



Zionsville West Middle School Menu Second Semester 2018-2019

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

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

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

All meals must include at least 1 Fruit or Vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Deep Dish Pizza^{*MM} • Coney Dog^W • PB&J Sandwich^{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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Tenderloin Sandwich^{SW} • Chicken Gyro^{MSW} • PB&J Sandwich^{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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks • Baked Fried Chicken^{EW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Chef Salad^{*MEW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mashed Potatoes^{MS} w/Gravy^W • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Strawberry Cups • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Whole Grain French Toast^{MESW} w/Sausage Patty[*] • PB&J Sandwich^{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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheeseburger^{MM} • Hamburger^W • Corn Dog Nuggets^{ESW} • PB&J Sandwich^{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"> • 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
11	12	13	14	15
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • French Bread Pizza^{MSW} • Meatball Sub^{MSW} • PB&J Sandwich^{PW} <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"> • BBQ Chicken Sandwich^W • Fish and chips^{MEFW} w/Whole Grain Dinner Roll^W • PB&J Sandwich^{PW} • Ham and Cheese Sub Sandwich^{*MW} <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"> • General Tso's Chicken^{MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Turkey and Cheese Sub Sandwich^{MW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Broccoli^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pears • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>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 Sandwich^{PW} • Bagel/Yogurt^{MPW} • Ham and Cheese Sub Sandwich^{*MW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking TacosSM • Cheese Quesadilla^{MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Asst. Sub Sandwich^{MW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Refried Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Mandarin Oranges • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M

<p>18</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • 4X6 Pizza^{MW} • Boneless Buffalo Wings^{SW} w/Whole Grain Soft Pretzel Stick^W • PB&J Sandwich^{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>19</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Breaded Chicken Sandwich^{SW} • Spicy Chicken Sandwich^{SW} • PB&J Sandwich^{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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M 	<p>20</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Country Baked Steak^{SW} w/Whole Grain Dinner Roll^W • Z'Rib^{MSW} • PB&J Sandwich^{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"> • w/Gravy^W • 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>21</p> 	<p>22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/Whole Grain Breadstick^W • Corn Dog^{MESW} • PB&J Sandwich^{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"> • 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>25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Deep Dish Pizza^{*MW} • Coney Dog^W • PB&J Sandwich^{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>26</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Tenderloin Sandwich^{SW} • Chicken Gyro^{MSW} • PB&J Sandwich^{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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M 	<p>27</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks • Baked Fried Chicken^{EW} • PB&J Sandwich^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mashed Potatoes^{MS} w/Gravy^W • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Strawberry Cups • Fruit Cocktail • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Whole Grain French Toast^{MESW} w/Sausage Patty[*] • PB&J Sandwich^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Tri-Taters • Salsa Cups <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>29</p> 

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

Zionsville West Middle School Amy Johnson 317.873.1240 x10974

Pricing

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

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

Legend:

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

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

Mon - 03/04/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 5" Cheese	1 each	348	35	765	2.98	1.79	347.51	496	11.92	2.98	19.86	32.77	14.89	7.94
Pizza, 5" Pepperoni	1 each	350	35	770	3.00	1.80	350.00	500	12.00	3.00	20.00	33.00	15.00	8.00
Coney Dog	1 ea	388	50	672	2.72	2.65	143.88	156	0.63	*9.89	14.63	28.55	23.32	10.44
L/O	1 ea	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O	1 ea	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Peas, Steamed 1/2 cup	1/2 cup	95	5	103	4.29	1.46	20.96	2025	17.15	*4.76	4.97	14.11	2.16	1.20
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cherry Tomatoes 1/4 cup	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O	1 ea	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O	1 ea	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Cheese, Shredded Blend	1 oz	96	23	177	0.51	0.09	177.18	127	0.00	0.00	7.09	1.01	7.09	4.56
Onion, Red	1 OZ	15	0	2	0.64	0.08	8.69	1	2.80	*N/A*	0.42	3.53	0.04	0.02
Pickle Relish, pkt	1 pkt	15	0	75	0.00	0.00	0.00	15	0.00	3.00	0.00	3.00	0.00	0.00

Tue - 03/05/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Gyro	1 each	287	53	609	3.18	2.07	121.01	261	2.12	*2.60	16.32	28.32	11.53	4.89
Pork Tenderloin Sandwich	1 ea	453	109	682	5.63	3.98	108.41	121	0.00	5.21	24.15	45.15	18.94	4.24
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
BBQ Baked Beans (HS, MS')	1/2 cup	131	0	179	5.13	1.17	51.01	10	0.30	9.34	7.17	25.10	1.01	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Broccoli,raw: fresh 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Juice, Apple Cup	1 ea	60	0	15	0.00	0.00	0.00	65	0.00	13.00	1.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	50	0	15	0.00	0.00	0.00	50	30.00	10.00	1.00	13.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Tzatziki Sauce	1 oz	51	0	71	0.00	0.00	40.50	0	0.00	1.01	1.01	2.03	4.05	3.54
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01
Tomato Slices	1 Slice	5	0	1	0.34	0.08	2.83	236	3.88	0.75	0.25	1.10	0.06	0.01
Onion, Red	1 OZ	15	0	2	0.64	0.08	8.69	1	2.80	*N/A*	0.42	3.53	0.04	0.02

Wed - 03/06/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Fried	1 piece	215	41	382	1.00	1.00	12.00	78	1.00	0.00	12.00	11.00	13.00	3.00
Pizza, Chs Stfd Breadstick - L/O	2 sticks	300	30	480	3.00	1.80	400.00	200	0.00	5.00	20.00	30.00	11.00	6.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Mashed Potatoes	1/2 cup	73	0	359	1.05	0.31	13.55	0	0.00	0.00	2.09	14.63	1.05	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Cucumber Slices 1/4 Cup	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Strawberries, Frozen Cup	1 EA	90	0	0	2.00	0.36	0.00	0	48.00	18.00	1.00	21.99	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Country Gravy	2 oz	33	0	245	0.00	0.00	1.78	0	0.00	0.00	0.00	5.54	1.11	1.11
Marinara Sauce Cups	PC	15	0	120	1.00	0.36	0.00	100	1.20	2.00	0.00	3.00	0.00	0.00
Butter, Whipped Cup	1 ea	33	10	30	0.00	0.00	0.00	133	0.00	0.00	0.00	0.00	3.67	2.33

Thu - 03/07/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
French Toast Sticks, WG	3 sticks	270	10	290	2.00	1.08	60.00	0	0.00	11.00	7.00	43.00	8.00	1.00
Sausage, Pork Patty	1 ea	121	26	172	0.00	0.00	16.00	56	0.00	0.00	6.00	1.00	10.00	3.70
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Tri-Taters	2 ea	200	0	560	2.00	0.00	0.00	0	0.00	2.00	2.00	28.00	8.00	1.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Syrup, Pancake	1 PKT	109	0	20	0.00	0.00	0.00	0	0.00	21.83	0.00	28.77	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Fri - 03/08/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	353	59	452	2.00	3.27	160.00	171	6.00	4.50	23.79	28.00	16.23	6.34
Hamburger w/bun	1 ea	313	51	312	2.00	3.27	60.00	71	0.00	4.00	20.29	27.00	13.23	4.59
Corn Dog Nuggets	6 ea	273	40	415	5.06	1.82	151.87	25	0.00	5.06	10.13	30.37	12.15	3.54
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Roasted Sweet & Russet 1/2	1/2 Cup	98	0	258	1.78	0.28	7.77	5635	5.27	6.22	1.39	19.43	2.01	0.25
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	68	0	0	1.13	0.41	0.00	0	16.95	14.69	0.00	16.95	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Mon - 03/11/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, French Bread	1 ea	340	45	490	3.00	0.00	0.00	0	0.00	7.00	18.00	36.00	15.00	8.00
Meatball Sub	1 EA	380	44	643	3.86	3.27	608.90	243	3.58	8.87	21.43	37.67	14.99	5.63
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Green Beans 1/2 C	1/2 cup	41	4	330	2.33	0.01	24.29	276	4.55	*2.50	0.05	5.91	1.35	0.86
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cherry Tomatoes 1/4 cup	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Cheese, Pamesan pkt	1 pkt	13	4	57	0.00	0.00	0.00	0	0.00	0.00	0.88	0.00	0.88	0.00

Tue - 03/12/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken BBQ Sandwich	1 each	380	80	983	2.00	2.98	137.23	203	0.00	24.60	23.00	52.17	9.00	2.00
Fish Filet	1 each	190	35	330	1.00	0.72	0.00	0	0.00	0.00	10.00	13.00	11.00	1.50
Roll, Whole Grain Dinner	1 ea	90	0	135	2.00	1.08	40.00	0	0.00	2.00	3.00	17.00	1.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Ham and Cheese Sub	1 ea	300	68	870	2.00	2.52	160.00	100	7.20	4.50	22.50	29.00	10.00	3.75
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Potato, Waffle Fry	3.35 oz	174	0	579	1.16	0.83	0.00	0	0.00	1.16	2.31	26.61	5.79	1.16
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Broccoli,raw: fresh 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	68	0	0	1.13	0.41	0.00	0	16.95	14.69	0.00	16.95	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Tartar Sauce	1 ea	40	5	100	0.00	0.00	0.00	10	0.00	2.00	0.00	3.00	3.00	0.00

Wed - 03/13/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
General Tso Chicken	1 bowl	414	34	792	2.10	1.44	26.78	279	0.00	26.61	17.81	60.26	11.94	1.70
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Turkey Sub	1 ea	281	48	846	2.00	2.17	160.00	100	6.00	4.50	26.75	28.00	6.27	2.76
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Broccoli, Steamed	1/2 cup	47	5	23	2.87	0.58	48.28	1023	37.90	*0.00	2.93	5.80	1.96	1.20
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Cucumber Slices 1/4 Cup	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pears, Sliced	1/2 cup	67	0	6	2.22	0.40	22.24	0	2.67	12.23	0.00	16.68	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Thu - 03/14/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Tenders	3 ea	211	36	424	2.00	2.00	25.00	169	101.00	0.00	15.00	13.00	11.00	2.00
Roll, Whole Grain Dinner	1 ea	90	0	135	2.00	1.08	40.00	0	0.00	2.00	3.00	17.00	1.00	0.00
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Ham and Cheese Sub	1 ea	300	68	870	2.00	2.52	160.00	100	7.20	4.50	22.50	29.00	10.00	3.75
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Corn, Steamed 1/2 C	1/2 cup	92	4	2	1.73	0.35	3.30	220	5.28	*2.06	2.49	18.11	2.26	1.13
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa	2 oz	20	0	141	0.00	2.17	0.00	0	0.00	2.01	0.00	4.03	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
BBQ Sauce Cups	1 ea	57	0	23	0.00	0.00	0.00	162	2.92	12.15	0.00	12.96	0.00	0.00
Honey	1 ea	43	0	1	0.03	0.06	0.84	0	0.07	11.50	0.04	11.54	0.00	0.00
Honey Mustard Dipping Cup	1 ea	70	10	220	0.00	0.36	0.00	1500	0.00	2.00	0.00	5.00	6.00	1.00
Butter, Whipped Cup	1 ea	33	10	30	0.00	0.00	0.00	133	0.00	0.00	0.00	0.00	3.67	2.33

Fri - 03/15/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcmm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Walking Taco	1 EA	311	35	592	5.00	3.08	61.00	645	5.00	3.00	16.00	33.00	14.00	3.30
Pizza, Cheese Quesadilla	1 slice	322	10	816	4.03	0.00	151.02	302	0.00	3.02	15.10	39.27	12.08	3.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Turkey Sub	1 ea	281	48	846	2.00	2.17	160.00	100	6.00	4.50	26.75	28.00	6.27	2.76
Ham and Cheese Sub	1 ea	300	68	870	2.00	2.52	160.00	100	7.20	4.50	22.50	29.00	10.00	3.75
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Refried Beans	1/2 cup	70	8	99	2.74	0.82	66.03	63	0.22	0.19	4.26	7.84	2.40	1.52
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01
Cheese, Shredded Blend	1 oz	96	23	177	0.51	0.09	177.18	127	0.00	0.00	7.09	1.01	7.09	4.56
Salsa	2 oz	20	0	141	0.00	2.17	0.00	0	0.00	2.01	0.00	4.03	0.00	0.00
Sour Cream, pkt	1 ea	60	20	50	0.00	0.00	40.00	200	0.00	2.00	1.00	2.00	5.00	3.00
Jalepeno Pepper Slices	1 OZ	0	0	494	0.00	0.00	0.00	97	3.48	0.97	0.00	0.97	0.00	0.00
Olives, Ripe, Sliced	1 oz	45	0	223	0.00	0.00	0.00	0	0.00	0.00	0.00	1.78	4.45	0.00

Mon - 03/18/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 4x6 Cheese	1 Each	310	30	360	3.00	2.70	450.00	500	9.00	6.00	22.00	30.00	12.00	6.00
Pizza, 4x6 Pepperoni	1 Each	350	40	580	3.00	2.70	350.00	400	9.00	6.00	22.00	29.00	17.00	7.00
Chicken, Wings, Boneless H	5 each	203	46	346	1.02	1.46	0.00	5	0.00	1.02	19.31	10.16	10.16	2.03
Pretzel Rods, WG 1oz	1 each	70	0	40	1.00	0.72	0.04	0	0.00	0.00	2.00	14.00	0.50	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Cali Blend and Cheese Sauc	1/2 cup	64	7	154	2.10	0.09	99.43	866	22.05	*2.10	2.83	6.88	2.00	1.33
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cherry Tomatoes 1/4 cup	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsps	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Dressing, Blue Cheese	ounce	156	0	313	0.00	0.00	0.00	5	0.00	0.98	0.98	12.71	15.64	3.42

Tue - 03/19/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sand Spicy	1 ea	329	0	409	2.00	2.80	76.00	155	0.00	4.00	18.60	36.50	12.00	1.60
Chicken Sandwich Breaded	1 ea	334	33	588	4.00	3.80	80.00	80	87.00	4.00	21.00	40.00	10.00	2.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait MS	Parfait cup	391	15	167	2.49	*0.43	*256.00	*1064	*3.30	*48.93	11.24	75.36	5.23	2.30
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Corn, Steamed 1/2 C	1/2 cup	92	4	2	1.73	0.35	3.30	220	5.28	*2.06	2.49	18.11	2.26	1.13
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Broccoli,raw: fresh 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Salsa	2 oz	20	0	141	0.00	2.17	0.00	0	0.00	2.01	0.00	4.03	0.00	0.00
Sour Cream, pkt	1 ea	60	20	50	0.00	0.00	40.00	200	0.00	2.00	1.00	2.00	5.00	3.00
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01
Jalepeno Pepper Slices	1 OZ	0	0	494	0.00	0.00	0.00	97	3.48	0.97	0.00	0.97	0.00	0.00
Olives, Ripe, Sliced	1 oz	45	0	223	0.00	0.00	0.00	0	0.00	0.00	0.00	1.78	4.45	0.00

Wed - 03/20/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Country Baked Steak	1 ea	300	65	530	2.00	1.80	20.00	0	0.00	0.00	16.00	16.00	18.00	6.00
Roll, Whole Grain Dinner	1 ea	90	0	135	2.00	1.08	40.00	0	0.00	2.00	3.00	17.00	1.00	0.00
Z'rib Sandwich	1 EA	360	45	910	3.00	2.88	80.00	300	1.20	13.00	18.00	39.00	14.00	5.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait MS	Parfait cup	391	15	167	2.49	*0.43	*256.00	*1064	*3.30	*48.93	11.24	75.36	5.23	2.30
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Mashed Potatoes	1/2 cup	73	0	359	1.05	0.31	13.55	0	0.00	0.00	2.09	14.63	1.05	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Cucumber Slices 1/4 Cup	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Country Gravy	2 oz	33	0	245	0.00	0.00	1.78	0	0.00	0.00	0.00	5.54	1.11	1.11
Butter, Whipped Cup	1 ea	33	10	30	0.00	0.00	0.00	133	0.00	0.00	0.00	0.00	3.67	2.33

Thu - 03/21/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Rotini Pasta with Meat Sauce	8 oz	338	58	652	4.30	3.23	59.14	659	24.73	8.60	19.35	25.81	17.20	6.67
NY Garlic Toast	1 EA	100	0	180	1.00	0.72	0.00	0	0.00	1.00	3.00	14.00	3.50	1.50
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait MS	Parfait cup	391	15	167	2.49	*0.43	*256.00	*1064	*3.30	*48.93	11.24	75.36	5.23	2.30
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Green Beans w/Ham	1/2 cup	63	7	17	2.14	0.71	35.62	508	10.94	*2.10	1.93	8.09	2.40	1.40
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Cheese, Pamesan pkt	1 pkt	13	4	57	0.00	0.00	0.00	0	0.00	0.00	0.88	0.00	0.88	0.00

Fri - 03/22/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Nuggets	5 ea	184	33	380	2.00	2.00	20.00	79	87.00	0.00	15.00	13.00	8.00	2.00
Breadstick	1 ea	59	0	69	0.98	0.71	19.63	0	0.00	0.00	1.96	12.76	0.49	0.00
Corn Dog	1 ea	281	40	662	2.01	1.81	60.21	100	9.03	9.03	9.03	31.11	13.05	3.51
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait MS	Parfait cup	391	15	167	2.49	*0.43	*256.00	*1064	*3.30	*48.93	11.24	75.36	5.23	2.30
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Baked Beans (HS, MS')	1/2 cup	127	0	186	5.13	1.12	43.65	27	0.62	8.44	7.17	24.22	1.01	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	68	0	0	1.13	0.41	0.00	0	16.95	14.69	0.00	16.95	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
BBQ Sauce Cups	1 ea	57	0	23	0.00	0.00	0.00	162	2.92	12.15	0.00	12.96	0.00	0.00
Honey	1 ea	43	0	1	0.03	0.06	0.84	0	0.07	11.50	0.04	11.54	0.00	0.00
Honey Mustard Dipping Cup	1 ea	70	10	220	0.00	0.36	0.00	1500	0.00	2.00	0.00	5.00	6.00	1.00

Mon - 03/25/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 5" Cheese	1 each	348	35	765	2.98	1.79	347.51	496	11.92	2.98	19.86	32.77	14.89	7.94
Pizza, 5" Pepperoni	1 each	350	35	770	3.00	1.80	350.00	500	12.00	3.00	20.00	33.00	15.00	8.00
Coney Dog	1 ea	388	50	672	2.72	2.65	143.88	156	0.63	*9.89	14.63	28.55	23.32	10.44
L/O	1 ea	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O	1 ea	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Peas, Steamed 1/2 cup	1/2 cup	95	5	103	4.29	1.46	20.96	2025	17.15	*4.76	4.97	14.11	2.16	1.20
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cherry Tomatoes 1/4 cup	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O	1 ea	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O	1 ea	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Cheese, Shredded Blend	1 oz	96	23	177	0.51	0.09	177.18	127	0.00	0.00	7.09	1.01	7.09	4.56
Onion, Red	1 OZ	15	0	2	0.64	0.08	8.69	1	2.80	*N/A*	0.42	3.53	0.04	0.02
Pickle Relish, pkt	1 pkt	15	0	75	0.00	0.00	0.00	15	0.00	3.00	0.00	3.00	0.00	0.00

Tue - 03/26/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Gyro	1 each	287	53	609	3.18	2.07	121.01	261	2.12	*2.60	16.32	28.32	11.53	4.89
Pork Tenderloin Sandwich	1 ea	453	109	682	5.63	3.98	108.41	121	0.00	5.21	24.15	45.15	18.94	4.24
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
BBQ Baked Beans (HS, MS')	1/2 cup	131	0	179	5.13	1.17	51.01	10	0.30	9.34	7.17	25.10	1.01	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Broccoli,raw: fresh 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Juice, Apple Cup	1 ea	60	0	15	0.00	0.00	0.00	65	0.00	13.00	1.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	50	0	15	0.00	0.00	0.00	50	30.00	10.00	1.00	13.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Tzatziki Sauce	1 oz	51	0	71	0.00	0.00	40.50	0	0.00	1.01	1.01	2.03	4.05	3.54
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01
Tomato Slices	1 Slice	5	0	1	0.34	0.08	2.83	236	3.88	0.75	0.25	1.10	0.06	0.01
Onion, Red	1 OZ	15	0	2	0.64	0.08	8.69	1	2.80	*N/A*	0.42	3.53	0.04	0.02

Wed - 03/27/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Fried	1 piece	215	41	382	1.00	1.00	12.00	78	1.00	0.00	12.00	11.00	13.00	3.00
Pizza, Chs Stfd Breadstick -	2 sticks	300	30	480	3.00	1.80	400.00	200	0.00	5.00	20.00	30.00	11.00	6.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Mashed Potatoes	1/2 cup	73	0	359	1.05	0.31	13.55	0	0.00	0.00	2.09	14.63	1.05	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Cucumber Slices 1/4 Cup	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Strawberries, Frozen Cup	1 EA	90	0	0	2.00	0.36	0.00	0	48.00	18.00	1.00	21.99	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Country Gravy	2 oz	33	0	245	0.00	0.00	1.78	0	0.00	0.00	0.00	5.54	1.11	1.11
Marinara Sauce Cups	PC	15	0	120	1.00	0.36	0.00	100	1.20	2.00	0.00	3.00	0.00	0.00
Butter, Whipped Cup	1 ea	33	10	30	0.00	0.00	0.00	133	0.00	0.00	0.00	0.00	3.67	2.33

Thu - 03/28/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
French Toast Sticks, WG	3 sticks	270	10	290	2.00	1.08	60.00	0	0.00	11.00	7.00	43.00	8.00	1.00
Sausage, Pork Patty	1 ea	121	26	172	0.00	0.00	16.00	56	0.00	0.00	6.00	1.00	10.00	3.70
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Tri-Taters	2 ea	200	0	560	2.00	0.00	0.00	0	0.00	2.00	2.00	28.00	8.00	1.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	17.98	0.00	21.98	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Syrup, Pancake	1 PKT	109	0	20	0.00	0.00	0.00	0	0.00	21.83	0.00	28.77	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Fri - 03/29/2019	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	353	59	452	2.00	3.27	160.00	171	6.00	4.50	23.79	28.00	16.23	6.34
Hamburger w/bun	1 ea	313	51	312	2.00	3.27	60.00	71	0.00	4.00	20.29	27.00	13.23	4.59
Corn Dog Nuggets	6 ea	273	40	415	5.06	1.82	151.87	25	0.00	5.06	10.13	30.37	12.15	3.54
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB&J Uncrustable, Grape 5.	1 ea	600	0	540	7.00	2.70	60.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Chef Salad w/Ham	1 ea	331	134	513	5.16	2.69	293.68	930	21.98	4.04	20.18	30.81	14.12	5.89
PROTEIN PACK	PACK	352	201	441	3.00	1.96	228.00	470	0.00	0.19	15.28	30.36	18.75	6.06
Roasted Sweet & Russet 1/2	1/2 Cup	98	0	258	1.78	0.28	7.77	5635	5.27	6.22	1.39	19.43	2.01	0.25
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	14	0	118	0.97	0.26	18.53	365	4.74	1.77	0.67	3.03	0.14	0.03
Baby Carrots 1/2 cup	1/2 cup	25	0	57	2.10	0.65	23.22	10008	1.89	3.45	0.46	5.98	0.09	0.02
Celery Sticks	6 sticks	10	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Garden Fresh Vegetables bu	1/2 c	14	0	21	0.98	0.19	15.31	1713	13.14	1.32	0.69	2.88	0.12	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	0.55	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	0.68	0.90	2.19	0.12	0.03
Salsa Cups	3 oz	30	0	207	0.00	3.20	0.00	0	0.00	2.96	0.00	5.92	0.00	0.00
Mixed Greens Salad	1 cup	13	0	6	1.27	0.46	25.31	127	0.00	0.00	0.00	2.53	0.00	0.00
Apples, Fresh 1/2 cup	Pkg	39	0	81	2.60	0.00	0.00	65	3.12	7.80	0.00	10.40	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	68	0	0	1.13	0.41	0.00	0	16.95	14.69	0.00	16.95	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 pint FF Strawberry	1 carton	110	5	125	0.00	0.00	250.00	2500	0.00	18.00	8.00	19.00	0.00	0.00
Milk, 1/2 Pint Skim Chocolate	1 ea	120	5	180	0.00	0.00	250.00	750	0.00	18.00	8.00	20.00	0.00	0.00
Milk, 1/2 Pint Skim White	1 ea	90	5	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	0.00	0.00
Dressing, Asst 1.5 oz	1 pkg	127	6	418	0.00	0.00	1.40	2	0.00	2.50	0.47	4.48	8.56	1.17
Dressing, Asst 12g	1 pkg	35	1	141	0.00	0.00	0.00	170	0.00	1.62	0.00	1.62	3.05	0.38
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Peanut Butter	4 tbsp	374	0	266	3.94	1.42	0.00	0	0.00	5.91	13.78	15.75	31.50	4.92
Salad Dressing, Mayonnaise	1 ea	45	5	100	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	4.00	0.50
Mustard Packets	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	*N/A*	0.00	0.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

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.