




Zionsville High School Campus Menu Second Semester 2018-2019

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

Main Café @ the High School Campus

Breakfast Served Daily 8:00 – 8:30
After School Snack Served Mon. – Thur. 3:40 – 3:55

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Pork Tenderloin Sandwich^{FSW} • Hot Dog^W or Coney Dog^W • French Bread Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Southwest Chipotle BBQ Baked Beans • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</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"> • Beef Soft Tacos^{SW} • Rippers Pizza^{*MESW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Peaches • 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"> • Country Baked Steak^{SW} w/Whole Grain Dinner Roll^{MW} • Garlic French Bread Pizza^{MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Veggie Wrap^{MEW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mashed Potatoes^M w/Gravy^{MW} • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Pears • Fruit Cocktail • 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"> • Breaded Chicken Parmesan over Whole Grain Pasta^{MSW} w/Whole Grain Breadstick^{MESW} • Premium Spicy Chicken Sandwich^{SW} • 5" Deep Dish Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Green Beans w/Ham^{*M} • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</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"> • Breaded Chicken Sandwich^{SW} • 4x6 Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Emoji Fries • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M
13	14	15	16	17
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • General Tso's Chicken^{MSW} Over Brown Rice^S • French Bread Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Broccoli^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</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"> • Walking Taco^{MS} • Rippers Pizza^{*MESW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Jalapeño Steamed Corn^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Peaches • 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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/Whole Grain Dinner Roll^W • Garlic French Bread Pizza^{MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Ham Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Cheesy Mashed Potatoes^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Pears • Strawberry Cups • 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"> • Corn Dog Nuggets^{ESW} • Premium Dill Chicken Sandwich^{MSW} • 5" Deep Dish Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Green Beans w/Ham^{*M} • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Fruit Cocktail • 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"> • Boneless Buffalo Wings^{SW} w/Whole Grain-Dinner Roll^W • Z'Rib^{*MSW} • 4x6 Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • BBQ Baked Beans • Home Fries • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Pineapple • Pears • Dried Fruits • 100% Fruit Juice <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"> Hunan Orange Chicken^{ESW} over Brown Rice^S French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed California Blend Vegetables^M 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Mandarin Oranges Pears Dried Fruits 100% Fruit Juice <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"> Quesadilla^{MSW} Rippers Pizza^{*MESW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Breaded Chicken Wrap^{MESW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Chili Cheese Refried Beans^M Steamed Corn^M Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches 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>22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheeseburger^{MW} Hamburger^W Garlic French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Cheesy Mashed Potatoes^M Assorted Fresh Vegetables 100% Vegetable Juice Salsa Cups Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pears Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <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"> Cook's Choice Grilled Cheese^{MSW} PB&J Uncrustable^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters 100% Vegetable Juice <p>Choice of 1 or 2 Fruits:</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"> Cook's Choice Grilled Cheese^{MSW} PB&J Uncrustable^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Roasted Sweet and Russet Potatoes^W 100% Vegetable Juice <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Fruit Cocktail Dried Fruits 100% Fruit Juice <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"> Tri-Taters 100% Vegetable Juice <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches 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>

Pricing	
Milk	\$0.60
Student Lunch	\$2.70
Student Lunch, Premium	\$3.00
A la Carte Entrée	\$2.00
A la Carte Premium Entrée	\$2.35

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

Legend:	
W – Contains Wheat	P – Contains Peanuts
S – Contains Soy	T – Contains Tree Nuts
M – Contains Milk/Dairy	E – Contains Eggs
F – Contains Fish	SF – Contains Shellfish
* Contains Pork	
GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)	

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

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 for an application.



Students may take 3-5 components to make a meal
 Components are: Protein, Grain, 1-2 Vegetables, 1-2 Fruits
 and Milk

All meals must include at least 1 Fruit or Vegetable

Eagle Café @ The Freshman Center

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Spicy Chicken Sandwich^{SW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Potato Assorted Fresh Vegetables Baked Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Mandarin Oranges 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"> Tenderloin Sandwich^{*SW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Potato Assorted Fresh Vegetables Baked Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Peaches 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"> Calzone^{MSW} Premium Dill Chicken Sandwich^{MSW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Potato Assorted Fresh Vegetables Baked Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Pears 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"> Z'Rib Sandwich^{*MSW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Potato Assorted Fresh Vegetables Baked Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Applesauce Spiced Peaches 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"> Breaded Chicken Sandwich^{SW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Potato Assorted Fresh Vegetables Baked Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Pineapple Fruit Cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M

Food Court @ The Student Activity Center

DAILY FOOD COURT IS CLOSED MONDAYS	ATTENTION: The Freshman Center Café and the Food Court will be closed on the following days due to finals; Thursday – Tuesday, May 23, 24 and 28												
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Ham and/or Turkey Sandwiches^{*MSW} Wednesday – Friday Bosco Breadsticks^{MSW} - Wednesdays PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Fruit and Yogurt Parfait^{MSW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Beans Mixed Greens Salad Salsa Cups Assorted Fresh Vegetables 100% Vegetable Juice Pea Salad^E (Tuesdays) Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Assorted: <ul style="list-style-type: none"> Fresh Fruits Dried Fruits Canned Fruits Frozen Peaches and/or Strawberries 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	Legend: W – Contains Wheat S – Contains Soy M – Contains Milk/Dairy F – Contains Fish P – Contains Peanuts T – Contains Tree E – Contains Eggs SF – Contains Shellfish * Contains Pork GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten)	Pricing <table style="width: 100%;"> <tr><td>Milk</td><td style="text-align: right;">\$0.60</td></tr> <tr><td>Student Lunch</td><td style="text-align: right;">\$2.70</td></tr> <tr><td>Student Lunch, Premium</td><td style="text-align: right;">\$3.00</td></tr> <tr><td>A la Carte Entrée</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>A la Carte Premium Entrée</td><td style="text-align: right;">\$2.35</td></tr> </table> <p>Snacks and beverages are available for purchase at an additional charge. Please see website for pricing.</p>	Milk	\$0.60	Student Lunch	\$2.70	Student Lunch, Premium	\$3.00	A la Carte Entrée	\$2.00	A la Carte Premium Entrée	\$2.35	
Milk	\$0.60												
Student Lunch	\$2.70												
Student Lunch, Premium	\$3.00												
A la Carte Entrée	\$2.00												
A la Carte Premium Entrée	\$2.35												
To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on the SchoolPay folder or go to www.SchoolPay.com Visit the ZCS Lunch Menu web page and click on meal assistance to find an application or go to www.lunchapp.com													
If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.													
Sushi Boss TUESDAYS 10 roll package \$6.75 *LAST DAY FOR SUSHI IS MAY 14TH*	<table style="width: 100%;"> <tr> <td>Main Café</td> <td>Marlene Knisley</td> <td>317.873.3355</td> <td>x12974</td> </tr> <tr> <td>Food Court</td> <td>Tina Riley</td> <td>317.873.3355</td> <td>x62330</td> </tr> <tr> <td>Eagle Café @ Freshman Center</td> <td>Tina Riley</td> <td>317.873.3355</td> <td>x62974</td> </tr> </table>	Main Café	Marlene Knisley	317.873.3355	x12974	Food Court	Tina Riley	317.873.3355	x62330	Eagle Café @ Freshman Center	Tina Riley	317.873.3355	x62974
Main Café	Marlene Knisley	317.873.3355	x12974										
Food Court	Tina Riley	317.873.3355	x62330										
Eagle Café @ Freshman Center	Tina Riley	317.873.3355	x62974										

Menus Subject to Change

4-29-19

High School Lunch

Mon - 05/06/2019	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	45.15
Hot Dog on Bun	1 ea	26.98
Pizza, French Bread	1 ea	36.00
Chicken Sandwich Dill	1 ea	40.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Baked Beans Southwest Chi	1/2 cup	31.33
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
L/O		0.00
L/O		0.00
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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Pickle Relish, pkt	1 pkt	3.00
Coney Sauce	2 oz	0.26
Cheese, Cheddar Shredded	1 oz	1.01
Onion, Red	1 OZ	3.53

Tue - 05/07/2019	Portion Size	G Carb
Soft Tacos	2 ea	33.01
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Pizza, Rippers Ham and Che	Slice	28.00
Chicken, Premium Spicy San	1 each	36.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Corn, Steamed 1/2 C	1/2 cup	18.11
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, 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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Lettuce, Shredded	1/2 CUP	0.94
Salsa	2 oz	4.03
Cheese, Cheddar Shredded	1 oz	1.01
Sour Cream, pkt	1 ea	2.00
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

Wed - 05/08/2019	Portion Size	G Carb
Country Baked Steak	1 ea	16.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Garlic French Bread	1 ea	38.46
Chicken, Chris P Chicken Sa	1 each	43.00
L/O		0.00
L/O		0.00
Wrap, Veggie	1 EA	29.34
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Mashed Potatoes	1/2 cup	14.63
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
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
Country Gravy	2 oz	5.54
Butter, Whipped Cup	1 ea	0.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Thu - 05/09/2019	Portion Size	G Carb
Breaded Chicken Parm on p	1 ea	43.59
Breadstick	1 ea	12.76
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Chicken, Premium Spicy San	1 each	36.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
Green Beans w/Ham	1/2 cup	9.10
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Cheese, Pamesan pkt	1 pkt	0.00

Fri - 05/10/2019	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Double Cheeseburger	1 ea	29.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
Smiles, Potato	4 ea	20.13
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Mon - 05/13/2019	Portion Size	G Carb
General Tso Chicken	1 bowl	60.26
Pizza, French Bread	1 ea	36.00
Chicken Sandwich Dill	1 ea	40.00
L/O		0.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Broccoli, Steamed	1/2 cup	6.25
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
L/O		0.00
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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Tue - 05/14/2019	Portion Size	G Carb
Walking Taco	1 EA	33.00
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Pizza, Rippers Ham and Che	Slice	28.00
Chicken, Premium Spicy San	1 each	36.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Corn, Jalapeno	1/2 cup	18.37
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, 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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Lettuce, Shredded	1/2 CUP	0.94
Cheese, Cheddar Shredded	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

Wed - 05/15/2019	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Garlic French Bread	1 ea	38.46
Chicken, Chris P Chicken Sa	1 each	43.00
L/O		0.00
L/O		0.00
Wrap, Ham	1 ea	25.98
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Mashed Potatoes	1/2 cup	14.63
L/O		0.00
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
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
Chicken Gravy	2 oz	3.19
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
BBQ Sauce, PC	1 pkt	4.31
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
Butter, Whipped Cup	1 ea	0.00

Thu - 05/16/2019	Portion Size	G Carb
Corn Dog Nuggets	6 ea	30.37
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Chicken Sandwich Dill	1 ea	40.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
Pretzel Rods, WG 1oz	1 each	14.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
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
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
BBQ Sauce, PC	1 pkt	4.31
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00

Fri - 05/17/2019	Portion Size	G Carb
Chicken, Wings, Boneless H	5 each	10.16
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Breadstick, Bosco 6" 9-12	2 ea	34.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
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
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Chunk	1/2 cup	16.95
Spiced Peaches	1/2 CUP	20.44
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 Gallon	1 oz	5.79
Dressing, Blue Cheese	ounce	12.71
Marinara Sauce Cups	PC	3.00

Mon - 05/20/2019	Portion Size	G Carb
Hunan Orange Chicken	14 ea	31.60
Rice	1/2 cup	17.58
Pizza, French Bread	1 ea	36.00
Chicken Sandwich Dill	1 ea	40.00
Grilled Cheese Sandwich	1 ea	28.00
L/O		0.00
L/O		0.00
Wrap, Breaded Chicken	1 EA	28.87
PB&J Uncrustable, Grape 5.	1 ea	64.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
California Blend Veg 1/2C	1/2 cup	6.17
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
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
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Pears, Diced	1/2 cup	18.48
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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Tue - 05/21/2019	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Pizza, Rippers Ham and Che	Slice	28.00
Chicken, Premium Spicy San	1 each	36.00
L/O		0.00
L/O		0.00
Wrap, Breaded Chicken	1 EA	28.87
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Refried Beans, Chili Cheese	1/2 cup	10.30
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, 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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Mexican Relish Boat	1 boat	4.98
Sour Cream, pkt	1 ea	2.00
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

Wed - 05/22/2019	Portion Size	G Carb
Cheeseburger	1 ea	28.00
Hamburger w/bun	1 ea	27.00
Pizza, Garlic French Bread	1 ea	38.46
Chicken, Chris P Chicken Sa	1 each	43.00
L/O		0.00
L/O		0.00
Wrap, Chicken Salad	1/2 Wrap	24.02
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Cheesy Mashed Potatoes	1/2 cup	15.05
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Thu - 05/23/2019	Portion Size	G Carb
Waffle	1 ea	23.00
Chicken Tenders	3 ea	13.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Chicken, Chris P Chicken Sa	1 each	43.00
L/O		0.00
L/O		0.00
Wrap, Chicken Salad	1/2 Wrap	24.02
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Tri-Taters	2 ea	28.00
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
BBQ Sauce, PC	1 pkt	4.31
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
Syrup, Pancake	1 PKT	28.77

Fri - 05/24/2019	Portion Size	G Carb
Chicken Sand Spicy	1 ea	36.50
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Pretzel, Italian w/Chs & Mari	1 ea	43.00
L/O		0.00
L/O		0.00
Wrap, Chicken Salad	1/2 Wrap	24.02
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
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
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Mon - 05/27/2019	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	45.15
Hot Dog on Bun	1 ea	26.98
Pizza, French Bread	1 ea	36.00
Chicken Sandwich Dill	1 ea	40.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
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
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
L/O		0.00
L/O		0.00
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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Pickle Relish, pkt	1 pkt	3.00
Coney Sauce	2 oz	0.26
Cheese, Cheddar Shredded	1 oz	1.01
Onion, Red	1 OZ	3.53

Tue - 05/28/2019	Portion Size	G Carb
Soft Tacos	2 ea	33.01
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Pizza, Rippers Ham and Che	Slice	28.00
Chicken, Premium Spicy San	1 each	36.00
L/O		0.00
L/O		0.00
Wrap, Breaded Spicy Chicke	1 EA	27.12
PB&J Uncrustable, Grape 5.	1 ea	64.00
Grilled Cheese Sandwich	1 ea	28.00
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Corn, Steamed 1/2 C	1/2 cup	18.11
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, 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 Gallon	1 oz	5.79
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Lettuce, Shredded	1/2 CUP	0.94
Salsa	2 oz	4.03
Cheese, Cheddar Shredded	1 oz	1.01
Sour Cream, pkt	1 ea	2.00
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

Freshman Center Lunch

Monday	Portion Size	G Carb
Chicken Sand Spicy	1 ea	36.50
L/O		0.00
L/O		0.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Potato, Baked	1 ea	20.49
L/O		0.00
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli, raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Tuesday	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	45.15
L/O		0.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Potato, Baked	1 ea	20.49
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Relish Boat	1 svg	3.03
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00

Wednesday	Portion Size	G Carb
Pizza, Calzone	1 ea	32.00
Chicken Sandwich Dill	1 ea	40.00
L/O		0.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Potato, Baked	1 ea	20.49
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Diced	1/2 cup	18.48
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00

Thursday	Portion Size	G Carb
Z'rib Sandwich	1 EA	39.00
L/O		0.00
L/O		0.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Potato, Baked	1 ea	20.49
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Spiced Peaches	1/2 CUP	20.44
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00

Friday	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
L/O		0.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK	PACK	30.36
Potato, Baked	1 ea	20.49
Roasted Garbanzo Beans	1/2 cup	21.46
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	5.98
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Relish Boat	1 svg	3.03
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Chunk	1/2 cup	16.95
Fruit Cocktail	1/2 cup	15.09
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00

Food Court Lunch

Monday	Portion Size	G Carb
PROTEIN PACK	PACK	30.36
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
PB&J Uncrustable, Grape 5.	1 ea	64.00
Chef Salad w/Ham	1 ea	30.81
Baked Beans (Bush's)	1/2 cup	31.33
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
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Jicama	1 bag	5.76
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, 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, Ranch 12g	1 pkt	0.86

Tuesday	Portion Size	G Carb
PROTEIN PACK	PACK	30.36
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
PB&J Uncrustable, Grape 5.	1 ea	64.00
Chef Salad w/Ham	1 ea	30.81
Baked Beans (Bush's)	1/2 cup	31.33
Pea Salad	1/2 Cup	11.53
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
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Jicama	1 bag	5.76
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, 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, Ranch 12g	1 pkt	0.86

Wednesday	Portion Size	G Carb
PROTEIN PACK	PACK	30.36
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
PB&J Uncrustable, Grape 5.	1 ea	64.00
Chef Salad w/Ham	1 ea	30.81
Turkey Sandwich	1 ea	25.00
Ham and Cheese on Wheat	1 ea	29.07
Breadstick, Bosco 6" 9-12	2 ea	34.00
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
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
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, Ranch 12g	1 pkt	0.86

Thursday	Portion Size	G Carb
PROTEIN PACK	PACK	30.36
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
PB&J Uncrustable, Grape 5.	1 ea	64.00
Chef Salad w/Ham	1 ea	30.81
Turkey Sandwich	1 ea	25.00
Ham and Cheese on Wheat	1 ea	29.07
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
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
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, Ranch 12g	1 pkt	0.86

Friday	Portion Size	G Carb
PROTEIN PACK	PACK	30.36
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
PB&J Uncrustable, Grape 5.	1 ea	64.00
Chef Salad w/Ham	1 ea	30.81
Turkey Sandwich	1 ea	25.00
Ham and Cheese on Wheat	1 ea	29.07
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
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
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, Ranch 12g	1 pkt	0.86

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.