

# Zionsville Middle School and West Middle School

## First Semester 2019-2020

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

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>PURPLE</b>	Chicken Poppers <sup>ESW</sup> w/WG Dinner Roll <sup>W</sup> Rippers Cheese or Pepperoni Pizza <sup>MESW</sup> Cheesy Mashed Potatoes <sup>M</sup> Mandarin Oranges Fruit Cocktail	All Beef Cheeseburger <sup>MW</sup> Hamburger <sup>W</sup> Rippers Cheese or Pepperoni Pizza <sup>MESW</sup> Emoticon Potatoes <b>NEW</b> Pineapple	Pork Tenderloin Sandwich <sup>*SW</sup> Rippers Cheese or Pepperoni Pizza <sup>MESW</sup> Cali Blend w/Cheese <sup>M</sup> Applesauce	Beef and/or Cheese Nachos <sup>MS</sup> Rippers Cheese or Pepperoni Pizza <sup>MESW</sup> Jalapeño Corn <sup>M</sup> Peaches	Cheese Stuffed Breadsticks <sup>MESW</sup> Turkey Corn Dog <sup>MESW</sup> BBQ Baked Beans* Pears
<b>GREEN</b>	Cheese Quesadilla <sup>MSW</sup> French Bread Pizza <sup>MSW</sup> Refried Beans Pineapple Fruit Cocktail	Pork Z'Rib <sup>*MSW</sup> French Bread Pizza <sup>MSW</sup> Steamed Peas <sup>M</sup> Applesauce	Chicken Nuggets <sup>SW</sup> w/WG Dinner Roll <sup>W</sup> French Bread Pizza <sup>MSW</sup> Mashed Potatoes <sup>M</sup> Peaches	Cheese Lasagna Roll Ups w/WG <b>NEW</b> Breadstick <sup>MESW</sup> French Bread Pizza <sup>MSW</sup> Green Beans <sup>M</sup> Pears	Breaded Chicken Sandwich <sup>SW</sup> (Spicy Avail.) Breaded Mozzarella Sticks <sup>MW</sup> Baked Potatoes <b>NEW</b> Mandarin Oranges
<b>RED</b>	Chicken Tenders <sup>SW</sup> w/WG Dinner Roll <sup>W</sup> Deep Dish Cheese or Pepperoni Pizza <sup>MSW</sup> Baked Beans* Applesauce Fruit Cocktail	Pork Meatball Sub <sup>MSW</sup> Deep Dish Cheese or Pepperoni Pizza <sup>MSW</sup> Steamed Corn <sup>M</sup> Peaches	French Toast <sup>MESW</sup> w/Pork Sausage Patty* Deep Dish Cheese or Pepperoni Pizza <sup>MSW</sup> Home Fries <b>NEW</b> Pears	Teriyaki Chicken <sup>SW</sup> over Rice <sup>S</sup> w/Pork Egg <b>NEW</b> Roll <sup>*SW</sup> Deep Dish Cheese or Pepperoni Pizza <sup>MSW</sup> Steamed Broccoli <sup>M</sup> Mandarin Oranges	Student's Choice  Check Website For Menu
<b>Additional Entrée and Fruit and Vegetable Selections</b>					
<b>WEEKLY</b>	<b>Monday</b> PB&J/Uncrustable <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Fruit and Yogurt Parfait <sup>MSW</sup>	<b>Tuesday</b> PB&J/Uncrustable <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Deli Meat Sandwich <sup>*MSW</sup>	<b>Wednesday</b> PB&J/Uncrustable <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Fruit and Yogurt Parfait <sup>MSW</sup>	<b>Thursday</b> PB&J/Uncrustable <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Deli Meat Sandwich <sup>*MSW</sup>	<b>Friday</b> PB&J/Uncrustable <sup>PW</sup> Protein Pack <sup>M GF</sup> Bagel and Yogurt <sup>MW</sup> Fruit and Yogurt Parfait <sup>MSW</sup>
<b>DAILY</b>	Assorted Fresh Vegetables and Mixed Greens Salad Assorted Fresh and Dried Fruits 100% fruit Juice (Tues. and Thurs.) Skim and Low Fat White Milk and Skim Flavored Milk <i>The days leading up to an extended break will see a limited supply of perishable items.</i>			<b>Pricing</b> Milk \$0.60 Student Lunch \$2.85 A la Carte Entrée \$2.10 Snacks and beverages are available for purchase at an additional charge. Please see the website for pricing.	

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.

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  
 Zionsville Middle School Kristin Sauer 317.873.2426 x13974

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

August					September					October					November					December									
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F					
					Green	NL	3	4	5	6	Red	1	2	3	4	Purple				1	Red	2	3	4	5	6			
Purple			7	8	9	Red	9	10	11	12	13	Purple	7	8	9	10	11	Green	4	5	6	7	8	Purple	9	10	11	12	13
Green	12	13	14	15	15	Purple	16	17	18	19	20	Green	14	15	16	17	18	Red	11	12	13	14	15	Green	16	17	18	19	CC
Red	19	20	21	22	23	Green	23	24	25	26	27	Red	21	22	23	24	25	Purple	18	19	20	21	22	NL = No Lunch Served CC = Cook's Choice					
Purple	26	27	28	29	30	Red	30					Purple	28	29	30	31	Green	25	26	27	28	29	Menus Subject to Change						

PURPLE MONDAY	Portion Size	G Carb
Chicken Poppers	14 ea	9.60
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Rippers Cheese	Slice	32.11
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
Cheesy Mashed Potatoes	1/2 cup	15.05
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint 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
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96
Butter, Whipped Cup	1 ea	0.00

PURPLE TUESDAY	Portion Size	G Carb
Cheeseburger	1 ea	29.00
Hamburger w/bun	1 ea	28.00
Pizza, Rippers Cheese	Slice	32.11
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Turkey Sub	1 ea	28.00
Ham and Cheese Sub	1 ea	29.00
Emoticons, Potatoes	5 ea	23.60
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Tidbit	1/2 cup	16.71
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

PURPLE WEDNESDAY	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	44.82
Pizza, Rippers Cheese	Slice	32.11
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
Cali Blend and Cheese Sauc	1/2 cup	6.88
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

PURPLE THURSDAY	Portion Size	G Carb
Nachos, Secondary	1 EA	23.52
Pizza, Rippers Cheese	Slice	32.11
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Turkey Sub	1 ea	28.00
Ham and Cheese Sub	1 ea	29.00
Corn, Jalapeno	1/2 cup	18.37
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint 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
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Lettuce, Shredded	1/2 CUP	0.94
Olives, Ripe, Sliced	1 oz	1.78
Jalepeno Pepper Slices	1 OZ	0.97

PURPLE FRIDAY	Portion Size	G Carb
Pizza, Chs Stfd Breadstick	2 sticks	30.00
Corn Dog	1 ea	31.11
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
BBQ Baked Beans (Bush's)	1/2 cup	35.57
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
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
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Marinara Sauce Cups	PC	*N/A*

GREEN MONDAY	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
Pizza, French Bread	1 ea	36.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
Refried Beans	1/2 cup	7.84
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Tidbit	1/2 cup	16.71
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Hot Sauce Pkt	1 pkt	0.23
Taco Sauce, 9g	1 pkt	1.00
Lettuce, Shredded	1/2 CUP	0.94
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10

GREEN TUESDAY	Portion Size	G Carb
Z'rib Sandwich	1 EA	39.00
Pizza, French Bread	1 ea	36.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Turkey Sub	1 ea	28.00
Ham and Cheese Sub	1 ea	29.00
Corn, Steamed 1/2 C	1/2 cup	18.11
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00



GREEN WEDNESDAY	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, French Bread	1 ea	36.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
Mashed Potatoes	1/2 cup	14.63
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96
Butter, Whipped Cup	1 ea	0.00
Chicken Gravy	2 oz	3.19

GREEN THURSDAY	Portion Size	G Carb
Lasagna Roll Ups	1 ea	36.27
Breadstick	1 ea	12.76
Pizza, French Bread	1 ea	36.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Turkey Sub	1 ea	28.00
Ham and Cheese Sub	1 ea	29.00
Green Beans 1/2 C	1/2 cup	5.19
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Diced	1/2 cup	18.48
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint 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
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Cheese, Pamesan pkt	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

GREEN FRIDAY	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Chicken Sand Spicy	1 ea	41.08
Breaded Mozzarella Sticks	6 ea	35.25
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
Potato, Baked	1 ea	20.49
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Marinara Sauce Cups	PC	*N/A*
Butter, Whipped Cup	1 ea	0.00
Sour Cream, pkt	1 ea	2.00

RED MONDAY	Portion Size	G Carb
Chicken Tenders	3 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, 5" Cheese	1 each	32.77
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
Baked Beans (Bush's)	1/2 cup	31.33
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96
Butter, Whipped Cup	1 ea	0.00

RED TUESDAY	Portion Size	G Carb
Meatball Sub	1 EA	37.67
Pizza, 5" Cheese	1 each	32.77
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Turkey Sub	1 ea	28.00
Ham and Cheese Sub	1 ea	29.00
Corn, Steamed 1/2 C	1/2 cup	18.11
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint 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
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Cheese, Pamesan pkt	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

RED WEDNESDAY	Portion Size	G Carb
French Toast Sticks, WG	3 sticks	42.00
Sausage, Pork Patty	1 ea	1.00
Pizza, 5" Cheese	1 each	32.77
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
Home Fries	3.2 OZ	21.35
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
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
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Syrup, Pancake	1 PKT	28.77
Ketchup, Packets	1 ea	2.00

RED THURSDAY	Portion Size	G Carb
Chicken, Lings Teriyaki	2.8 oz by weigh	10.00
Rice	1/2 cup	17.58
Egg Roll	1 ea	22.00
Pizza, 5" Cheese	1 each	32.77
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Turkey Sub	1 ea	28.00
Ham and Cheese Sub	1 ea	29.00
Broccoli, Steamed	1/2 cup	6.25
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Soy Sauce pkt	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

RED FRIDAY	Portion Size	G Carb
Uncrustable, Grape 5.3 oz	1 ea	64.00
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.36
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Celery Sticks	6 sticks	1.92
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
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apple Slices	1 pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Craisins	1 packet	28.00
Raisins	1 box	34.05
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
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75

\*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.