

# JANUARY



## Zionsville High School Campus Menu Second Semester 2018-2019

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

**Breakfast Served Daily 8:00 – 8:30**

**After School Snack Served Mon. – Thur. 3:40 – 3:55**

### Main Café @ the High School Campus

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Hunan Orange Chicken<sup>ESW</sup> over Brown Rice<sup>S</sup></li> <li>French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed California Blend Vegetables<sup>M</sup></li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Pears</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Quesadilla<sup>MSW</sup></li> <li>5" Deep Dish Pizza <sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Breaded Chicken Wrap<sup>MESW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Refried Beans</li> <li>Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Country Baked Steak<sup>SW</sup> w/Whole Grain Dinner Roll<sup>IMW</sup></li> <li>Garlic French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Chicken Salad Wrap<sup>ESW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Mashed Potatoes<sup>M</sup> w/Gravy<sup>MW</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Chicken and Waffles<sup>MESW</sup></li> <li>Premium Chris P Chicken Sandwich<sup>MW</sup></li> <li>4x6 Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Chicken Salad Wrap<sup>ESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Tri-Taters</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Spicy Chicken Sandwich<sup>SW</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Chicken Salad Wrap<sup>ESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Roasted Sweet and Russet Potatoes<sup>SW</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>
14	15	16	17	18
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Tenderloin Sandwich<sup>*SW</sup></li> <li>Hot Dog<sup>W</sup> or Coney Dog<sup>W</sup></li> <li>French Bread Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>BBQ Baked Beans</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Beef Soft Tacos<sup>SW</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Cheeseburger<sup>MW</sup></li> <li>Hamburger<sup>W</sup></li> <li>Garlic French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Veggie Wrap<sup>MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Cheesy Mashed Potatoes<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Fruit cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Breaded Chicken Parmesan over Whole Grain Pasta<sup>MSW</sup> w/Whole Grain Breadstick<sup>MESW</sup></li> <li>Premium Spicy Chicken Sandwich<sup>SW</sup></li> <li>4x6 Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Green Beans w/Ham<sup>*M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Breaded Chicken Sandwich<sup>SW</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Emoji Fries</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>

<p style="text-align: center;">21</p> <h2 style="text-align: center;">No School Today</h2>  <p style="text-align: center;">"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education." ~Martin Luther King Jr.</p>	<p style="text-align: center;">22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Walking Taco<sup>MS</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p style="text-align: center;">23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Chicken Nuggets<sup>SW</sup></li> <li>w/Whole Grain Dinner Roll<sup>W</sup></li> <li>4x6 Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Ham Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Cheesy Mashed Potatoes<sup>MS</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Strawberry Cups</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p style="text-align: center;">24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Corn Dog Nuggets<sup>ESW</sup></li> <li>Premium Dill Chicken Sandwich<sup>MSW</sup></li> <li>Garlic French Bread Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Green Beans w/Ham<sup>*M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p style="text-align: center;">25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Boneless Buffalo Wings<sup>SW</sup></li> <li>w/Whole Grain-Dinner Roll<sup>W</sup></li> <li>Z'Rib<sup>*MSW</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>BBQ Baked Beans</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pineapple</li> <li>Pears</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>
<p style="text-align: center;">28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Hunan Orange Chicken<sup>ESW</sup> over Brown Rice<sup>S</sup></li> <li>French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Breaded Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed California Blend Vegetables<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Pears</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p style="text-align: center;">29</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Quesadilla<sup>MSW</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Breaded Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Refried Beans</li> <li>Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p style="text-align: center;">30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Country Baked Steak<sup>SW</sup> w/Whole Grain Dinner Roll<sup>WW</sup></li> <li>Garlic French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Chicken Salad Wrap<sup>ESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Mashed Potatoes<sup>M</sup> w/Gravy<sup>WW</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p style="text-align: center;">31</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Chicken and Waffles<sup>MESW</sup></li> <li>Premium Chris P Chicken Sandwich<sup>WW</sup></li> <li>4x6 Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Chicken Salad Wrap<sup>ESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Tri-Taters</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p style="text-align: center;">1</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Spicy Chicken Sandwich<sup>SW</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Chicken Salad Wrap<sup>ESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Roasted Sweet and Russet Potatoes<sup>W</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>

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

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

Legend:

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



## FLU Wants YOU!

### 3 Ways to Fight the Flu.



**COUGH and SNEEZE into your SLEEVE.**

Hands spread the illness.



**WASH HANDS OFTEN!**

for 20 seconds with soap and warm water



**REST is BEST.**

Stay home if you have flu symptoms:

- Fever: 100°F/38°C and above
- Coughing and sneezing
- Body aches
- Extreme fatigue

**Stop the flu before it gets you.**

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on SchoolPay!  
Visit the ZCS Lunch Menu web page, and click on meal assistance for an application.




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

All meals must include at least 1 Fruit or Vegetable

### Eagle Café @ The Freshman Center

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>Calzone<sup>MSW</sup> and/or Quesadilla<sup>MSW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>Roasted Garbanzo Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>Tenderloin Sandwich<sup>*SW</sup></li> <li>Premium Dill Chicken Sandwich<sup>MSW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>Home Fries<sup>W</sup></li> <li>Assorted Fresh Vegetables</li> <li>Pea Salad<sup>E</sup></li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>French Bread Pizza<sup>MSW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>Steamed Broccoli<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>Roasted Garbanzo Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>Deep Dish Pizza<sup>MW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>Green Beans<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>Roasted Garbanzo Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> <li>Applesauce</li> <li>Spiced Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>Breaded Chicken Sandwich<sup>SW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>Home Fries<sup>W</sup></li> <li>Assorted Fresh Vegetables</li> <li>Roasted Garbanzo Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> <li>Pineapple</li> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>

### Food Court @ The Student Activity Center

DAILY
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>Ham and/or Turkey Sandwiches<sup>*MSW</sup> Wednesday – Friday</li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Premium Power packs<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>Roasted Garbanzo Beans</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Pea Salad<sup>E</sup> (Tuesdays)</li> </ul> Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> <li>Assorted:               <ul style="list-style-type: none"> <li>Fresh Fruits</li> <li>Dried Fruits</li> <li>Canned Fruits</li> <li>Frozen Peaches and/or Strawberries</li> </ul> </li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>
 <b>Tuesdays</b> <b>10 roll package \$6.75</b>

<b>Legend:</b> W – Contains Wheat S – Contains Soy M – Contains Milk/Dairy F – Contains Fish P – Contains Peanuts T – Contains Tree E – Contains Eggs SF – Contains Shellfish * Contains Pork GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten)
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<b>Pricing</b>										
<table> <tr> <td>Milk</td> <td style="text-align: right;">\$0.60</td> </tr> <tr> <td>Student Lunch</td> <td style="text-align: right;">\$2.70</td> </tr> <tr> <td>Student Lunch, Premium</td> <td style="text-align: right;">\$3.00</td> </tr> <tr> <td>A la Carte Entrée</td> <td style="text-align: right;">\$2.00</td> </tr> <tr> <td>A la Carte Premium Entrée</td> <td style="text-align: right;">\$2.35</td> </tr> </table> <p>Snacks and beverages are available for purchase at an additional charge. Please see website for pricing.</p>	Milk	\$0.60	Student Lunch	\$2.70	Student Lunch, Premium	\$3.00	A la Carte Entrée	\$2.00	A la Carte Premium Entrée	\$2.35
Milk	\$0.60									
Student Lunch	\$2.70									
Student Lunch, Premium	\$3.00									
A la Carte Entrée	\$2.00									
A la Carte Premium Entrée	\$2.35									

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on the SchoolPay folder or go to [www.SchoolPay.com](http://www.SchoolPay.com)

Visit the ZCS Lunch Menu web page and click on meal assistance to find an application or go to [www.lunchapp.com](http://www.lunchapp.com)

If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.		
Main Café	Marlene Knisley	317.873.3355 x12974
Food Court	Tina Riley	317.873.3355 x62330
Eagle Café @ Freshman Center	Tina Riley	317.873.3355 x62974

## High School Lunch

Mon - 01/07/2019	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
Hunan Orange Chicken	14 ea	265	32	715	1.00	1.00	28.00	144	14.00	12.00	14.70	31.60	8.40	1.40
Rice	1/2 cup	87	0	41	1.03	0.37	1.42	1	0.00	0.28	2.06	17.58	0.91	0.00
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
Wrap, Breaded Chicken	1 EA	319	32	694	2.32	1.58	181.20	382	46.05	2.36	14.97	28.87	15.76	5.18
Chicken Sandwich Dill	1 ea	340	75	630	3.00	3.60	100.00	100	0.00	6.00	31.00	40.00	6.50	1.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
California Blend Veg 1/2C	1/2 cup	52	5	30	2.02	0.00	20.16	821	21.17	*2.02	1.01	6.17	1.78	1.13
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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

Tue - 01/08/2019	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
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
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
Wrap, Breaded Chicken	1 EA	319	32	694	2.32	1.58	181.20	382	46.05	2.36	14.97	28.87	15.76	5.18
Chicken, Premium Spicy San	1 each	350	45	540	3.00	3.24	60.00	0	0.00	5.00	25.00	36.00	12.00	2.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
Mexican Relish Boat	1 boat	25	0	140	0.43	2.26	6.48	181	1.01	2.66	0.32	4.98	0.05	0.01
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

Wed - 01/09/2019	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
Pizza, Garlic French Bread	1 ea	410	26	744	0.00	3.46	320.51	641	6.15	3.85	23.08	38.46	19.23	7.69
Wrap, Chicken Salad	1/2 Wrap	459	107	953	1.34	2.44	102.82	395	4.38	2.22	33.50	24.02	25.33	5.38
Chicken, Chris P Chicken Sa	1 each	366	45	786	4.00	2.80	81.00	188	0.00	5.00	26.00	43.00	10.00	1.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
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 - 01/10/2019	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
Waffle	1 ea	130	5	360	3.00	1.08	40.00	0	0.00	4.00	4.00	23.00	3.50	0.50
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
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
Wrap, Chicken Salad	1/2 Wrap	459	107	953	1.34	2.44	102.82	395	4.38	2.22	33.50	24.02	25.33	5.38
Chicken, Chris P Chicken Sa	1 each	366	45	786	4.00	2.80	81.00	188	0.00	5.00	26.00	43.00	10.00	1.00
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
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
BBQ Sauce, PC	1 pkt	16	0	92	0.00	0.00	0.00	11	0.00	2.15	0.00	4.31	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
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

Fri - 01/11/2019	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
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
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
Wrap, Chicken Salad	1/2 Wrap	459	107	953	1.34	2.44	102.82	395	4.38	2.22	33.50	24.02	25.33	5.38
Pretzel, Italian w/Chs & Mari	1 ea	421	60	1136	5.00	2.16	426.00	900	2.40	*2.00	20.00	43.00	19.00	10.60
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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



Mon - 01/14/2019	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
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
Hot Dog on Bun	1 ea	327	34	574	2.00	2.51	40.00	29	0.00	9.89	10.89	26.98	18.70	7.38
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
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
Chicken Sandwich Dill	1 ea	340	75	630	3.00	3.60	100.00	100	0.00	6.00	31.00	40.00	6.50	1.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
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
Coney Sauce	2 oz	2	0	11	0.07	0.04	0.66	0	0.00	0.00	0.10	0.26	0.05	0.02
Cheese, Cheddar Shredded	1 oz	111	30	172	1.01	0.18	202.50	253	0.00	0.00	7.09	1.01	9.11	6.08
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

Tue - 01/15/2019	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
Soft Tacos	2 ea	291	35	543	4.01	3.45	161.11	647	5.01	4.01	19.04	33.01	10.01	2.81
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
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
Chicken, Premium Spicy San	1 each	350	45	540	3.00	3.24	60.00	0	0.00	5.00	25.00	36.00	12.00	2.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
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
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
Cheese, Cheddar Shredded	1 oz	111	30	172	1.01	0.18	202.50	253	0.00	0.00	7.09	1.01	9.11	6.08
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

Wed - 01/16/2019	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
Pizza, Garlic French Bread	1 ea	410	26	744	0.00	3.46	320.51	641	6.15	3.85	23.08	38.46	19.23	7.69
Wrap, Veggie	1 EA	390	50	837	2.37	0.78	441.40	589	4.33	*2.67	18.32	25.92	23.73	11.02
Chicken, Chris P Chicken Sa	1 each	366	45	786	4.00	2.80	81.00	188	0.00	5.00	26.00	43.00	10.00	1.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
Cheesy Mashed Potatoes	1/2 cup	119	12	429	1.46	0.39	96.45	104	0.00	0.00	5.00	15.05	4.78	2.49
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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

Thu - 01/17/2019	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
Breaded Chicken Parm on p	1 ea	375	42	615	4.80	3.83	1085.90	565	92.77	9.53	23.97	43.59	12.24	3.70
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
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
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
Chicken, Premium Spicy San	1 each	350	45	540	3.00	3.24	60.00	0	0.00	5.00	25.00	36.00	12.00	2.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
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 - 01/18/2019	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
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
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
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
Double Cheeseburger	1 ea	557	117	694	2.00	4.74	260.00	343	12.00	5.00	41.58	29.00	30.46	12.69
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
Smiles, Potato	4 ea	129	0	185	1.61	0.58	0.00	0	2.90	0.00	1.61	20.13	4.83	0.81
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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

Mon - 01/21/2019	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
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
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
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
Chicken Sandwich Dill	1 ea	340	75	630	3.00	3.60	100.00	100	0.00	6.00	31.00	40.00	6.50	1.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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

Tue - 01/22/2019	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
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, 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
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
Chicken, Premium Spicy San	1 each	350	45	540	3.00	3.24	60.00	0	0.00	5.00	25.00	36.00	12.00	2.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
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, Cheddar Shredded	1 oz	111	30	172	1.01	0.18	202.50	253	0.00	0.00	7.09	1.01	9.11	6.08
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

Wed - 01/23/2019	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
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
Pizza, Garlic French Bread	1 ea	410	26	744	0.00	3.46	320.51	641	6.15	3.85	23.08	38.46	19.23	7.69
Wrap, Ham	1 ea	331	53	797	1.94	0.87	283.98	446	1.01	4.59	16.00	25.98	19.39	9.06
Chicken, Chris P Chicken Sa	1 each	366	45	786	4.00	2.80	81.00	188	0.00	5.00	26.00	43.00	10.00	1.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
Cheesy Mashed Potatoes	1/2 cup	119	12	429	1.46	0.39	96.45	104	0.00	0.00	5.00	15.05	4.78	2.49
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
BBQ Sauce, PC	1 pkt	16	0	92	0.00	0.00	0.00	11	0.00	2.15	0.00	4.31	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



Thu - 01/24/2019	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
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
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
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
Chicken Sandwich Dill	1 ea	340	75	630	3.00	3.60	100.00	100	0.00	6.00	31.00	40.00	6.50	1.00
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
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
BBQ Sauce, PC	1 pkt	16	0	92	0.00	0.00	0.00	11	0.00	2.15	0.00	4.31	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

Fri - 01/25/2019	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
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
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
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
Wrap, Breaded Spicy Chicke	1 EA	316	16	604	1.32	1.08	179.20	419	2.55	2.36	13.77	27.12	16.76	4.98
Breadstick, Bosco 6" 9-12	2 ea	300	30	440	4.00	2.16	400.00	400	0.00	*N/A*	20.00	34.00	10.00	5.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
Spiced Peaches	1/2 CUP	90	0	6	1.18	0.41	23.57	330	2.64	18.11	0.01	20.44	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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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

Mon - 01/28/2019	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
Hunan Orange Chicken	14 ea	265	32	715	1.00	1.00	28.00	144	14.00	12.00	14.70	31.60	8.40	1.40
Rice	1/2 cup	87	0	41	1.03	0.37	1.42	1	0.00	0.28	2.06	17.58	0.91	0.00
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
Wrap, Breaded Chicken	1 EA	319	32	694	2.32	1.58	181.20	382	46.05	2.36	14.97	28.87	15.76	5.18
Chicken Sandwich Dill	1 ea	340	75	630	3.00	3.60	100.00	100	0.00	6.00	31.00	40.00	6.50	1.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
California Blend Veg 1/2C	1/2 cup	52	5	30	2.02	0.00	20.16	821	21.17	*2.02	1.01	6.17	1.78	1.13
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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

Tue - 01/29/2019	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
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
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
Wrap, Breaded Chicken	1 EA	319	32	694	2.32	1.58	181.20	382	46.05	2.36	14.97	28.87	15.76	5.18
Chicken, Premium Spicy San	1 each	350	45	540	3.00	3.24	60.00	0	0.00	5.00	25.00	36.00	12.00	2.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
Mexican Relish Boat	1 boat	25	0	140	0.43	2.26	6.48	181	1.01	2.66	0.32	4.98	0.05	0.01
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

Wed - 01/30/2019	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
Pizza, Garlic French Bread	1 ea	410	26	744	0.00	3.46	320.51	641	6.15	3.85	23.08	38.46	19.23	7.69
Wrap, Chicken Salad	1/2 Wrap	459	107	953	1.34	2.44	102.82	395	4.38	2.22	33.50	24.02	25.33	5.38
Chicken, Chris P Chicken Sa	1 each	366	45	786	4.00	2.80	81.00	188	0.00	5.00	26.00	43.00	10.00	1.00
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
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 - 01/31/2019	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
Waffle	1 ea	130	5	360	3.00	1.08	40.00	0	0.00	4.00	4.00	23.00	3.50	0.50
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
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
Wrap, Chicken Salad	1/2 Wrap	459	107	953	1.34	2.44	102.82	395	4.38	2.22	33.50	24.02	25.33	5.38
Chicken, Chris P Chicken Sa	1 each	366	45	786	4.00	2.80	81.00	188	0.00	5.00	26.00	43.00	10.00	1.00
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
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
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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
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
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
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
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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 Gallon	1 oz	68	8	311	0.00	0.00	1.03	12	0.00	1.34	0.05	5.79	4.88	0.61
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
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
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
BBQ Sauce, PC	1 pkt	16	0	92	0.00	0.00	0.00	11	0.00	2.15	0.00	4.31	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
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

## Freshman Center Lunch

Mon - 01/07/2019	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
Pizza, Calzone	1 ea	280	225	590	3.00	1.80	300.00	500	0.00	6.00	19.00	32.00	11.00	6.00
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
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
Roasted Garbanzo Beans	1/2 cup	155	0	345	5.46	1.53	43.41	19	0.12	*0.00	6.10	21.46	4.78	0.59
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
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
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
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
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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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
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
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

Tue - 01/08/2019	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
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
Chicken Sandwich Dill	1 ea	340	75	630	3.00	3.60	100.00	100	0.00	6.00	31.00	40.00	6.50	1.00
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
Home Fries	3.2 OZ	117	0	374	2.13	0.00	0.00	0	1.28	0.00	2.13	18.14	4.27	0.53
Roasted Garbanzo Beans	1/2 cup	155	0	345	5.46	1.53	43.41	19	0.12	*0.00	6.10	21.46	4.78	0.59
Pea Salad	1/2 Cup	247	23	502	3.92	1.34	86.75	1641	14.23	*3.79	7.99	11.53	18.84	4.28
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
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
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
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
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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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
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
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
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
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
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
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



Wed - 01/09/2019	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
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
Roasted Garbanzo Beans	1/2 cup	155	0	345	5.46	1.53	43.41	19	0.12	*0.00	6.10	21.46	4.78	0.59
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
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
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
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
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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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
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
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

Thu - 01/10/2019	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
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
Roasted Garbanzo Beans	1/2 cup	155	0	345	5.46	1.53	43.41	19	0.12	*0.00	6.10	21.46	4.78	0.59
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
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
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
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
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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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
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
Spiced Peaches	1/2 CUP	90	0	6	1.18	0.41	23.57	330	2.64	18.11	0.01	20.44	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
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 - 01/11/2019	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
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
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
Home Fries	3.2 OZ	117	0	374	2.13	0.00	0.00	0	1.28	0.00	2.13	18.14	4.27	0.53
Roasted Garbanzo Beans	1/2 cup	155	0	345	5.46	1.53	43.41	19	0.12	*0.00	6.10	21.46	4.78	0.59
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
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
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
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
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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Eagle Greens Salad	1 cup	14	0	9	1.44	0.45	24.96	390	1.04	*0.18	0.11	2.91	0.01	0.00
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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
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
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
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
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
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
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
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
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
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

## Food Court Lunch

Tue - 01/08/2019	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
Power Pack - FC	1 container	419	216	490	5.60	1.96	225.53	631	3.12	7.98	16.19	40.76	21.64	7.50
Fruit and Yogurt Parfait FC O	Parfait cup	481	15	180	4.42	2.59	653.10	1078	3.37	63.05	12.16	95.23	6.25	2.02
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
Chef Salad w/Ham	1 ea	327	134	510	4.81	2.57	288.55	787	21.19	3.48	19.93	29.96	14.08	5.88
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
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 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
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
Garden Fresh Vegetables 1/	1/2 c	22	0	28	1.53	0.45	22.21	3016	19.84	2.36	1.05	4.82	0.17	0.04
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
Juice, Sunset Sip	1 ea	40	0	10	0.00	0.00	0.00	500	60.00	9.00	0.00	10.00	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
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
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
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, Ranch 12g	1 pkt	51	4	107	0.00	0.00	0.00	4	0.00	0.86	0.00	0.86	5.14	0.64

\*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.