



Student's Choice Menu

September 13, 2019

<p><u>High School*</u></p> <p>Calzones^{MSW} BBQ Pulled Pork Sandwiches^{SW} Home Fries^W Pineapple</p>	<p><u>Middle School*</u></p> <p>Corn Dog Nuggets^{ESW} Tri-Taters Pineapple</p>	<p><u>West Middle School</u></p> <p>Voted on by 7th grade</p> <p>Beef Soft Tacos^{SW} Beef Pepperoni Calzones^{MSW} Mashed Potatoes^M Mandarin Oranges</p>	<p><u>Pleasant View</u></p> <p>Voted on by 2nd grade</p> <p>4x6 Pizza^{MW} Steamed Corn^M Strawberries</p>
<p><u>Eagle Elementary</u></p> <p>Voted on by 4th grade</p> <p>Chicken Poppers^{MSW} with Whole Grain Dinner Roll^W Sweet Potato Waffle Fries 100% Fruit Juice Slushies</p>	<p><u>Union Elementary*</u></p> <p>Breaded Mozzarella Sticks^{MW} Green Beans^M Pineapple Juice</p>	<p><u>Stonegate Elementary</u></p> <p>Voted on by 4th grade</p> <p>Nachos with Cheese^M Mashed Potatoes^M 100% Fruit Juice Slushies</p>	<p><u>Boone Meadow</u></p> <p>Voted on by 4th grade</p> <p>Stuffed Crust Cheese or Pepperoni Pizza^{MSW} Waffle Fries^W 100% Fruit Juice Slushies</p>

Have a request or idea for future menu items? Let a cafeteria employee know!

*Selected by managers.

9-6-19

High School Lunch

Fri - 09/13/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 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
BBQ Pork Sandwich	1 ea	450	71	444	2.00	4.87	140.28	1656	25.29	20.06	24.06	44.06	19.06	6.02
Pizza, 4x6 Cheese	1 Each	310	30	360	3.00	2.70	450.00	500	9.00	6.00	22.00	30.00	12.00	6.00
Pizza, 4x6 Pepperoni	1 Each	350	40	580	3.00	2.70	350.00	400	9.00	6.00	22.00	29.00	17.00	7.00
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, Breaded Chicken	1 EA	319	32	694	2.32	1.58	181.20	382	46.05	2.36	14.97	28.87	15.76	5.18
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
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	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	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
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
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
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
Pickle Relish, pkt	1 pkt	15	0	75	0.00	0.00	0.00	15	0.00	3.00	0.00	3.00	0.00	0.00

Middle School Lunch

Fri - 09/13/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Corn Dog Nuggets	6 ea	273	40	415	5.06	1.82	151.87	25	0.00	5.06	10.13	30.37	12.15	3.54
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
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
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
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait MS	Parfait cup	391	15	167	2.49	*0.43	*256.00	*1064	*3.30	*48.93	11.24	75.36	5.23	2.30
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Pre-k Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 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
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
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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

West Middle School Lunch

Fri - 08/23/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Corn Dog Nuggets	6 ea	273	40	415	5.06	1.82	151.87	25	0.00	5.06	10.13	30.37	12.15	3.54
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
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
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
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait MS	Parfait cup	391	15	167	2.49	*0.43	*256.00	*1064	*3.30	*48.93	11.24	75.36	5.23	2.30
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Pre-k Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
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
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
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
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
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
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 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
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
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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

Eagle Elementary Lunch

Fri - 09/13/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
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
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
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
Sweet Potato Waffle Fries, 1/	2.9oz (1/2 cup)	181	0	231	2.01	0.36	20.09	2511	6.03	7.03	1.00	24.11	9.04	1.51
Pre-k Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	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
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
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	3.00	0.36	80.00	200	60.00	16.00	0.00	19.00	0.00	0.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
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

Stonegate Elementary Lunch

Fri - 09/13/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Nachos, Secondary	1 EA	284	48	707	3.00	1.36	244.90	726	2.51	1.00	15.56	23.52	14.07	6.24
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
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
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
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
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
Pre-k Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	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
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
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	3.00	0.36	80.00	200	60.00	16.00	0.00	19.00	0.00	0.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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

Boone Meadow Elementary Lunch

Fri - 09/13/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 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 Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
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
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
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
Potato, Waffle Fry	3.35 oz	174	0	583	2.05	1.11	0.00	0	0.00	0.00	2.05	28.65	6.14	1.02
Pre-k Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	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
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
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	3.00	0.36	80.00	200	60.00	16.00	0.00	19.00	0.00	0.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38

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.