



Zionsville Middle School and West Middle 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

Breakfast Served Daily: **ZWMS 8:30 – 8:45**
 ZMS 8:25 – 8:40

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

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • French Bread Pizza^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • 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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Poppers^{MSW} w/Whole Grain Dinner Roll^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Ham and Cheese Sub Sandwich^{MMW} <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 • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheese Quesadilla^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Turkey and Cheese Sub Sandwich^{MMW} <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>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} • Protein Pack^{ME GF} • Ham and Cheese Sub Sandwich^{MMW} <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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking TacosSM • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Asst. Sub Sandwich^{MMW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Nacho Cheesy Refried Beans^M • 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
6	7	8	9	10
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • 4X6 Pizza^{MW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • California Blend^M w/Cheese Sauce • 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>Choice of 1 Protein/Grain:</p> <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} <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"> • 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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Z'Rib^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Peas^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>Choice of 1 Protein/Grain:</p> <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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Green Beans w/Ham^{MM} • 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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/Whole Grain Breadstick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Southwest Chipotle Baked Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pineapple • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M

<p>13</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Deep Dish Pizza^{*MMW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Peas^M • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups <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>14</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Tenderloin Sandwich^{SW} • 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"> • Blueberries • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>15</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks • 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"> • Steamed Broccoli^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>16</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>17</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheeseburger^{MMW} • Hamburger^W • 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"> • Roasted Sweet and Russet 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>20</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • French Bread Pizza^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • 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>21</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Poppers^{MSW} w/Whole Grain Dinner Roll^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Ham and Cheese Sub Sandwich^{*MMW} <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 • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheese Quesadilla^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Turkey and Cheese Sub Sandwich^{MMW} <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>23</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} • Ham and Cheese Sub Sandwich^{*MMW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Fiesta Lime Steamed Corn^M <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking TacosSM • PB&J Uncrustable^{PW} • Asst. Sub Sandwich^{MMW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Nacho Cheesy Refried Beans^M • Cook's Choice <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Mandarin Oranges • Fruit Cocktail • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M
<p>27</p> 	<p>28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cook's Choice • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Mandarin Oranges • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>29</p>	<p>30</p> 	<p>31</p>

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

Zionsville West Middle School
Zionsville Middle School

Amy Johnson
Kristin Sauer

317.873.1240 x10974
317.873.2426 x13974

Vegetable News

Attn: Students

Fresh vegetables are always available for sale during lunch.

Hot Vegetables are available with purchase of a meal only.

2-01-19

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)	

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.

4-29-19 Menus Subject to Change

Mon - 04/29/2019	Portion Size	G Carb
Pizza, French Bread	1 ea	36.00
L/O		0.00
L/O		0.00
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	5.19
L/O		0.00
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
Peaches, Diced	1/2 CUP	15.96
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 04/30/2019	Portion Size	G Carb
Chicken Poppers	14 ea	9.60
Roll, Whole Grain Dinner	1 ea	17.00
L/O		0.00
L/O		0.00
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
L/O		0.00
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
Pineapple, Chunk	1/2 cup	16.95
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96

Wed - 05/01/2019	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
L/O		0.00
L/O		0.00
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	6.25
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/02/2019	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
L/O		0.00
L/O		0.00
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
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/03/2019	Portion Size	G Carb
Walking Taco	1 EA	33.00
L/O		0.00
L/O		0.00
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, Nacho Chees	1/2 cup	10.61
L/O		0.00
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
Mandarin Oranges	1/2 cup	24.43
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/06/2019	Portion Size	G Carb
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
L/O		0.00
L/O		0.00
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
L/O		0.00
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
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/07/2019	Portion Size	G Carb
Chicken Sand Spicy	1 ea	36.50
Chicken Sandwich Breaded	1 ea	40.00
L/O		0.00
L/O		0.00
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
Corn, Steamed 1/2 C	1/2 cup	18.11
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/08/2019	Portion Size	G Carb
Z'rib Sandwich	1 EA	39.00
L/O		0.00
L/O		0.00
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
Peas, Steamed 1/2 cup	1/2 cup	14.11
L/O		0.00
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
Pears, Diced	1/2 cup	18.48
Fruit Cocktail	1/2 cup	15.09
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/09/2019	Portion Size	G Carb
Rotini Pasta with Meat Sauce	8 oz	25.81
NY Garlic Toast	1 EA	14.00
L/O		0.00
L/O		0.00
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	9.10
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/10/2019	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Breadstick	1 ea	12.76
L/O		0.00
L/O		0.00
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
Baked Beans Southwest Chi	1/2 cup	31.33
L/O		0.00
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
Pineapple, Chunk	1/2 cup	16.95
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/13/2019	Portion Size	G Carb
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
L/O		0.00
L/O		0.00
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
L/O		0.00
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
Peaches, Diced	1/2 CUP	15.96
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/14/2019	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	45.15
L/O		0.00
L/O		0.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
BBQ Baked Beans (Commod	1/2 cup	25.10
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/15/2019	Portion Size	G Carb
Pizza, Chs Stfd Breadstick -	2 sticks	30.00
L/O		0.00
L/O		0.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Broccoli, Steamed	1/2 cup	6.25
L/O		0.00
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
Strawberries, Frozen Cup	1 EA	21.99
Fruit Cocktail	1/2 cup	15.09
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/16/2019	Portion Size	G Carb
French Toast Sticks, WG	3 sticks	43.00
Sausage, Pork Patty	1 ea	1.00
L/O		0.00
L/O		0.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Tri-Taters	2 ea	28.00
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Syrup, Pancake	1 PKT	28.77
Ketchup, Packets	1 ea	2.00

Fri - 05/17/2019	Portion Size	G Carb
Cheeseburger	1 ea	28.00
Hamburger w/bun	1 ea	27.00
L/O		0.00
L/O		0.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Roasted Sweet & Russet 1/2	1/2 Cup	19.43
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/20/2019	Portion Size	G Carb
Pizza, French Bread	1 ea	36.00
L/O		0.00
L/O		0.00
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	5.19
L/O		0.00
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
Peaches, Diced	1/2 CUP	15.96
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/21/2019	Portion Size	G Carb
Chicken Poppers	14 ea	9.60
Roll, Whole Grain Dinner	1 ea	17.00
L/O		0.00
L/O		0.00
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
L/O		0.00
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
Pineapple, Chunk	1/2 cup	16.95
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/22/2019	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
L/O		0.00
L/O		0.00
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	6.25
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/23/2019	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
L/O		0.00
L/O		0.00
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, Fiesta Lime	1/2 cup	17.08
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/24/2019	Portion Size	G Carb
Walking Taco	1 EA	33.00
L/O		0.00
L/O		0.00
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, Nacho Chees	1/2 cup	10.61
L/O		0.00
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
Mandarin Oranges	1/2 cup	24.43
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/27/2019	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
L/O		0.00
L/O		0.00
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
L/O		0.00
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
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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 - 05/28/2019	Portion Size	G Carb
Chicken Sand Spicy	1 ea	36.50
Chicken Sandwich Breaded	1 ea	40.00
L/O		0.00
L/O		0.00
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
Corn, Steamed 1/2 C	1/2 cup	18.11
L/O		0.00
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
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
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

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.