



# Zionsville Elementary School Menu

## Second Semester 2018-2019

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

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <p>7</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Cheese Stuffed Breadsticks<sup>MESW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Broccoli<sup>M</sup></li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>   | <p>8</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>French Toas<sup>MESW</sup> w/Sausage Patty*</li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Tri-Taters</li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>  | <p>9</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Corn Dog Nuggets<sup>ESW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>BBQ Baked Beans*</li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Strawberry Cups</li> <li>Mixed Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>  | <p>10</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Chicken and Noodles<sup>MESW</sup> w/Whole Grain Dinner Roll<sup>W</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Bagel/Yogurt<sup>MW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> <li>Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Mashed Potatoes<sup>M</sup> w/Gravy<sup>WS</sup></li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <p>11</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Breaded Chicken or Spicy Chicken Sandwich<sup>SW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Bagel/Yogurt<sup>MW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> <li>Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Green Beans w/Ham<sup>MM</sup></li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Pineapple</li> <li>Assorted Fresh Fruits</li> <li>100% Fruit Juice Slushy</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>                 |
| <p>14</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Chicken Nuggets<sup>SW</sup> w/Whole Grain Breadstick<sup>W</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Bagel/Yogurt<sup>MW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> <li>Turkey Sub Sandwich<sup>MW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Peas<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> <li>100% Vegetable Juice</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <p>15</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Walking Tacos<sup>SM</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Bagel/Yogurt<sup>MW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> <li>Ham Sub Sandwich<sup>MMW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Refried Beans</li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <p>16</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>4 x 6 Pizza<sup>MMW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Bagel/Yogurt<sup>MW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> <li>Turkey Sub Sandwich<sup>MW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Broccoli<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <p>17</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Hot Dog<sup>W</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Bagel/Yogurt<sup>MW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> <li>Ham Sub Sandwich<sup>MMW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> <p>~ Pudding<sup>MSW</sup> with every meal~</p>                            | <p>18</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Maple Sausage Pancake on a Stick<sup>ESW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Bagel/Yogurt<sup>MW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> <li>Asst. Sub Sandwich<sup>MMW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Emoji Fries</li> <li>Assorted Fresh Vegetables</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Pineapple</li> <li>Spiced Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> |



### Top Five Reasons to Work in a ZCS Cafeteria:

5. Serve as a positive role model for our kids!
4. Spend carefree evenings & weekends with your family & friends!
3. Learn the "real" facts behind school lunch, not the televised version!
2. Surround yourself with coworkers having similar life values!  
*And the number one reason to work in a school cafeteria...*
1. **Delight in carefree summers, just like when you were a child!**

Apply Here: [mailto:https://www.zcs.k12.in.us/apps/pages/employment\\_opportunities](mailto:https://www.zcs.k12.in.us/apps/pages/employment_opportunities)

or call 317-873-1232 X11630

|   |   |   |   |   |
|---|---|---|---|---|
| <p style="text-align: center;">21</p> <h2 style="text-align: center;">No School Today</h2>  <p style="text-align: center;">"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education."<br/>~Martin Luther King Jr.</p>   | <p style="text-align: center;">22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Deep Dish Pizza*<sup>MSW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Mixed Vegetables<sup>M</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Peaches</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul>   | <p style="text-align: center;">23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Cheeseburger<sup>MW</sup></li> <li>• Hamburger<sup>SW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• BBQ Baked Beans*</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Pears</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul>    | <p style="text-align: center;">24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Rotini in Meat Sauce<sup>EW</sup> w/Whole Grain Garlic Breadstick<sup>W</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Green Beans w/Ham*<sup>M</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul> <p style="text-align: center;">~ Snowman Cookie w/meal~</p> | <p style="text-align: center;">25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Assorted Cereal<sup>WTS</sup> w/Hard Boiled Egg<sup>E</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Tri-Taters</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Peaches</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> <li>• 100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul> |
| <p style="text-align: center;">28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Cheese Stuffed Breadsticks<sup>MESW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Steamed Broccoli<sup>M</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> <li>• 100% Vegetable Juice</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Mandarin Oranges</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul> | <p style="text-align: center;">29</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• French Toas<sup>MESW</sup> w/Sausage Patty*</li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Tri-Taters</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Peaches</li> <li>• Pears</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul> | <p style="text-align: center;">30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Corn Dog Nuggets<sup>ESW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• BBQ Baked Beans*</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Strawberry Cups</li> <li>• Mixed Fruit Cocktail</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul> | <p style="text-align: center;">31</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Chicken and Noodles<sup>MESW</sup> w/Whole Grain Dinner Roll<sup>W</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Mashed Potatoes<sup>M</sup> w/Gravy<sup>WS</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul>  | <p style="text-align: center;">1</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Breaded Chicken or Spicy Chicken Sandwich<sup>SW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Grilled Cheese<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Green Beans w/Ham*<sup>M</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Assorted Fresh Fruits</li> <li>• 100% Fruit Juice Slushy</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul>                                 |

If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.

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

### Pricing

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

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

**Legend:**

|                         |                         |
|-------------------------|-------------------------|
| W – Contains Wheat      | SF – Contains Shellfish |
| S – Contains Soy        | T – Contains Tree Nuts  |
| M – Contains Milk/Dairy | P – Contains Peanuts    |
| E – Contains Eggs       | F – Contains Fish       |

\* Contains Pork

GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)



**FLU Wants YOU!**

**3 Ways to Fight the Flu.**



**COUGH and SNEEZE into your SLEEVE.**

\* Hands spread the disease.



**WASH HANDS OFTEN!**

for 20 seconds with soap and warm water



**REST is BEST.**

Stay home if you have flu symptoms:

- Fever, 100°/38°C and above
- Coughing and sneezing
- Body aches
- Extreme fatigue

**Stop the flu before it gets you.**

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

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

| Mon - 01/07/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, Chs Stfd Breadstick -  | 2 sticks        | 30.00  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Broccoli, Steamed             | 1/2 cup         | 5.80   |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Juice, Sunset Sip             | 1 ea            | 10.00  |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Mandarin Oranges              | 1/2 cup         | 24.43  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Marinara Sauce Cups           | PC              | 3.00   |

| Tue - 01/08/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| French Toast Sticks, WG       | 3 sticks        | 43.00  |
| Sausage, Pork Patty           | 1 ea            | 1.00   |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Tri-Taters                    | 2 ea            | 28.00  |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Peaches, Diced                | 1/2 CUP         | 15.96  |
| Pears, Diced                  | 1/2 cup         | 18.48  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Syrup, Pancake                | 1 PKT           | 28.77  |
| Ketchup, Packets              | 1 ea            | 2.00   |

| Wed - 01/09/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Corn Dog Nuggets              | 6 ea            | 30.37  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| BBQ Baked Beans 1/2 C svg     | 1/2 cup         | 35.57  |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Strawberries, Frozen Cup      | 1 EA            | 21.99  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Ketchup, Packets              | 1 ea            | 2.00   |
| Mustard Packets               | 1 pkt           | 0.00   |

| Thu - 01/10/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Chicken and Noodles           | 1 cup           | 14.41  |
| Roll, Whole Grain Dinner      | 1 ea            | 17.00  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Mashed Potatoes               | 1/2 cup         | 14.63  |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Applesauce                    | 1/2 cup         | 21.98  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Chicken Gravy                 | 2 oz            | 3.19   |
| Butter, Whipped Cup           | 1 ea            | 0.00   |

| Fri - 01/11/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Sandwich Breaded      | 1 ea            | 40.00  |
| Chicken Sand Spicy            | 1 ea            | 36.50  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Green Beans w/Ham             | 1/2 cup         | 8.09   |
| Relish Boat                   | 1 svg           | 3.03   |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Pineapple, Chunk              | 1/2 cup         | 16.95  |
| Frozen Fruit Juice Cup, Berry | 1 cup           | 19.00  |
| Frozen Fruit Juice Cup, Cher  | 1 cup           | 19.00  |
| Frozen Fruit Juice Cup, Wate  | 1 cup           | 25.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Ketchup, Packets              | 1 ea            | 2.00   |
| Mustard Packets               | 1 pkt           | 0.00   |
| Salad Dressing, Mayonnaise    | 1 ea            | 2.00   |

| Mon - 01/14/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Nuggets               | 5 ea            | 13.00  |
| Breadstick                    | 1 ea            | 12.76  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Turkey Sub                    | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Peas, Steamed 1/2 cup         | 1/2 cup         | 14.11  |
| Relish Boat                   | 1 svg           | 3.03   |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Juice, Sunset Sip             | 1 ea            | 10.00  |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Mandarin Oranges              | 1/2 cup         | 24.43  |
| Fruit Cocktail                | 1/2 cup         | 15.09  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Salad Dressing, Mayonnaise    | 1 ea            | 2.00   |
| Mustard Packets               | 1 pkt           | 0.00   |
| Ketchup, Packets              | 1 ea            | 2.00   |
| BBQ Sauce Cups                | 1 ea            | 12.96  |
| Honey                         | 1 ea            | 11.54  |
| Honey Mustard Dipping Cup     | 1 ea            | 5.00   |

| Tue - 01/15/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Walking Taco                  | 1 EA            | 33.00  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Ham and Cheese Sub            | 1 ea            | 29.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Refried Beans                 | 1/2 cup         | 7.84   |
| Relish Boat                   | 1 svg           | 3.03   |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Peaches, Sliced               | 1/2 cup         | 14.27  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Salad Dressing, Mayonnaise    | 1 ea            | 2.00   |
| Taco Sauce, 9g                | 1 pkt           | 1.00   |
| Lettuce, Shredded             | 1/2 CUP         | 0.94   |
| Sour Cream, pkt               | 1 ea            | 2.00   |
| Salsa                         | 2 oz            | 4.03   |
| Jalepeno Pepper Slices        | 1 OZ            | 0.97   |
| Ketchup, Packets              | 1 ea            | 2.00   |
| Mustard Packets               | 1 pkt           | 0.00   |

| Wed - 01/16/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, 4x6 Cheese             | 1 Each          | 30.00  |
| Pizza, 4x6 Pepperoni          | 1 Each          | 29.00  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Turkey Sub                    | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Broccoli, Steamed             | 1/2 cup         | 5.80   |
| Relish Boat                   | 1 svg           | 3.03   |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Pears, Diced                  | 1/2 cup         | 18.48  |
| Fruit Cocktail                | 1/2 cup         | 15.09  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Salad Dressing, Mayonnaise    | 1 ea            | 2.00   |
| Mustard Packets               | 1 pkt           | 0.00   |
| Ketchup, Packets              | 1 ea            | 2.00   |



| Thu - 01/17/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Hot Dog on Bun                | 1 ea            | 26.98  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Ham and Cheese Sub            | 1 ea            | 29.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Corn, Steamed 1/2 C           | 1/2 cup         | 18.11  |
| Relish Boat                   | 1 svg           | 3.03   |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Applesauce                    | 1/2 cup         | 21.98  |
| Spiced Peaches                | 1/2 CUP         | 20.44  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Pudding, Chocolate            | 1 ea            | 22.05  |
| Pudding, Vanilla              | 1 ea            | 20.05  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Mustard Packets               | 1 pkt           | 0.00   |
| Ketchup, Packets              | 1 ea            | 2.00   |
| Pickle Relish, pkt            | 1 pkt           | 3.00   |
| Salad Dressing, Mayonnaise    | 1 ea            | 2.00   |

| Fri - 01/18/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Sausage Pancake on a Stick    | 1 ea            | 17.00  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Turkey Sub                    | 1 ea            | 28.00  |
| Ham and Cheese Sub            | 1 ea            | 29.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Smiles, Potato                | 4 ea            | 20.13  |
| Relish Boat                   | 1 svg           | 3.03   |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Pineapple, Chunk              | 1/2 cup         | 16.95  |
| Pears, Diced                  | 1/2 cup         | 18.48  |
| Juice, Apple Cup              | 1 ea            | 14.00  |
| Juice, Orange Cup             | 1 ea            | 13.00  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Salad Dressing, Mayonnaise    | 1 ea            | 2.00   |
| Ketchup, Packets              | 1 ea            | 2.00   |
| Mustard Packets               | 1 pkt           | 0.00   |

| Mon - 01/21/2019               | Portion Size    | G Carb |
|--------------------------------|-----------------|--------|
| Chicken Tenders                | 3 ea            | 13.00  |
| Pretzel Rods, WG 1oz           | 1 each          | 14.00  |
| Bagel & Yogurt w/ Cheese St    | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.     | 1 ea            | 64.00  |
| Fruit and Yogurt Parfait - Ele | Parfait cup     | 54.61  |
| PROTEIN PACK                   | PACK            | 30.36  |
| Potatoes, Au Gratin with Ha    | 0.5 cup         | 3.77   |
| Baby Carrots 1/2 cup           | 1/2 cup         | 5.98   |
| Celery Sticks                  | 6 sticks        | 1.92   |
| Cucumber Slices                | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres  | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/     | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C      | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup       | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup        | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                     | 3 oz            | 5.92   |
| Mixed Greens Salad             | 1 cup           | 2.53   |
| Juice, Sunset Sip              | 1 ea            | 10.00  |
| Apples, Fresh 1/2 cup          | Pkg             | 10.40  |
| Bananas                        | 1 EACH          | 26.95  |
| Orange - Whole                 | 1 EACH          | 11.28  |
| Raisins                        | 1 box           | 34.05  |
| Craisins                       | 1 packet        | 28.00  |
| Mandarin Oranges               | 1/2 cup         | 24.43  |
| Fruit Cocktail                 | 1/2 cup         | 15.09  |
| Milk, 1/2 Pint 1% White        | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate  | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White      | 1 ea            | 13.00  |
| Dressing, Asst 12g             | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz        | 1 ea            | 2.00   |
| Peanut Butter, PC              | 1 ea            | 6.07   |
| Ketchup, Packets               | 1 ea            | 2.00   |
| BBQ Sauce Cups                 | 1 ea            | 12.96  |
| Honey                          | 1 ea            | 11.54  |
| Honey Mustard Dipping Cup      | 1 ea            | 5.00   |

| Tue - 01/22/2019               | Portion Size    | G Carb |
|--------------------------------|-----------------|--------|
| Pizza, 5" Pepperoni            | 1 each          | 33.00  |
| Pizza, 5" Pepperoni            | 1 each          | 33.00  |
| Bagel & Yogurt w/ Cheese St    | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.     | 1 ea            | 64.00  |
| Fruit and Yogurt Parfait - Ele | Parfait cup     | 54.61  |
| PROTEIN PACK                   | PACK            | 30.36  |
| Mixed Vegetables 1/2 C         | 1/2 cup         | 13.35  |
| Baby Carrots 1/2 cup           | 1/2 cup         | 5.98   |
| Celery Sticks                  | 6 sticks        | 1.92   |
| Cucumber Slices                | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres  | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/     | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C      | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup       | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup        | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                     | 3 oz            | 5.92   |
| Mixed Greens Salad             | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup          | Pkg             | 10.40  |
| Bananas                        | 1 EACH          | 26.95  |
| Orange - Whole                 | 1 EACH          | 11.28  |
| Raisins                        | 1 box           | 34.05  |
| Craisins                       | 1 packet        | 28.00  |
| Peaches, Diced                 | 1/2 CUP         | 15.96  |
| Milk, 1/2 Pint 1% White        | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate  | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White      | 1 ea            | 13.00  |
| Dressing, Asst 12g             | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz        | 1 ea            | 2.00   |
| Peanut Butter, PC              | 1 ea            | 6.07   |

| Wed - 01/23/2019               | Portion Size    | G Carb |
|--------------------------------|-----------------|--------|
| Cheeseburger                   | 1 ea            | 28.00  |
| Hamburger w/bun                | 1 ea            | 27.00  |
| Bagel & Yogurt w/ Cheese St    | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.     | 1 ea            | 64.00  |
| Fruit and Yogurt Parfait - Ele | Parfait cup     | 54.61  |
| PROTEIN PACK                   | PACK            | 30.36  |
| BBQ Baked Beans 1/2 C svg      | 1/2 cup         | 35.57  |
| Relish Boat                    | 1 svg           | 3.03   |
| Baby Carrots 1/2 cup           | 1/2 cup         | 5.98   |
| Celery Sticks                  | 6 sticks        | 1.92   |
| Cucumber Slices                | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres  | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/     | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C      | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup       | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup        | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                     | 3 oz            | 5.92   |
| Mixed Greens Salad             | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup          | Pkg             | 10.40  |
| Bananas                        | 1 EACH          | 26.95  |
| Orange - Whole                 | 1 EACH          | 11.28  |
| Raisins                        | 1 box           | 34.05  |
| Craisins                       | 1 packet        | 28.00  |
| Pears, Diced                   | 1/2 cup         | 18.48  |
| Milk, 1/2 Pint 1% White        | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate  | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White      | 1 ea            | 13.00  |
| Dressing, Asst 12g             | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz        | 1 ea            | 2.00   |
| Peanut Butter, PC              | 1 ea            | 6.07   |
| Ketchup, Packets               | 1 ea            | 2.00   |
| Mustard Packets                | 1 pkt           | 0.00   |
| Salad Dressing, Mayonnaise     | 1 ea            | 2.00   |

| Thu - 01/24/2019               | Portion Size    | G Carb |
|--------------------------------|-----------------|--------|
| Rotini Pasta with Meat Sauce   | 8 oz            | 25.81  |
| Breadstick                     | 1 ea            | 12.76  |
| Bagel & Yogurt w/ Cheese St    | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.     | 1 ea            | 64.00  |
| Fruit and Yogurt Parfait - Ele | Parfait cup     | 54.61  |
| PROTEIN PACK                   | PACK            | 30.36  |
| Green Beans w/Ham              | 1/2 cup         | 8.09   |
| Baby Carrots 1/2 cup           | 1/2 cup         | 5.98   |
| Celery Sticks                  | 6 sticks        | 1.92   |
| Cucumber Slices                | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres  | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/     | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C      | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup       | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup        | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                     | 3 oz            | 5.92   |
| Mixed Greens Salad             | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup          | Pkg             | 10.40  |
| Bananas                        | 1 EACH          | 26.95  |
| Orange - Whole                 | 1 EACH          | 11.28  |
| Raisins                        | 1 box           | 34.05  |
| Craisins                       | 1 packet        | 28.00  |
| Applesauce                     | 1/2 cup         | 21.98  |
| Milk, 1/2 Pint 1% White        | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate  | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White      | 1 ea            | 13.00  |
| Cookie, Holiday Shape          | 1 ea            | 19.00  |
| Dressing, Asst 12g             | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz        | 1 ea            | 2.00   |
| Peanut Butter, PC              | 1 ea            | 6.07   |
| Cheese, Pamesan pkt            | 1 pkt           | 0.00   |

| Fri - 01/25/2019               | Portion Size    | G Carb |
|--------------------------------|-----------------|--------|
| Cereal, Cinnamon Toasters      | Bowl            | 43.77  |
| Cereal, Frosted Flakes         | Bowl            | 51.00  |
| Cereal, Frosted Mini Wheat     | Bowl            | 47.00  |
| Cereal, Honey Graham Toas      | Bowl            | 43.00  |
| Cereal, Honey Scooters         | Bowl            | 46.00  |
| Cereal, Marshmallow Mateys     | Bowl            | 23.50  |
| Egg, Hard Boiled               | 1 EACH          | 0.36   |
| Bagel & Yogurt w/ Cheese St    | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.     | 1 ea            | 64.00  |
| Fruit and Yogurt Parfait - Ele | Parfait cup     | 54.61  |
| PROTEIN PACK                   | PACK            | 30.36  |
| Tri-Taters                     | 2 ea            | 28.00  |
| Baby Carrots 1/2 cup           | 1/2 cup         | 5.98   |
| Celery Sticks                  | 6 sticks        | 1.92   |
| Cucumber Slices                | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres  | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/     | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C      | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup       | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup        | 1/2 cup=6ea     | 3.97   |
| Mixed Greens Salad             | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup          | Pkg             | 10.40  |
| Bananas                        | 1 EACH          | 26.95  |
| Orange - Whole                 | 1 EACH          | 11.28  |
| Raisins                        | 1 box           | 34.05  |
| Craisins                       | 1 packet        | 28.00  |
| Pineapple, Chunk               | 1/2 cup         | 16.95  |
| Peaches, Diced                 | 1/2 CUP         | 15.96  |
| Juice, Apple Cup               | 1 ea            | 14.00  |
| Juice, Orange Cup              | 1 ea            | 13.00  |
| Milk, 1/2 Pint 1% White        | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate  | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White      | 1 ea            | 13.00  |
| Dressing, Asst 12g             | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz        | 1 ea            | 2.00   |
| Peanut Butter, PC              | 1 ea            | 6.07   |
| Ketchup, Packets               | 1 ea            | 2.00   |

| Mon - 01/28/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, Chs Stfd Breadstick -  | 2 sticks        | 30.00  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Broccoli, Steamed             | 1/2 cup         | 5.80   |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Juice, Sunset Sip             | 1 ea            | 10.00  |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Mandarin Oranges              | 1/2 cup         | 24.43  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Marinara Sauce Cups           | PC              | 3.00   |

| Tue - 01/29/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| French Toast Sticks, WG       | 3 sticks        | 43.00  |
| Sausage, Pork Patty           | 1 ea            | 1.00   |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Tri-Taters                    | 2 ea            | 28.00  |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Peaches, Diced                | 1/2 CUP         | 15.96  |
| Pears, Diced                  | 1/2 cup         | 18.48  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Syrup, Pancake                | 1 PKT           | 28.77  |
| Ketchup, Packets              | 1 ea            | 2.00   |

| Wed - 01/30/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Corn Dog Nuggets              | 6 ea            | 30.37  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| BBQ Baked Beans 1/2 C svg     | 1/2 cup         | 35.57  |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Strawberries, Frozen Cup      | 1 EA            | 21.99  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Ketchup, Packets              | 1 ea            | 2.00   |
| Mustard Packets               | 1 pkt           | 0.00   |

| Thu - 01/31/2019              | Portion Size    | G Carb |
|-------------------------------|-----------------|--------|
| Chicken and Noodles           | 1 cup           | 14.41  |
| Roll, Whole Grain Dinner      | 1 ea            | 17.00  |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 38.00  |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 64.00  |
| Grilled Cheese Sandwich       | 1 ea            | 28.00  |
| PROTEIN PACK                  | PACK            | 30.36  |
| Mashed Potatoes               | 1/2 cup         | 14.63  |
| Baby Carrots 1/2 cup          | 1/2 cup         | 5.98   |
| Celery Sticks                 | 6 sticks        | 1.92   |
| Cucumber Slices               | 1/2 Cup         | 2.68   |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19   |
| Garden Fresh Vegetables 1/    | 1/2 c           | 4.82   |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 2.15   |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 2.46   |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 3.97   |
| Salsa Cups                    | 3 oz            | 5.92   |
| Mixed Greens Salad            | 1 cup           | 2.53   |
| Apples, Fresh 1/2 cup         | Pkg             | 10.40  |
| Bananas                       | 1 EACH          | 26.95  |
| Orange - Whole                | 1 EACH          | 11.28  |
| Raisins                       | 1 box           | 34.05  |
| Craisins                      | 1 packet        | 28.00  |
| Applesauce                    | 1/2 cup         | 21.98  |
| Milk, 1/2 Pint 1% White       | 1 ea            | 13.00  |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 20.00  |
| Milk, 1/2 Pint Skim White     | 1 ea            | 13.00  |
| Dressing, Asst 12g            | 1 pkg           | 1.62   |
| Cream Cheese 100/.75 oz       | 1 ea            | 2.00   |
| Peanut Butter, PC             | 1 ea            | 6.07   |
| Chicken Gravy                 | 2 oz            | 3.19   |
| Butter, Whipped Cup           | 1 ea            | 0.00   |



\*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.