" facts behind school lunch, not the televised version!
3. Surround yourself with coworkers having similar life values!
2. Examine the changing environment of education...firsthand!
And the number one reason to work in a school cafeteria...
1. **Delight in carefree summers, just like when you were a child!**

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

or call 317-873-1232 X11630

<p>17</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/Whole Grain Breadstick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Turkey Sub Sandwich^{MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Peas^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad • 100% Vegetable Juice <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Mandarin Oranges • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>18</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking TacosSM • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Ham Sub Sandwich^{*MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Refried Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>19</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • 4 x 6 Pizza^{*MW} • PB&J Uncrustable^{PW} • Protein Pack^{ME} GF • Turkey Sub Sandwich^{MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Broccoli^M • Cook's Choice Vegetable • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pears • Pineapple • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>20</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Hot Dog^W • PB&J Uncrustable^{PW} • Protein Pack^{ME} GF • Ham Sub Sandwich^{*MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Spiced Peaches • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M <p>~ Pudding^{MSW} with every meal~</p>	<p>21</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Maple Sausage Pancake on a Stick^{ESW} • PB&J Uncrustable^{PW} • Protein Pack^{ME} GF • Asst. Sub Sandwich^{*MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Emoji Fries • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Assorted Canned Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M
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If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.

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

Pricing

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

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

Legend:

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

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on SchoolPay!

Visit the ZCS Lunch Menu web page and click on meal assistance where you will find information and an application.

Mon - 12/03/2018	Portion Size	G Carb
Chicken Tenders	3 ea	13.00
Pretzel Rods, WG 1oz	1 each	14.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.80
PROTEIN PACK	PACK	30.36
Potatoes, Au Gratin with Ha	0.5 cup	3.77
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
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
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Ketchup, Packets	1 ea	2.00
BBQ Sauce Cups	1 ea	12.96
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00

Tue - 12/04/2018	Portion Size	G Carb
Pizza, 5" Pepperoni	1 each	33.00
Pizza, 5" Pepperoni	1 each	33.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.80
PROTEIN PACK	PACK	30.36
Mixed Vegetables 1/2 C	1/2 cup	13.35
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07

Wed - 12/05/2018	Portion Size	G Carb
Cheeseburger	1 ea	28.00
Hamburger w/bun	1 ea	27.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.80
PROTEIN PACK	PACK	30.36
BBQ Baked Beans 1/2 C svg	1/2 cup	35.57
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Thu - 12/06/2018	Portion Size	G Carb
Rotini Pasta with Meat Sauce	8 oz	25.81
Breadstick	1 ea	12.76
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.80
PROTEIN PACK	PACK	30.36
Green Beans w/Ham	1/2 cup	8.09
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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	21.98
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
Cookie, Holiday Shape	1 ea	19.00
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Cheese, Pamesan pkt	1 pkt	0.00

Fri - 12/07/2018	Portion Size	G Carb
Cereal, Cinnamon Toasters	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
Egg, Hard Boiled	1 EACH	0.36
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Fruit and Yogurt Parfait - Ele	Parfait cup	54.80
PROTEIN PACK	PACK	30.36
Tri-Taters	2 ea	28.00
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Mixed Greens Salad	1 cup	2.53
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	16.95
Peaches, Diced	1/2 CUP	15.96
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Ketchup, Packets	1 ea	2.00

Mon - 12/10/2018	Portion Size	G Carb
Pizza, Chs Stfd Breadstick -	2 sticks	30.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
PROTEIN PACK	PACK	30.36
Broccoli, Steamed	1/2 cup	5.80
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
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
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Marinara Sauce Cups	PC	3.00

Tue - 12/11/2018	Portion Size	G Carb
French Toast Sticks, WG	3 sticks	43.00
Sausage, Pork Patty	1 ea	1.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
PROTEIN PACK	PACK	30.36
Tri-Taters	2 ea	28.00
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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
Pears, Diced	1/2 cup	18.48
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Syrup, Pancake	1 PKT	28.77
Ketchup, Packets	1 ea	2.00

Wed - 12/12/2018	Portion Size	G Carb
Corn Dog Nuggets	6 ea	30.37
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
PROTEIN PACK	PACK	30.36
BBQ Baked Beans 1/2 C svg	1/2 cup	35.57
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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
Strawberries, Frozen Cup	1 EA	21.99
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00

Thu - 12/13/2018	Portion Size	G Carb
Chicken and Noodles	1 cup	14.41
Roll, Whole Grain Dinner	1 ea	17.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
PROTEIN PACK	PACK	30.36
Mashed Potatoes	1/2 cup	14.63
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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	21.98
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Chicken Gravy	2 oz	3.19
Butter, Whipped Cup	1 ea	0.00

Fri - 12/14/2018	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Chicken Sand Spicy	1 ea	36.50
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
PROTEIN PACK	PACK	30.36
Green Beans w/Ham	1/2 cup	8.09
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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	16.95
Frozen Fruit Juice Cup, Berry	1 cup	19.00
Frozen Fruit Juice Cup, Cher	1 cup	19.00
Frozen Fruit Juice Cup, Wate	1 cup	25.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Mon - 12/17/2018	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Breadstick	1 ea	12.76
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Turkey Sub	1 ea	28.00
PROTEIN PACK	PACK	30.36
Peas, Steamed 1/2 cup	1/2 cup	14.11
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
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
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
BBQ Sauce Cups	1 ea	12.96
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00

Tue - 12/18/2018	Portion Size	G Carb
Walking Taco	1 EA	33.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Ham and Cheese Sub	1 ea	29.00
PROTEIN PACK	PACK	30.36
Refried Beans	1/2 cup	7.84
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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, Sliced	1/2 cup	14.27
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Salad Dressing, Mayonnaise	1 ea	2.00
Taco Sauce, 9g	1 pkt	1.00
Lettuce, Shredded	1/2 CUP	0.94
Sour Cream, pkt	1 ea	2.00
Salsa	2 oz	4.03
Jalepeno Pepper Slices	1 OZ	0.97
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00

Wed - 12/19/2018	Portion Size	G Carb
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Turkey Sub	1 ea	28.00
PROTEIN PACK	PACK	30.36
Broccoli, Steamed	1/2 cup	5.80
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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
Fruit Cocktail	1/2 cup	15.09
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00

Thu - 12/20/2018	Portion Size	G Carb
Hot Dog on Bun	1 ea	26.98
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Ham and Cheese Sub	1 ea	29.00
PROTEIN PACK	PACK	30.36
Corn, Steamed 1/2 C	1/2 cup	18.11
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Mixed Greens Salad	1 cup	2.53
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	21.98
Spiced Peaches	1/2 CUP	20.44
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
Pudding, Chocolate	1 ea	22.05
Pudding, Vanilla	1 ea	20.05
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Pickle Relish, pkt	1 pkt	3.00
Salad Dressing, Mayonnaise	1 ea	2.00

Fri - 12/21/2018	Portion Size	G Carb
Sausage Pancake on a Stick	1 ea	17.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Turkey Sub	1 ea	28.00
Ham and Cheese Sub	1 ea	29.00
PROTEIN PACK	PACK	30.36
Smiles, Potato	4 ea	20.13
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
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	16.95
Pears, Diced	1/2 cup	18.48
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter, PC	1 ea	6.07
Salad Dressing, Mayonnaise	1 ea	2.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00

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

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

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