

# Elementary School Menu

## First 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> BBQ Baked Beans* Mandarin Oranges Fruit Cocktail	All Beef Cheeseburger <sup>MW</sup> Hamburger <sup>W</sup> Emoticons <b>NEW</b> Pineapple	Mac and Cheese <sup>MEW</sup> California Blend Vegetables <sup>M</sup> Applesauce	Beef Walking Taco <sup>MS</sup> Steamed Corn <sup>M</sup> Peaches	Cheese Stuffed Breadsticks <sup>MESW</sup> Steamed Peas <sup>M</sup> Pears
<b>GREEN</b>	Cheese Quesadilla <sup>MSW</sup> Refried Beans Pineapple Fruit Cocktail	Assorted Cereal w/Danimals Yogurt <sup>TM</sup> Tri-Taters Applesauce	Breaded Chicken Sandwich <sup>SW</sup> Spicy Chicken Sandwich <sup>SW</sup> Mashed Potatoes <sup>M</sup> Peaches	Cheese Lasagna <sup>MEW</sup> w/WG Breadstick <sup>MESW</sup> Green Beans <sup>M</sup> Pears	Chicken Nuggets <sup>SW</sup> w/WG Dinner Roll <sup>W</sup> Baked Potato <b>NEW</b> Mandarin Oranges
<b>RED</b>	Chicken Tenders <sup>SW</sup> Baked Beans* Applesauce Fruit Cocktail	All Beef Hot Dog <sup>W</sup> Steamed Corn <sup>M</sup> Peaches	French Toast <sup>MESW</sup> w/Pork Sausage Patty* Home Fries <b>NEW</b> 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 and Fruit and Vegetable Selections</b>					
<b>WEEKLY</b>	<b>Monday</b> PB&J/Uncrustable <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/Uncrustable <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/Uncrustable <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/Uncrustable <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/Uncrustable <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.	

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.

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
Stonewall Elementary	Nancy Fitzpatrick	317.873.8050	x19974
Boone Meadow Elementary	Cheryl Pendleton	317.893.2226	x14974

**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)	

August					September					October					November					December									
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					
					Green	NL	3	4	5	6	Red	1	2	3	4	Purple				1	Red	2	3	4	5	6			
Purple			7	8	9	Red	9	10	11	12	13	Purple	7	8	9	10	11	Green	4	5	6	7	8	Purple	9	10	11	12	13
Green	12	13	14	15	15	Purple	16	17	18	19	20	Green	NL	NL	NL	NL	NL	Red	11	12	13	14	15	Green	16	17	18	19	CC
Red	19	20	21	22	23	Green	23	24	25	26	27	Red	21	22	23	24	25	Purple	18	19	20	21	22	NL = No Lunch Served CC = Cook's Choice					
Purple	26	27	28	29	30	Red	30					Purple	28	29	30	31		Green	25	26	NL	NL	NL	Menus Subject to Change 8-9-19					

PURPLE MONDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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
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
BBQ Baked Beans (Bush's)	1/2 cup	168	0	663	5.40	2.03	57.36	84	0.00	16.74	6.48	35.57	1.08	0.00
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
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
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
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
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint 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
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

PURPLE TUESDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	356	56	606	3.00	2.80	183.00	100	6.00	4.50	21.50	29.00	17.00	6.55
Hamburger w/bun	1 ea	316	49	466	3.00	2.80	83.00	0	0.00	4.00	18.00	28.00	14.00	4.80
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
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
Emoticons, Potatoes	5 ea	144	0	97	2.05	0.74	0.00	0	0.00	0.00	2.05	23.60	5.13	1.03
Pre-k Broccoli,raw 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
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
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
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
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
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50

PURPLE WEDNESDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Mac and Cheese	6 oz	295	47	759	2.00	1.00	363.00	654	0.00	3.00	16.00	26.00	15.00	8.10
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
California Blend Veg 1/2C	1/2 cup	52	5	30	2.02	0.00	20.16	821	21.17	*2.02	1.01	6.17	1.78	1.13
Pre-k Cucumber Slices 1/4 C	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	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
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
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	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

PURPLE THURSDAY	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
Walking Taco	1 EA	311	35	592	5.00	3.08	61.00	645	5.00	3.00	16.00	33.00	14.00	3.30
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
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
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 Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	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
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
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
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
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Salsa	2 oz	20	0	141	0.00	2.17	0.00	0	0.00	2.01	0.00	4.03	0.00	0.00
Sour Cream, pkt	1 ea	60	20	50	0.00	0.00	40.00	200	0.00	2.00	1.00	2.00	5.00	3.00
Cheese, Cheddar Shredded	1 oz	111	30	192	0.00	0.00	151.87	0	0.00	0.00	7.09	1.01	10.12	6.08
Jalepeno Pepper Slices	1 OZ	0	0	494	0.00	0.00	0.00	97	3.48	0.97	0.00	0.97	0.00	0.00
Banana Pepper	1 oz	6	0	309	1.10	0.00	22.05	0	9.92	0.00	0.00	1.10	0.00	0.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	0.00	0.00
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01
Olives, Ripe, Sliced	1 oz	45	0	223	0.00	0.00	0.00	0	0.00	0.00	0.00	1.78	4.45	0.00



GREEN MONDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Cheese Quesadilla	1 slice	322	10	816	4.03	0.00	151.02	302	0.00	3.02	15.10	39.27	12.08	3.02
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
Refried Beans	1/2 cup	70	8	99	2.74	0.82	66.03	63	0.22	0.19	4.26	7.84	2.40	1.52
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
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
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
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
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
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint 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
Salsa	2 oz	20	0	141	0.00	2.17	0.00	0	0.00	2.01	0.00	4.03	0.00	0.00
Sour Cream, pkt	1 ea	60	20	50	0.00	0.00	40.00	200	0.00	2.00	1.00	2.00	5.00	3.00
Hot Sauce Pkt	1 pkt	2	0	120	0.10	0.00	0.00	0	0.00	0.08	5.00	0.23	0.00	0.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	0.00	0.00
Olives, Ripe, Sliced	1 oz	45	0	223	0.00	0.00	0.00	0	0.00	0.00	0.00	1.78	4.45	0.00
Jalepeno Pepper Slices	1 OZ	0	0	494	0.00	0.00	0.00	97	3.48	0.97	0.00	0.97	0.00	0.00
Banana Pepper	1 oz	6	0	309	1.10	0.00	22.05	0	9.92	0.00	0.00	1.10	0.00	0.00

GREEN TUESDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cereal, Cinnamon Taosters	Bowl	239	0	269	2.98	8.95	198.94	0	0.00	18.90	2.98	43.77	6.96	0.50
Cereal, Frosted Flakes	Bowl	220	0	270	1.00	7.20	0.00	200	0.00	21.00	3.00	51.00	0.00	0.00
Cereal, Frosted Mini Wheat	Bowl	210	0	210	20.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	5.00	47.00	1.00	1.00
Cereal, Honey Graham Toas	Bowl	230	0	490	3.00	8.10	200.00	0	0.00	19.00	3.00	43.00	6.00	0.50
Cereal, Honey Scooters	Bowl	220	0	390	4.00	9.00	200.00	0	0.00	17.00	5.00	46.00	2.50	0.00
Cereal, Marshmallow Mateys	Bowl	105	0	190	1.50	3.15	125.00	0	0.00	11.50	2.00	23.50	1.00	0.00
Danimals Crush Cup, Strawb	1 ea	70	5	60	0.00	0.00	150.00	0	0.00	10.00	4.00	14.00	0.00	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
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
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 Broccoli,raw 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	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
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
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	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



GREEN WEDENSDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sandwich Breaded	1 ea	334	33	588	4.00	3.80	80.00	80	87.00	4.00	21.00	40.00	10.00	2.00
Chicken Sand Spicy	1 ea	361	35	411	4.01	3.25	80.11	0	0.00	5.01	21.08	41.08	12.05	2.01
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 Cucumber Slices 1/4 C	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
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
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
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
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
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50

GREEN THURSDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Lasagna Roll Ups	1 ea	241	45	323	4.05	1.64	633.07	261	4.34	7.70	17.05	36.27	4.02	1.50
Breadstick	1 ea	59	0	69	0.98	0.71	19.63	0	0.00	0.00	1.96	12.76	0.49	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
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
Green Beans 1/2 C	1/2 cup	37	3	302	2.11	0.00	21.55	253	3.96	*2.19	0.02	5.19	1.24	0.79
Pre-K Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	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
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
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
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
Cheese, Pamesan pkt	1 pkt	13	4	57	0.00	0.00	0.00	0	0.00	0.00	0.88	0.00	0.88	0.00

GREEN FRIDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Nuggets	5 ea	184	33	380	2.00	2.00	20.00	79	87.00	0.00	15.00	13.00	8.00	2.00
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
Potato, Baked	1 ea	90	0	6	1.47	0.98	14.74	1	6.46	0.70	2.43	20.49	0.09	0.03
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
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
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
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
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
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Honey	1 ea	43	0	1	0.03	0.06	0.84	0	0.07	11.50	0.04	11.54	0.00	0.00
Honey Mustard Dipping Cup	1 ea	70	10	220	0.00	0.36	0.00	1500	0.00	2.00	0.00	5.00	6.00	1.00
BBQ Sauce Cups	1 ea	57	0	23	0.00	0.00	0.00	162	2.92	12.15	0.00	12.96	0.00	0.00
Butter, Whipped Cup	1 ea	33	10	30	0.00	0.00	0.00	133	0.00	0.00	0.00	0.00	3.67	2.33
Sour Cream, pkt	1 ea	60	20	50	0.00	0.00	40.00	200	0.00	2.00	1.00	2.00	5.00	3.00

RED MONDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Tenders	3 ea	211	36	424	2.00	2.00	25.00	169	101.00	0.00	15.00	13.00	11.00	2.00
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
Baked Beans (Bush's)	1/2 cup	151	0	594	5.40	1.95	43.21	65	0.00	12.96	6.48	31.33	1.08	0.00
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
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
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
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
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint 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
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
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

RED TUESDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Hot Dog on Bun	1 ea	327	34	574	2.00	2.51	40.00	29	0.00	9.89	10.89	26.98	18.70	7.38
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
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
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 Broccoli,raw 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	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
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
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
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
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

RED WEDNESDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
French Toast Sticks, WG	3 sticks	260	10	290	2.00	0.72	20.00	0	0.00	14.00	6.00	42.00	8.00	1.00
Sausage, Pork Patty	1 ea	121	26	172	0.00	0.00	16.00	56	0.00	0.00	6.00	1.00	10.00	3.70
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
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
Pre-k Cucumber Slices 1/4 C	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	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
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
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
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
Syrup, Pancake	1 PKT	109	0	20	0.00	0.00	0.00	0	0.00	21.83	0.00	28.77	0.00	0.00
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

RED THURSDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 5" Cheese	1 each	348	35	765	2.98	1.79	347.51	496	11.92	2.98	19.86	32.77	14.89	7.94
Pizza, 5" Pepperoni	1 each	350	35	770	3.00	1.80	350.00	500	12.00	3.00	20.00	33.00	15.00	8.00
PB&J 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
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
Broccoli, Steamed	1/2 cup	41	3	23	2.87	0.58	48.28	989	37.90	*0.00	2.93	6.25	1.03	0.61
Pre-K Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	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
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
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint 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

RED FRIDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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
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
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
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
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
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

\*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.