

JANUARY



Zionsville West Middle School Menu Second Semester 2018-2019


Breakfast Served Daily: ZWMS 8:30 – 8:45

After School Snack Available Mon – Thurs 3:45 – 4:00

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 |
|---|---|---|---|---|
| 7 | 8 | 9 | 10 | 11 |
| Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • French Bread Pizza^{MSW} • Meatball Sub^{MSW} • PB&J Uncrustable^{PW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Green Beans^M • Salsa Cups Choice of 1 Fruit: <ul style="list-style-type: none"> • Peaches • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • BBQ Chicken Sandwich^W • Fish and chips^{ME#FW} w/Whole Grain Dinner Roll^W • PB&J Uncrustable^{PW} • Ham and Cheese Sub Sandwich^{MW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Waffle Fries^W • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pineapple • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • General Tso's Chicken^{MSW} • PB&J Uncrustable^{PW} • Turkey and Cheese Sub Sandwich^{MW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Broccoli^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Chicken Tenders^{SW} w/Whole Grain Dinner Roll^W • Grilled Cheese • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Ham and Cheese Sub Sandwich^{MW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Walking TacosSM • Cheese Quesadilla^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Asst. Sub Sandwich^{MW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Refried Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Mandarin Oranges • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M |
| 14 | 15 | 16 | 17 | 18 |
| Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • 4X6 Pizza^{MW} • Boneless Buffalo Wings^{SW} w/Whole Grain Soft Pretzel Stick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • California Blend^M w/Cheese Sauce • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Breaded Chicken Sandwich^{SW} • Spicy Chicken Sandwich^{SW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Mandarin Oranges • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Country Baked Steak^{SW} w/Whole Grain Dinner Roll^W • Z'Rib^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Mashed Potatoes^{MS} • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Rotini in Meat Sauce^{EW} w/ Whole Grain NY Garlic Bread^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Green Beans w/Ham^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/Whole Grain Breadstick^W • Corn Dog^{MESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Baked Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pineapple • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M |

| | | | | |
|---|--|--|--|--|
| <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." ~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"> Tenderloin Sandwich^{SW} Chicken Gyro^{MSW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MPW} Protein Pack^{ME} GF Chef Salad^{MEW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Mandarin Oranges Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M | <p style="text-align: center;">23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheese Stuffed Breadsticks Baked Fried Chicken^{EW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MPW} Protein Pack^{ME} GF Chef Salad^{MEW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mashed Potatoes^{MS} w/Gravy^W Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Strawberry Cups Fruit Cocktail Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M | <p style="text-align: center;">24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Whole Grain French Toast^{MESW} w/Sausage Patty* PB&J Uncrustable^{PW} Bagel/Yogurt^{MPW} Protein Pack^{ME} GF Chef Salad^{MEW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M | <p style="text-align: center;">25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheeseburger^{MW} Hamburger^W Corn Dog Nuggets^{ESW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MPW} Chef Salad^{MEW} Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Raosted Sweet and Ruset Potatoes^W Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pineapple Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M |
| <p style="text-align: center;">28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> French Bread Pizza^{MSW} Meatball Sub^{MSW} PB&J Uncrustable^{PW} Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans^M Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Peaches Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M | <p style="text-align: center;">29</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> BBQ Chicken Sandwich^W Fish and chips^{ME#FW} w/Whole Grain Dinner Roll^W PB&J Uncrustable^{PW} Ham and Cheese Sub Sandwich^{*MW} Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Waffle Fries^W Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pineapple Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M | <p style="text-align: center;">30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> General Tso's Chicken^{MSW} PB&J Uncrustable^{PW} Turkey and Cheese Sub Sandwich^{MW} Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli^M Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pears Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M | <p style="text-align: center;">31</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Tenders^{SW} w/Whole Grain Dinner Roll^W Grilled Cheese PB&J Uncrustable^{PW} Bagel/Yogurt^{MPW} Ham and Cheese Sub Sandwich^{*MW} Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Corn^M Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M | <p style="text-align: center;">1</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Walking TacosSM Cheese Quesadilla^{MSW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MPW} Asst. Sub Sandwich^{MW} Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Refried Beans Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Mandarin Oranges Fruit Cocktail Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M |

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

Zionsville West Middle School

Amy Johnson

317.873.1240 x10974

Pricing

| | |
|-------------------|--------|
| Milk | \$0.60 |
| Student Lunch | \$2.70 |
| A la Carte Entrée | \$2.00 |

Snacks and beverages are available for purchase at an additional charge. Please see the website for pricing.

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 the symptoms:
 - Fever: 102°F/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 the SchoolPay folder!
Visit the ZCS Lunch Menu web page and click on meal assistance where you will find information and an application.

West Middle School Lunch

| Mon - 01/07/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, French Bread | 1 ea | 36.00 |
| Meatball Sub | 1 EA | 37.67 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| PROTEIN PACK | PACK | 30.36 |
| Green Beans 1/2 C | 1/2 cup | 5.91 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| 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 FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Cheese, Pamesan pkt | 1 pkt | 0.00 |

| Tue - 01/08/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken BBQ Sandwich | 1 each | 52.17 |
| Fish Filet | 1 each | 13.00 |
| Roll, Whole Grain Dinner | 1 ea | 17.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| PROTEIN PACK | PACK | 30.36 |
| Potato, Waffle Fry | 3.35 oz | 26.61 |
| Relish Boat | 1 svg | 3.03 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Pineapple, Chunk | 1/2 cup | 16.95 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Tartar Sauce | 1 ea | 3.00 |

| Wed - 01/09/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| General Tso Chicken | 1 bowl | 60.26 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| 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 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Pears, Sliced | 1/2 cup | 16.68 |
| Peaches, Diced | 1/2 CUP | 15.96 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |

| Thu - 01/10/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Tenders | 3 ea | 13.00 |
| Roll, Whole Grain Dinner | 1 ea | 17.00 |
| Grilled Cheese Sandwich | 1 ea | 28.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| 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 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa | 2 oz | 4.03 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Applesauce | 1/2 cup | 21.98 |
| Fruit Cocktail | 1/2 cup | 15.09 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| 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 |
| Butter, Whipped Cup | 1 ea | 0.00 |

| Fri - 01/11/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Walking Taco | 1 EA | 33.00 |
| Pizza, Cheese Quesadilla | 1 slice | 39.27 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Turkey Sub | 1 ea | 28.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| PROTEIN PACK | PACK | 30.36 |
| Refried Beans | 1/2 cup | 7.84 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Mandarin Oranges | 1/2 cup | 24.43 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Lettuce, Shredded | 1/2 CUP | 0.94 |
| Cheese, Shredded Blend | 1 oz | 1.01 |
| Salsa | 2 oz | 4.03 |
| Sour Cream, pkt | 1 ea | 2.00 |
| Jalepeno Pepper Slices | 1 OZ | 0.97 |
| Olives, Ripe, Sliced | 1 oz | 1.78 |

| Mon - 01/14/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, 4x6 Cheese | 1 Each | 30.00 |
| Pizza, 4x6 Pepperoni | 1 Each | 29.00 |
| Chicken, Wings, Boneless H | 5 each | 10.16 |
| Pretzel Rods, WG 1oz | 1 each | 14.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| PROTEIN PACK | PACK | 30.36 |
| Cali Blend and Cheese Sauc | 1/2 cup | 6.88 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Salsa Cups | 3 oz | 5.92 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| 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 FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Dressing, Blue Cheese | ounce | 12.71 |

| Tue - 01/15/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Sand Spicy | 1 ea | 36.50 |
| Chicken Sandwich Breaded | 1 ea | 40.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| PROTEIN PACK | PACK | 30.36 |
| Relish Boat | 1 svg | 3.03 |
| Corn, Steamed 1/2 C | 1/2 cup | 18.11 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Mandarin Oranges | 1/2 cup | 24.43 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Salsa | 2 oz | 4.03 |
| Sour Cream, pkt | 1 ea | 2.00 |
| Lettuce, Shredded | 1/2 CUP | 0.94 |
| Jalepeno Pepper Slices | 1 OZ | 0.97 |
| Olives, Ripe, Sliced | 1 oz | 1.78 |

| Wed - 01/16/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Country Baked Steak | 1 ea | 16.00 |
| Roll, Whole Grain Dinner | 1 ea | 17.00 |
| Z'rib Sandwich | 1 EA | 39.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| 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 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| 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 FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Country Gravy | 2 oz | 5.54 |
| Butter, Whipped Cup | 1 ea | 0.00 |

| Thu - 01/17/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Rotini Pasta with Meat Sauce | 8 oz | 25.81 |
| NY Garlic Toast | 1 EA | 14.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| 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 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| 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 FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Cheese, Pamesan pkt | 1 pkt | 0.00 |

| Fri - 01/18/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Nuggets | 5 ea | 13.00 |
| Breadstick | 1 ea | 12.76 |
| Corn Dog | 1 ea | 31.11 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| PROTEIN PACK | PACK | 30.36 |
| Baked Beans (HS, MS') | 1/2 cup | 24.22 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Pineapple, Chunk | 1/2 cup | 16.95 |
| Fruit Cocktail | 1/2 cup | 15.09 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| 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 |

| Mon - 01/21/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, 5" Cheese | 1 each | 32.77 |
| Pizza, 5" Pepperoni | 1 each | 33.00 |
| Coney Dog | 1 ea | 28.55 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| PROTEIN PACK | PACK | 30.36 |
| Peas, Steamed 1/2 cup | 1/2 cup | 14.11 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| 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 FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Cheese, Shredded Blend | 1 oz | 1.01 |
| Onion, Red | 1 OZ | 3.53 |
| Pickle Relish, pkt | 1 pkt | 3.00 |

| Tue - 01/22/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Gyro | 1 each | 28.32 |
| Pork Tenderloin Sandwich | 1 ea | 45.15 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Chef Salad w/Ham | 1 ea | 29.96 |
| PROTEIN PACK | PACK | 30.36 |
| BBQ Baked Beans (HS, MS') | 1/2 cup | 25.10 |
| Relish Boat | 1 svg | 3.03 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Mandarin Oranges | 1/2 cup | 24.43 |
| 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 FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Tzatziki Sauce | 1 oz | 2.03 |
| Lettuce, Shredded | 1/2 CUP | 0.94 |
| Tomato Slices | 1 Slice | 1.10 |
| Onion, Red | 1 OZ | 3.53 |

| Wed - 01/23/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Fried | 1 piece | 11.00 |
| Pizza, Chs Stfd Breadstick - | 2 sticks | 30.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Chef Salad w/Ham | 1 ea | 29.96 |
| 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 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Strawberries, Frozen Cup | 1 EA | 21.99 |
| Fruit Cocktail | 1/2 cup | 15.09 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Country Gravy | 2 oz | 5.54 |
| Marinara Sauce Cups | PC | 3.00 |
| Butter, Whipped Cup | 1 ea | 0.00 |

| Thu - 01/24/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| French Toast Sticks, WG | 3 sticks | 43.00 |
| Sausage, Pork Patty | 1 ea | 1.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Chef Salad w/Ham | 1 ea | 29.96 |
| 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 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| 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 FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | *N/A* |
| Cream Cheese 100/.75 oz | 1 ea | 1.62 |
| Peanut Butter | 4 tbsp | 2.00 |
| Syrup, Pancake | 1 PKT | 15.75 |
| Ketchup, Packets | 1 ea | 28.77 |
| | | 2.00 |

| Fri - 01/25/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Cheeseburger | 1 ea | 28.00 |
| Hamburger w/bun | 1 ea | 27.00 |
| Corn Dog Nuggets | 6 ea | 30.37 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Chef Salad w/Ham | 1 ea | 29.96 |
| PROTEIN PACK | PACK | 30.36 |
| Roasted Sweet & Russet 1/2 | 1/2 Cup | 19.43 |
| Relish Boat | 1 svg | 3.03 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Pineapple, Chunk | 1/2 cup | 16.95 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |

| Mon - 01/28/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, French Bread | 1 ea | 36.00 |
| Meatball Sub | 1 EA | 37.67 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| PROTEIN PACK | PACK | 30.36 |
| Green Beans 1/2 C | 1/2 cup | 5.91 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| 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 FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Cheese, Pamesan pkt | 1 pkt | 0.00 |

| Tue - 01/29/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken BBQ Sandwich | 1 each | 52.17 |
| Fish Filet | 1 each | 13.00 |
| Roll, Whole Grain Dinner | 1 ea | 17.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| PROTEIN PACK | PACK | 30.36 |
| Potato, Waffle Fry | 3.35 oz | 26.61 |
| Relish Boat | 1 svg | 3.03 |
| Baby Carrots 1/2 cup | 1/2 cup | 5.98 |
| Celery Sticks | 6 sticks | 1.92 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Pineapple, Chunk | 1/2 cup | 16.95 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Tartar Sauce | 1 ea | 3.00 |

| Wed - 01/30/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| General Tso Chicken | 1 bowl | 60.26 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| 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 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa Cups | 3 oz | 5.92 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Pears, Sliced | 1/2 cup | 16.68 |
| Peaches, Diced | 1/2 CUP | 15.96 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |

| Thu - 01/31/2019 | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Tenders | 3 ea | 13.00 |
| Roll, Whole Grain Dinner | 1 ea | 17.00 |
| Grilled Cheese Sandwich | 1 ea | 28.00 |
| PB&J Uncrustable, Grape 5. | 1 ea | 64.00 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| 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 |
| Garden Fresh Vegetables bu | 1/2 c | 2.88 |
| Cucumber Slices | 1/2 Cup | 2.68 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Salsa | 2 oz | 4.03 |
| Mixed Greens Salad | 1 cup | 2.53 |
| Apples, Fresh 1/2 cup | Pkg | 10.40 |
| Orange - Whole | 1 EACH | 11.28 |
| Bananas | 1 EACH | 26.95 |
| Raisins | 1 box | 34.05 |
| Craisins | 1 packet | 28.00 |
| Applesauce | 1/2 cup | 21.98 |
| Fruit Cocktail | 1/2 cup | 15.09 |
| Milk, 1/2 Pint 1% White | 1 ea | 13.00 |
| Milk, 1/2 pint FF Strawberry | 1 carton | 19.00 |
| Milk, 1/2 Pint Skim Chocolate | 1 ea | 20.00 |
| Milk, 1/2 Pint Skim White | 1 ea | 13.00 |
| Dressing, Asst 1.5 oz | 1 pkg | 4.48 |
| Dressing, Asst 12g | 1 pkg | 1.62 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| 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 |
| 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.