

Elementary School Menu

Second Semester 2019-2020

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

	Monday	Tuesday	Wednesday	Thursday	Friday
PURPLE	Chicken Corn Dog Nuggets ^{ESW} Steamed Corn ^M Mandarin Oranges Fruit Cocktail	All Beef Cheeseburger ^{MW} Hamburger ^W Emoticons Pineapple	Mac and Cheese ^{MEW} California Blend Vegetables ^M Applesauce	Nachos w/Cheese Sauce ^M Refried Beans Peaches	Pancakes ^{MESW} w/Pork Sausage Patty* Tri-Tater Pears
GREEN	Rippers Cheese or Pepperoni Pizza ^{MESW} Steamed Peas ^M Pineapple Fruit Cocktail	Assorted Cereal w/Danimals Yogurt ^M Tri-Taters Applesauce	Breaded Chicken or Spicy Chicken Sandwich ^{SW} Mashed Potatoes ^M Gravy Available ^W Peaches	Rotini w/Meat Sauce ^{EW} w/WG Garlic Breadstick ^{MESW} Green Beans ^M Pears	Chicken Nuggets ^{SW} w/WG Dinner Roll ^W Baked Beans Mandarin Oranges
RED	Chicken Tenders ^{SW} Steamed Corn ^M Applesauce Fruit Cocktail	All Beef Hot Dog ^W BBQ Baked Beans* Peaches	French Toast ^{MESW} w/Pork Sausage Patty* Home Fries Pears	Deep Dish Cheese or Pepperoni Pizza* ^{MSW} Steamed Broccoli ^M Mandarin Oranges	!!!!!!!!!!!!!!!!!!!! Student's Choice Check Website For Menu
Additional Entrée (Protein and Grain) and Fruit and Vegetable Selections					
WEEKLY	Monday PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Grilled Cheese ^{MSW} Sandwich ^{MSW}	Tuesday PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Fruit and Yogurt Parfait ^{MSW}	Wednesday PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Grilled Cheese ^{MSW} Sandwich ^{MSW}	Thursday PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Fruit and Yogurt Parfait ^{MSW}	Friday PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Grilled Cheese ^{MSW} Sandwich ^{MSW}
DAILY	Assorted Fresh Vegetables and Mixed Greens Salad Assorted Fresh and Dried Fruits 100% Fruit/Vegetable Juice (Monday and Friday) Skim and Low Fat White Milk and Skim Flavored Milk <i>The days leading up to an extended break will see a limited supply of perishable items.</i>			Pricing Milk \$0.60 Student Lunch \$2.65 A la Carte Entrée \$1.85 Snacks and beverages are available for purchase at an additional charge. Please see the website for pricing.	

<p>To pay online or to set up low balance reminders visit the ZCS Food Service web page and click on the SchoolPay icon! Visit the ZCS Food Service web page and look for the meal assistance section where you will find information and an application.</p>	<p>Legend: W – Contains Wheat SF – Contains Shellfish S – Contains Soy T – Contains Tree Nuts M – Contains Milk/Dairy P – Contains Peanuts E – Contains Eggs F – Contains Fish * Contains Pork GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten)</p>															
<p>If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Pleasant View Elementary</td> <td style="width: 33%;">Lisa Morgan</td> <td style="width: 33%;">317.873.1224 x17974</td> </tr> <tr> <td>Eagle Elementary</td> <td>Sheila Dibble</td> <td>317.873.1234 x15974</td> </tr> <tr> <td>Union Elementary</td> <td>Kathy Beanblossom</td> <td>317.733.4007 x16974</td> </tr> <tr> <td>Stonewall Elementary</td> <td>Nancy Fitzpatrick</td> <td>317.873.8050 x19974</td> </tr> <tr> <td>Boone Meadow Elementary</td> <td>Cheryl Pendleton</td> <td>317.873.2226 x14974</td> </tr> </table>		Pleasant View Elementary	Lisa Morgan	317.873.1224 x17974	Eagle Elementary	Sheila Dibble	317.873.1234 x15974	Union Elementary	Kathy Beanblossom	317.733.4007 x16974	Stonewall Elementary	Nancy Fitzpatrick	317.873.8050 x19974	Boone Meadow Elementary	Cheryl Pendleton	317.873.2226 x14974
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	January					February					March					April					May								
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F				
Purple	6	7	8	9	10	Green	3	4	5	6	7	Red	2	3	4	5	6	Purple	6	7	8	9	10	Purple				1	
Green	13	14	15	16	17	Red	10	11	12	13	14	Purple	9	10	11	12	13	Green	13	14	15	16	17	Green	4	5	6	7	8
Red	NL	21	22	23	24	Purple	NL	NL	19	20	21	Green	16	17	18	19	20	Red	20	21	22	23	24	Red	11	12	13	14	15
Purple	27	28	29	30	31	Green	24	25	26	27	28	Red	23	24	25	26	NL	Purple	27	28	29	30		Purple	18	19	20	CC	CC

NL = No Lunch Served CC = Cook's Choice Menus Subject to Change 12-18-19

PURPLE MONDAY	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
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
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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

PURPLE TUESDAY	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	356	56	606	3.00	2.80	183.00	100	6.00	4.50	21.50	29.00	17.00	6.55
Hamburger w/bun	1 ea	316	49	466	3.00	2.80	83.00	0	0.00	4.00	18.00	28.00	14.00	4.80
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Emoticons, Potatoes	4 ea	115	0	78	1.64	0.59	0.00	0	0.00	0.00	1.64	18.88	4.10	0.82
Pre-k Broccoli,raw 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Chunk	1/2 cup	59	0	0	0.99	0.35	0.00	0	14.78	12.81	0.00	14.78	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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

PURPLE WEDNESDAY	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
Mac and Cheese	6 oz	295	47	759	2.00	1.00	363.00	654	0.00	3.00	16.00	26.00	15.00	8.10
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Pre-k Cucumber Slices 1/4 C	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	1.00	0.00	0.00	0	0.00	19.98	0.00	22.98	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38

PURPLE THURSDAY	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
Nachos and Cheese Sauce	1 EA	446	60	1036	2.00	0.72	426.00	800	0.00	0.00	17.00	29.00	30.00	11.60
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Pre-K Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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
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
Cheese, Cheddar Shredded	1 oz	111	30	192	0.00	0.00	151.87	0	0.00	0.00	7.09	1.01	10.12	6.08
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
Banana Pepper	1 oz	6	0	309	1.10	0.00	22.05	0	9.92	0.00	0.00	1.10	0.00	0.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	0.00	0.00
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01
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

PURPLE FRIDAY	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
Pancake, WG	2 ea	130	5	250	3.00	1.08	60.00	0	0.00	6.00	4.00	24.00	2.00	0.00
Sausage, Pork Patty	1 ea	121	26	172	0.00	0.00	16.00	56	0.00	0.00	6.00	1.00	10.00	3.70
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tri-Taters	2 ea	219	0	628	1.99	1.08	0.00	0	0.00	0.00	2.99	30.90	8.97	1.50
Pre-k Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
Juice, Apple Cup	1 ea	60	0	15	0.00	0.00	0.00	65	0.00	13.00	1.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	50	0	15	0.00	0.00	0.00	50	30.00	10.00	1.00	13.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
Syrup, Pancake	1 PKT	109	0	20	0.00	0.00	0.00	0	0.00	21.83	0.00	28.77	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

GREEN MONDAY	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, Rippers Cheese	Slice	341	35	602	2.01	3.61	301.06	401	3.61	2.01	23.08	32.11	13.05	4.01
Pizza, Rippers Pepperoni	Slice	271	30	572	4.01	0.72	200.70	401	3.61	3.01	18.06	27.10	10.04	4.01
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peas, Steamed 1/2 cup	1/2 cup	95	5	103	4.29	1.46	20.96	2025	17.15	*4.76	4.97	14.11	2.16	1.20
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Pineapple, Tidbit	1/2 cup	73	0	0	1.04	0.38	0.00	0	12.53	15.66	1.04	16.71	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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
Hot Sauce Pkt	1 pkt	2	0	120	0.10	0.00	0.00	0	0.00	0.08	5.00	0.23	0.00	0.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	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
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
Banana Pepper	1 oz	6	0	309	1.10	0.00	22.05	0	9.92	0.00	0.00	1.10	0.00	0.00

GREEN TUESDAY	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
Cereal, Cinnamon Taosters	Bowl	239	0	269	2.98	8.95	198.94	0	0.00	18.90	2.98	43.77	6.96	0.50
Cereal, Frosted Flakes	Bowl	220	0	270	1.00	7.20	0.00	200	0.00	21.00	3.00	51.00	0.00	0.00
Cereal, Frosted Mini Wheat	Bowl	210	0	210	20.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	5.00	47.00	1.00	1.00
Cereal, Honey Graham Toas	Bowl	230	0	490	3.00	8.10	200.00	0	0.00	19.00	3.00	43.00	6.00	0.50
Cereal, Honey Scooters	Bowl	220	0	390	4.00	9.00	200.00	0	0.00	17.00	5.00	46.00	2.50	0.00
Cereal, Marshmallow Mateys	Bowl	105	0	190	1.50	3.15	125.00	0	0.00	11.50	2.00	23.50	1.00	0.00
Danimals Crush Cup, Strawb	1 ea	70	5	60	0.00	0.00	150.00	0	0.00	10.00	4.00	14.00	0.00	0.00
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tri-Taters	2 ea	219	0	628	1.99	1.08	0.00	0	0.00	0.00	2.99	30.90	8.97	1.50
Pre-k Broccoli,raw 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	1.00	0.00	0.00	0	0.00	19.98	0.00	22.98	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38

GREEN WEDNESDAY	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
Chicken Sand Spicy	1 ea	361	35	411	4.01	3.25	80.11	0	0.00	5.01	21.08	41.08	12.05	2.01
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mashed Potatoes	1/2 cup	73	0	358	1.05	0.31	13.37	0	0.00	0.00	2.09	14.63	1.05	0.00
Pre-k Cucumber Slices 1/4 C	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
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	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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
Chicken Gravy	2 oz	21	0	151	0.00	0.00	1.78	0	0.00	1.06	0.00	3.19	0.53	0.00

GREEN THURSDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Rotini Pasta with Meat Sauce	7.44 oz	317	54	611	4.03	3.02	55.44	618	23.19	8.06	18.15	24.19	16.13	6.25
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
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Green Beans 1/2 C	1/2 cup	37	3	302	2.11	0.00	21.55	253	3.96	*2.19	0.02	5.19	1.24	0.79
Pre-K Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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

GREEN FRIDAY	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
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baked Beans (Bush's)	1/2 cup	151	0	594	5.40	1.95	43.21	65	0.00	12.96	6.48	31.33	1.08	0.00
Pre-k Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
Juice, Apple Cup	1 ea	60	0	15	0.00	0.00	0.00	65	0.00	13.00	1.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	50	0	15	0.00	0.00	0.00	50	30.00	10.00	1.00	13.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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
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
BBQ Sauce Cups	1 ea	57	0	23	0.00	0.00	0.00	162	2.92	12.15	0.00	12.96	0.00	0.00
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
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

RED MONDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken 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
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	9	0	3	0.61	0.14	5.10	425	6.99	1.34	0.45	1.98	0.10	0.01
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Applesauce	1/2 cup	90	0	10	1.00	0.00	0.00	0	0.00	19.98	0.00	22.98	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.36	0.00	101	2.41	12.07	0.00	15.09	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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
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
BBQ Sauce Cups	1 ea	57	0	23	0.00	0.00	0.00	162	2.92	12.15	0.00	12.96	0.00	0.00

RED TUESDAY	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
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
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BBQ Baked Beans (Bush's)	1/2 cup	168	0	664	5.40	2.03	57.75	84	0.00	16.84	6.48	35.69	1.08	0.00
Pre-k Broccoli,raw 1/4 C	1/4 cup	6	0	5	0.42	0.12	7.61	101	14.45	0.28	0.46	1.08	0.06	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
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

RED WEDNESDAY	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
French Toast Sticks, WG	3 sticks	260	10	290	2.00	0.72	20.00	0	0.00	14.00	6.00	42.00	8.00	1.00
Sausage, Pork Patty	1 ea	121	26	172	0.00	0.00	16.00	56	0.00	0.00	6.00	1.00	10.00	3.70
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	710	2.00	2.16	440.00	400	24.00	4.00	20.00	28.00	14.00	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Home Fries	3.2 OZ	117	0	470	1.07	0.38	0.00	0	0.00	1.07	2.13	21.35	4.27	0.53
Pre-k Cucumber Slices 1/4 C	1/4 Cup	6	0	1	0.18	0.10	5.90	39	1.03	0.62	0.24	1.34	0.04	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	110	10	130	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, 1/2 Pint 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
Syrup, Pancake	1 PKT	109	0	20	0.00	0.00	0.00	0	0.00	21.83	0.00	28.77	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

RED THURSDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 5" Cheese	1 each	348	35	765	2.98	1.79	347.51	496	11.92	2.98	19.86	32.77	14.89	7.94
Pizza, 5" Pepperoni	1 each	350	35	770	3.00	1.80	350.00	500	12.00	3.00	20.00	33.00	15.00	8.00
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
Fruit and Yogurt Parfait - Ele	Parfait cup	359	23	303	2.19	*0.25	*329.15	*766	*8.71	*33.64	13.25	54.61	9.74	4.80
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli, Steamed	1/2 cup	41	3	23	2.87	0.58	48.28	989	37.90	*0.00	2.93	6.25	1.03	0.61
Pre-K Baby Carrots 1/4 cup	1/4 cup	13	0	28	1.05	0.32	11.61	5004	0.94	1.73	0.23	2.99	0.05	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Raisins	1 box	129	0	5	1.59	0.81	21.50	0	0.99	25.45	1.32	34.05	0.20	0.02
Craisins	1 packet	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Mandarin Oranges	1/2 cup	93	0	0	1.16	0.00	23.27	349	6.98	23.27	1.16	24.43	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38

RED FRIDAY	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Soft Tacos	2 ea	258	54	567	2.17	1.84	120.00	0	0.00	2.00	18.53	30.34	7.29	2.38
PB&J Sandwich	1 EA	635	0	427	6.11	3.64	40.00	115	0.00	31.14	20.39	65.51	34.89	5.14
PROTEIN PACK SUNFLOW	PACK	287	15	375	3.13	1.13	200.86	200	0.00	0.04	9.26	30.26	14.60	4.59
Bagel & Yogurt w/ Cheese St	1 ea	270	20	430	3.00	2.70	390.00	200	0.00	13.00	15.00	38.00	7.00	3.50
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
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
Pre-k Celery Sticks 1/4 cup	3 sticks	5	0	26	0.52	0.06	12.96	145	1.00	0.43	0.22	0.96	0.06	0.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	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
Carrot and Celery Sticks	6 sticks	11	0	24	0.78	0.09	11.73	3562	1.61	1.16	0.28	2.37	0.07	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
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
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
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	31	1.19	1.09	40.82	3447	10.78	0.83	1.31	2.30	0.18	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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	3.00	0.36	80.00	200	60.00	16.00	0.00	19.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	15	0.00	0.00	0.00	65	0.00	13.00	1.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	50	0	15	0.00	0.00	0.00	50	30.00	10.00	1.00	13.00	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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 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
Peanut Butter, PC	1 ea	121	0	86	1.01	0.36	20.25	0	0.00	2.03	4.05	6.07	10.12	1.52
Cream Cheese 100/.75 oz	1 ea	50	15	80	0.00	0.00	20.00	200	0.00	1.00	1.00	2.00	5.00	3.00
Dressing, Asst 12g	1 pkg	35	1	109	0.00	0.00	0.00	3	0.00	1.29	0.00	1.29	3.21	0.38
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	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
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
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	192	0.00	0.00	151.87	0	0.00	0.00	7.09	1.01	10.12	6.08

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.