

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
P U R P L E	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
G R E E N	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
R E D	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
W E E K L Y	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}
D A I L Y	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
 Look for Sushi in the Wedge Tuesdays 10 roll package for \$7.00		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	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
Pizza, Chs Stfd Breadstick	2 sticks	30.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Ciabatta, Turkey Club	1 ea	32.11
L/O		0.00
L/O		0.00
Refried Beans	1/2 cup	7.84
Corn, Steamed 1/2 C	1/2 cup	18.11
L/O		0.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Tidbit	1/2 cup	16.71
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Salsa	2 oz	4.03
Taco Sauce, 9g	1 pkt	1.00
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10
Marinara Sauce Cups	PC	*N/A*

Purple Tuesday	Portion Size	G Carb
Z'rib Sandwich	1 EA	39.00
Grilled Cheese Sandwich	1 ea	28.00
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Salad, Shaker Asian	1 each	16.14
L/O		0.00
L/O		0.00
Home Fries	3.2 OZ	21.35
L/O		0.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	22.98
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Dressing, Asian Sesame	1 ea	7.91

Purple Wednesday	Portion Size	G Carb
Country Baked Steak	1 ea	16.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Garlic French Bread	1 ea	38.46
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Chicken Salad	1/2 Wrap	24.02
L/O		0.00
L/O		0.00
Mashed Potatoes	1/2 cup	14.63
Soup, Tomato	8 oz	21.48
L/O		0.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Sliced	1/2 cup	14.27
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Country Gravy	2 oz	5.54
Butter, Whipped Cup	1 ea	0.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Purple Thursday	Portion Size	G Carb
Mac and Cheese	6 oz	26.00
NY Garlic Toast	1 EA	14.00
Chicken Sandwich Dill	1 ea	40.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Salad, Shaker Chicken Caes	1 each	32.02
L/O		0.00
L/O		0.00
Green Beans 1/2 C	1/2 cup	5.19
L/O		0.00
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Sliced	1/2 cup	16.68
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Dressing, Caesar 1.5 oz	1 ea	3.00

Purple Friday	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Chicken Sand Spicy	1 ea	41.08
Pizza, SC Cheese ConAgra	1 each	43.70
Pizza, SC Pepperoni Tony's	1 each	40.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Buffalo Chicken	1 ea	33.40
L/O		0.00
L/O		0.00
Potato, Baked	1 ea	20.49
L/O		0.00
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00

Green Monday	Portion Size	G Carb
Corn Dog Nuggets	6 ea	30.37
Pizza, Chs Stfd Breadstick	2 sticks	30.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Ciabatta, Turkey Club	1 ea	32.11
L/O		0.00
L/O		0.00
Cali Blend and Cheese Sauc	1/2 cup	6.26
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Diced	1/2 cup	18.48
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Marinara Sauce Cups	PC	*N/A*

Green Tuesday	Portion Size	G Carb
Soft Tacos	2 ea	33.01
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Salad, Shaker Asian	1 each	16.14
L/O		0.00
L/O		0.00
Corn, Steamed 1/2 C	1/2 cup	18.11
Refried Beans	1/2 cup	7.84
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Sliced	1/2 cup	14.27
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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
Olives, Ripe, Sliced	1 oz	1.78
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10
Dressing, Asian Sesame	1 ea	7.91

Green Wednesday	Portion Size	G Carb
Chicken Tenders	3 ea	13.00
Waffle	1 ea	23.00
Pizza, Garlic French Bread	1 ea	38.46
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Chicken Salad	1/2 Wrap	24.02
L/O		0.00
L/O		0.00
Tri-Taters	2 ea	30.90
Soup, Potato Cheese with H	1 cup	23.10
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	22.98
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Syrup, Pancake	1 PKT	28.77

Green Thursday	Portion Size	G Carb
General Tso Chicken	1 bowl	60.26
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Chicken, Chris P Chicken Sa	1 each	43.00
Salad, Shaker Chicken Caes	1 each	32.02
L/O		0.00
L/O		0.00
Broccoli, Steamed	1/2 cup	6.25
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Soy Sauce pkt	1 pkt	0.00
Dressing, Caesar 1.5 oz	1 ea	3.00

Green Friday	Portion Size	G Carb
Pizza, Calzone	1 ea	32.00
Pizza, SC Cheese ConAgra	1 each	43.70
Pizza, SC Pepperoni Tony's	1 each	40.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Buffalo Chicken	1 ea	33.40
L/O		0.00
L/O		0.00
Corn, Steamed 1/2 C	1/2 cup	18.11
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Baked Apples	1/2 CUP	26.01
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48

Red Monday	Portion Size	G Carb
Chicken Poppers	14 ea	9.60
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Chs Stfd Breadstick	2 sticks	30.00
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Ciabatta, Turkey Club	1 ea	32.11
L/O		0.00
L/O		0.00
Cheesy Mashed Potatoes	1/2 cup	15.05
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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

Red Tuesday	Portion Size	G Carb
Walking Taco	1 EA	30.00
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Salad, Shaker Asian	1 each	16.14
L/O		0.00
L/O		0.00
Corn, Jalapeno	1/2 cup	18.37
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Tidbit	1/2 cup	16.71
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Taco Sauce, 9g	1 pkt	1.00
Lettuce, Shredded	1/2 CUP	0.94
Cheese, Cheddar Shredded	1 oz	1.01
Olives, Ripe, Sliced	1 oz	1.78
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10
Dressing, Asian Sesame	1 ea	7.91

Red Wednesday	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	45.00
Pizza, Garlic French Bread	1 ea	38.46
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Chicken Salad	1/2 Wrap	24.02
L/O		0.00
L/O		0.00
Emoticons, Potatoes	4 ea	18.88
Soup, Broccoli Cheese	1 cup	15.30
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	22.98
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Red Thursday	Portion Size	G Carb
Cheeseburger	1 ea	29.00
Hamburger w/bun	1 ea	28.00
Chicken, Premium Spicy San	1 each	36.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Salad, Shaker Chicken Caes	1 each	32.02
L/O		0.00
L/O		0.00
BBQ Baked Beans (Bush's)	1/2 cup	35.69
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Sliced	1/2 cup	14.27
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Dressing, Caesar 1.5 oz	1 ea	3.00

Red Friday	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Biscuit, 2.25oz	1 ea	27.43
Pizza, SC Cheese ConAgra	1 each	43.70
Pizza, SC Pepperoni Tony's	1 each	40.00
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Spicy Chicke	1 EA	27.12
L/O		0.00
L/O		0.00
Roasted Sweet & Russet 1/2	1/2 Cup	19.43
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
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
Juice, Sunset Sip	1 ea	10.00
L/O		0.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Sliced	1/2 cup	16.68
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96

Freshman Center Lunch

Monday	Portion Size	G Carb
Chicken, Chris P Chicken Sa	1 each	43.00
Pizza, Chs Stfd Breadstick	2 sticks	30.00
Pizza, French Bread	1 ea	36.00
L/O		0.00
L/O		0.00
PB&J Sand Make Your Own,	1 EA	*65.51
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Corn, Steamed 1/2 C	1/2 cup	18.11
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
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
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	22.98
Fruit Cocktail	1/2 cup	15.09
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Tuesday	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	45.00
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
L/O		0.00
L/O		0.00
PB&J Sand Make Your Own,	1 EA	*65.51
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Home Fries	3.2 OZ	21.35
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
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
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Wednesday	Portion Size	G Carb
Pizza, Calzone	1 ea	32.00
Chicken Sandwich Dill	1 ea	40.00
L/O		0.00
PB&J Sand Make Your Own,	1 EA	*65.51
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Green Beans 1/2 C	1/2 cup	5.19
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
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
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Thursday	Portion Size	G Carb
Z'rib Sandwich	1 EA	39.00
Chicken Tenders	3 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
L/O		0.00
L/O		0.00
PB&J Sand Make Your Own,	1 EA	*65.51
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Tri-Taters	2 ea	30.90
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
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
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Friday	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
Chicken, Premium Spicy San L/O	1 each	36.00
PB&J Sand Make Your Own, Fruit and Yogurt Parfait FC O	1 EA	*65.51
Chef Salad w/Ham	Parfait cup	95.23
PROTEIN PACK SUNFLOW	1 ea	30.81
Refried Beans	PACK	30.26
Cali Blend and Cheese Sauc	1/2 cup	7.84
Relish Boat	1/2 cup	6.26
L/O	1 svg	3.03
Salsa Cups		0.00
Baby Carrots 1/2 cup	3 oz	5.92
Broccoli,raw: fresh 1/2 C	1/2 cup	6.07
Celery Sticks	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	6 sticks	1.92
Cherry Tomatoes 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1/2 c	4.82
Eagle Greens Salad	1.44 oz = 1/2 c	2.19
Juice, Sunset Sip	1 cup	2.91
Relish Boat	1 ea	10.00
Apples, Fresh 1/2 cup	1 svg	3.03
Bananas	Pkg	10.40
Orange - Whole	1 EACH	26.95
Juice, Apple Cup	1 EACH	11.28
Juice, Orange Cup	1 ea	14.00
Craisins	1 ea	13.00
Raisins	1 packet	28.00
Pineapple, Chunk	1 box	34.05
L/O	1/2 cup	14.78
Milk, 1/2 Pint 1% White		0.00
Milk, 1/2 pint FF Strawberry	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 carton	19.00
Milk, 1/2 Pint Skim White	1 ea	20.00
Dressing, Asst 1.5 oz	1 ea	13.00
Ketchup, Packets	1 pkg	4.48
Mustard Packets	1 ea	2.00
Salad Dressing, Mayonnaise	1 pkt	0.00
Salsa	1 ea	2.00
Sour Cream, pkt	2 oz	4.03
Jalepeno Pepper Slices	1 ea	2.00
Lettuce, Shredded	1 OZ	0.97
Olives, Ripe, Sliced	1/2 CUP	0.94
Banana Pepper	1 oz	1.78
Taco Sauce, 9g	1 oz	1.10
	1 pkt	1.00

Food Court Lunch

Monday	Portion Size	G Carb
Chicken Sand Spicy	1 ea	41.08
PROTEIN PACK SUNFLOW	PACK	30.26
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Baby Carrots 1/2 cup	1/2 cup	6.07
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
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
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Juice, Sunset Sip	1 ea	10.00
Salsa Cups	3 oz	5.92
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Applesauce	1/2 cup	22.98
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86

Tuesday	Portion Size	G Carb
Cheeseburger	1 ea	29.00
Hamburger w/bun	1 ea	28.00
PROTEIN PACK SUNFLOW	PACK	30.26
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Tri-Taters	2 ea	30.90
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
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
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
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Juice, Sunset Sip	1 ea	10.00
Salsa Cups	3 oz	5.92
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Wednesday	Portion Size	G Carb
Breadstick, Bosco 6" 9-12	2 ea	34.00
PROTEIN PACK SUNFLOW	PACK	30.26
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
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
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
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Juice, Sunset Sip	1 ea	10.00
Salsa Cups	3 oz	5.92
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Sliced	1/2 cup	16.68
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Marinara Sauce Cups	PC	*N/A*

Thursday	Portion Size	G Carb
Ham and Cheese on Wheat	1 ea	29.07
Turkey Sandwich, Govt.	1 ea	25.00
PROTEIN PACK SUNFLOW	PACK	30.26
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Roasted Garbanzo Beans	1/2 cup	21.46
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
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
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
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Juice, Sunset Sip	1 ea	10.00
Salsa Cups	3 oz	5.92
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
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 FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Friday	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
PROTEIN PACK SUNFLOW	PACK	30.26
PB&J Sand Make Your Own,	1 EA	*65.51
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Potato, Baked	1 ea	20.49
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
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
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
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.30
Juice, Sunset Sip	1 ea	10.00
Salsa Cups	3 oz	5.92
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Tidbit	1/2 cup	16.71
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00