



# Zionsville Middle School Menu

## Second Semester 2018-2019



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

**Breakfast Served Daily: ZMS 8:25 - 8:40**

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

All meals must include at least 1 Fruit or Vegetable

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| 4   | 5   | 6  | 7   | 8   |
| Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>• 4X6 Pizza<sup>MW</sup></li> <li>• Boneless Buffalo Wings<sup>SW</sup> w/Whole Grain Soft Pretzel Stick<sup>W</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>• California Blend<sup>M</sup> w/Cheese Sauce</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Peaches</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</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>• Spicy Chicken Sandwich<sup>SW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></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>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Mandarin Oranges</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>• 100% Fruit Juice</li> <li>• Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>• Country Baked Steak<sup>SW</sup> w/Whole Grain Dinner Roll<sup>W</sup></li> <li>• Z'Rib<sup>*MSW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>• Mashed Potatoes<sup>MS</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Pears</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</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>• Rotini in Meat Sauce<sup>EW</sup> w/ Whole Grain NY Garlic Bread<sup>MSW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>• Green Beans w/Ham<sup>*M</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Applesauce</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>• Chicken Nuggets<sup>SW</sup> w/Whole Grain Breadstick<sup>W</sup></li> <li>• Corn Dog<sup>MESW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>• Baked Beans</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Fruit Cocktail</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul> |
| 11  | 12  | 13   | 14  | 15  |
| Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>• Deep Dish Pizza<sup>*MW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</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 Peas<sup>M</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Mixed Greens Salad</li> <li>• Salsa Cups</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Peaches</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</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>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Chef Salad<sup>*MEW</sup></li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>• BBQ Baked Beans</li> <li>• Assorted Fresh Vegetables</li> <li>• Mixed Greens Salad</li> <li>• Salsa Cups</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>• 100% Fruit Juice</li> <li>• Milk Variety<sup>M</sup></li> </ul>  | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>• Cheese Stuffed Breadsticks</li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Chef Salad<sup>*MEW</sup></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>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Strawberry Cups</li> <li>• Fruit Cocktail</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</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>• Whole Grain Pancakes<sup>MESW</sup> OR French Toast<sup>MESW</sup> w/Sausage Patty*</li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME</sup> GF</li> <li>• Chef Salad<sup>*MEW</sup></li> </ul> Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> <li>• Tri-Taters</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Applesauce</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>• Cheeseburger<sup>MW</sup></li> <li>• Hamburger<sup>W</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</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>• Roasted Sweet and Russet Potatoes<sup>W</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> Choice of 1 Fruit: <ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul>  |
|   |   |  |   | ~Presidents Cookie with Meal~   |

|   |   |  |   |  |
|---|---|--|---|--|
| <p style="text-align: center;">18</p>    | <p style="text-align: center;">19</p>    | <p style="text-align: center;">20</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• General Tso's Chicken<sup>MSW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Chef Salad<sup>*MEW</sup></li> <li>• Protein Pack<sup>ME GF</sup></li> <li>• Turkey and Cheese Sub Sandwich<sup>MW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Steamed Broccoli<sup>M</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Pears</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</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> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Chicken Tenders<sup>SW</sup> w/Whole Grain Dinner Roll<sup>W</sup></li> <li>• Grilled Cheese</li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Chef Salad<sup>*MEW</sup></li> <li>• Protein Pack<sup>ME GF</sup></li> <li>• Ham and Cheese Sub Sandwich<sup>*MW</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>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</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;">22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Walking Tacos<sup>SM</sup></li> <li>• Cheese Quesadilla<sup>MSW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Chef Salad<sup>*MEW</sup></li> <li>• Protein Pack<sup>ME GF</sup></li> <li>• Asst. Sub Sandwich<sup>MW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Refried Beans</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Fruit Cocktail</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</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>• 4X6 Pizza<sup>MW</sup></li> <li>• Boneless Buffalo Wings<sup>SW</sup> w/Whole Grain Soft Pretzel Stick<sup>W</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</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>• California Blend<sup>M</sup> w/Cheese Sauce</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Peaches</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</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;">26</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>• Breaded Chicken Sandwich<sup>SW</sup></li> <li>• Spicy Chicken Sandwich<sup>SW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME GF</sup></li> <li>• Fruit and Yogurt Parfait<sup>MSW</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>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</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 style="text-align: center;">27</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>W</sup></li> <li>• Z'Rib<sup>*MSW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME GF</sup></li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Mashed Potatoes<sup>MS</sup></li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Pears</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</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>• Rotini in Meat Sauce<sup>EW</sup> w/ Whole Grain NY Garlic Bread<sup>MSW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME GF</sup></li> <li>• Fruit and Yogurt Parfait<sup>MSW</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>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</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>• Chicken Nuggets<sup>SW</sup> w/Whole Grain Breadstick<sup>W</sup></li> <li>• Corn Dog<sup>MESW</sup></li> <li>• PB&amp;J Uncrustable<sup>PW</sup></li> <li>• Bagel/Yogurt<sup>MPW</sup></li> <li>• Protein Pack<sup>ME GF</sup></li> <li>• Fruit and Yogurt Parfait<sup>MSW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Baked Beans</li> <li>• Assorted Fresh Vegetables</li> <li>• Salsa Cups</li> <li>• Mixed Greens Salad</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Fruit Cocktail</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul>   |

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

Zionsville Middle School

Kristin Sauer

317.873.2426 x13974

### Pricing

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

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

### Legend:

|  |                         |
|--|-------------------------|
| W – Contains Wheat   | 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) |                         |

## Vegetable News

### Attn: Students

Fresh vegetables are always available for sale during lunch.

Hot Vegetables are available with purchase of a meal only.

2-01-19

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on the SchoolPay folder!  
Visit the ZCS Lunch Menu web page and click on meal assistance where you will find information and an application.

| Mon - 02/04/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Pizza, 4x6 Cheese             | 1 Each          | 310  | 30        | 360     | 3.00    | 2.70    | 450.00   | 500      | 9.00     | 6.00     | 22.00   | 30.00  | 12.00   | 6.00    |
| Pizza, 4x6 Pepperoni          | 1 Each          | 350  | 40        | 580     | 3.00    | 2.70    | 350.00   | 400      | 9.00     | 6.00     | 22.00   | 29.00  | 17.00   | 7.00    |
| Chicken, Wings, Boneless H    | 5 each          | 203  | 46        | 346     | 1.02    | 1.46    | 0.00     | 5        | 0.00     | 1.02     | 19.31   | 10.16  | 10.16   | 2.03    |
| Pretzel Rods, WG 1oz          | 1 each          | 70   | 0         | 40      | 1.00    | 0.72    | 0.04     | 0        | 0.00     | 0.00     | 2.00    | 14.00  | 0.50    | 0.00    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00   | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Cali Blend and Cheese Sauc    | 1/2 cup         | 64   | 7         | 154     | 2.10    | 0.09    | 99.43    | 866      | 22.05    | *2.10    | 2.83    | 6.88   | 2.00    | 1.33    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00     | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Peaches, Diced                | 1/2 CUP         | 68   | 0         | 6       | 1.14    | 0.41    | 0.00     | 342      | 4.10     | 14.82    | 0.00    | 15.96  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00   | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00   | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40     | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00     | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| Dressing, Blue Cheese         | ounce           | 156  | 0         | 313     | 0.00    | 0.00    | 0.00     | 5        | 0.00     | 0.98     | 0.98    | 12.71  | 15.64   | 3.42    |

| Tue - 02/05/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Chicken Sand Spicy            | 1 ea            | 329  | 0         | 409     | 2.00    | 2.80    | 76.00    | 155      | 0.00     | 4.00     | 18.60   | 36.50  | 12.00   | 1.60    |
| Chicken Sandwich Breaded      | 1 ea            | 334  | 33        | 588     | 4.00    | 3.80    | 80.00    | 80       | 87.00    | 4.00     | 21.00   | 40.00  | 10.00   | 2.00    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Fruit and Yogurt Parfait MS   | Parfait cup     | 391  | 15        | 167     | 2.49    | *0.43   | *256.00  | *1064    | *3.30    | *48.93   | 11.24   | 75.36  | 5.23    | 2.30    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00   | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| 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    |
| 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    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00     | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Mandarin Oranges              | 1/2 cup         | 93   | 0         | 0       | 1.16    | 0.00    | 23.27    | 349      | 6.98     | 23.27    | 1.16    | 24.43  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00   | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00   | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40     | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00     | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| Salsa                         | 2 oz            | 20   | 0         | 141     | 0.00    | 2.17    | 0.00     | 0        | 0.00     | 2.01     | 0.00    | 4.03   | 0.00    | 0.00    |
| Sour Cream, pkt               | 1 ea            | 60   | 20        | 50      | 0.00    | 0.00    | 40.00    | 200      | 0.00     | 2.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Lettuce, Shredded             | 1/2 CUP         | 4    | 0         | 3       | 0.38    | 0.13    | 5.67     | 158      | 0.88     | 0.62     | 0.28    | 0.94   | 0.04    | 0.01    |
| Jalepeno Pepper Slices        | 1 OZ            | 0    | 0         | 494     | 0.00    | 0.00    | 0.00     | 97       | 3.48     | 0.97     | 0.00    | 0.97   | 0.00    | 0.00    |
| Olives, Ripe, Sliced          | 1 oz            | 45   | 0         | 223     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.00     | 0.00    | 1.78   | 4.45    | 0.00    |

| Wed - 02/06/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Country Baked Steak           | 1 ea            | 300  | 65        | 530     | 2.00    | 1.80    | 20.00    | 0        | 0.00     | 0.00     | 16.00   | 16.00  | 18.00   | 6.00    |
| Roll, Whole Grain Dinner      | 1 ea            | 90   | 0         | 135     | 2.00    | 1.08    | 40.00    | 0        | 0.00     | 2.00     | 3.00    | 17.00  | 1.00    | 0.00    |
| Z'rib Sandwich                | 1 EA            | 360  | 45        | 910     | 3.00    | 2.88    | 80.00    | 300      | 1.20     | 13.00    | 18.00   | 39.00  | 14.00   | 5.00    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Fruit and Yogurt Parfait MS   | Parfait cup     | 391  | 15        | 167     | 2.49    | *0.43   | *256.00  | *1064    | *3.30    | *48.93   | 11.24   | 75.36  | 5.23    | 2.30    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00   | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Mashed Potatoes               | 1/2 cup         | 73   | 0         | 359     | 1.05    | 0.31    | 13.55    | 0        | 0.00     | 0.00     | 2.09    | 14.63  | 1.05    | 0.00    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00     | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| 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 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Country Gravy                 | 2 oz            | 33   | 0         | 245     | 0.00    | 0.00    | 1.78     | 0        | 0.00     | 0.00     | 0.00    | 5.54   | 1.11    | 1.11    |
| Butter, Whipped Cup           | 1 ea            | 33   | 10        | 30      | 0.00    | 0.00    | 0.00     | 133      | 0.00     | 0.00     | 0.00    | 0.00   | 3.67    | 2.33    |

| Thu - 02/07/2019              | 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| Rotini Pasta with Meat Sauce  | 8 oz            | 338  | 58        | 652     | 4.30    | 3.23    | 59.14   | 659      | 24.73    | 8.60     | 19.35   | 25.81  | 17.20   | 6.67    |
| NY Garlic Toast               | 1 EA            | 100  | 0         | 180     | 1.00    | 0.72    | 0.00    | 0        | 0.00     | 1.00     | 3.00    | 14.00  | 3.50    | 1.50    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00   | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00  | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Fruit and Yogurt Parfait MS   | Parfait cup     | 391  | 15        | 167     | 2.49    | *0.43   | *256.00 | *1064    | *3.30    | *48.93   | 11.24   | 75.36  | 5.23    | 2.30    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00  | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Green Beans w/Ham             | 1/2 cup         | 63   | 7         | 17      | 2.14    | 0.71    | 35.62   | 508      | 10.94    | *2.10    | 1.93    | 8.09   | 2.40    | 1.40    |
| Relish Boat                   | 1 svg           | 14   | 0         | 118     | 0.97    | 0.26    | 18.53   | 365      | 4.74     | 1.77     | 0.67    | 3.03   | 0.14    | 0.03    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22   | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92   | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31   | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79   | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23   | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89   | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20   | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04   | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00    | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31   | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00    | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40   | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90    | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50   | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00    | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Applesauce                    | 1/2 cup         | 90   | 0         | 10      | 2.00    | 0.00    | 0.00    | 0        | 0.00     | 17.98    | 0.00    | 21.98  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00  | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00  | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40    | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00    | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00   | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00    | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Cheese, Pamesan pkt           | 1 pkt           | 13   | 4         | 57      | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 0.00     | 0.88    | 0.00   | 0.88    | 0.00    |

| Fri - 02/08/2019              | 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Chicken Nuggets               | 5 ea            | 184  | 33        | 380     | 2.00    | 2.00    | 20.00    | 79       | 87.00    | 0.00     | 15.00   | 13.00  | 8.00    | 2.00    |
| Breadstick                    | 1 ea            | 59   | 0         | 69      | 0.98    | 0.71    | 19.63    | 0        | 0.00     | 0.00     | 1.96    | 12.76  | 0.49    | 0.00    |
| Corn Dog                      | 1 ea            | 281  | 40        | 662     | 2.01    | 1.81    | 60.21    | 100      | 9.03     | 9.03     | 9.03    | 31.11  | 13.05   | 3.51    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Fruit and Yogurt Parfait MS   | Parfait cup     | 391  | 15        | 167     | 2.49    | *0.43   | *256.00  | *1064    | *3.30    | *48.93   | 11.24   | 75.36  | 5.23    | 2.30    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00   | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Baked Beans (HS, MS')         | 1/2 cup         | 127  | 0         | 186     | 5.13    | 1.12    | 43.65    | 27       | 0.62     | 8.44     | 7.17    | 24.22  | 1.01    | 0.00    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00     | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| 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    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00     | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| BBQ Sauce Cups                | 1 ea            | 57   | 0         | 23      | 0.00    | 0.00    | 0.00     | 162      | 2.92     | 12.15    | 0.00    | 12.96  | 0.00    | 0.00    |
| Honey                         | 1 ea            | 43   | 0         | 1       | 0.03    | 0.06    | 0.84     | 0        | 0.07     | 11.50    | 0.04    | 11.54  | 0.00    | 0.00    |
| Honey Mustard Dipping Cup     | 1 ea            | 70   | 10        | 220     | 0.00    | 0.36    | 0.00     | 1500     | 0.00     | 2.00     | 0.00    | 5.00   | 6.00    | 1.00    |

| Mon - 02/11/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calc | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| Pizza, 5" Cheese              | 1 each          | 348  | 35        | 765     | 2.98    | 1.79    | 347.51  | 496      | 11.92    | 2.98     | 19.86   | 32.77  | 14.89   | 7.94    |
| Pizza, 5" Pepperoni           | 1 each          | 350  | 35        | 770     | 3.00    | 1.80    | 350.00  | 500      | 12.00    | 3.00     | 20.00   | 33.00  | 15.00   | 8.00    |
| Coney Dog                     | 1 ea            | 388  | 50        | 672     | 2.72    | 2.65    | 143.88  | 156      | 0.63     | *9.89    | 14.63   | 28.55  | 23.32   | 10.44   |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00   | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00  | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00  | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Peas, Steamed 1/2 cup         | 1/2 cup         | 95   | 5         | 103     | 4.29    | 1.46    | 20.96   | 2025     | 17.15    | *4.76    | 4.97    | 14.11  | 2.16    | 1.20    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22   | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92   | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31   | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79   | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23   | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89   | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20   | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04   | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00    | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31   | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00    | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40   | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90    | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50   | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00    | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| 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 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00    | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00   | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00    | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00    | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00    | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| Cheese, Shredded Blend        | 1 oz            | 96   | 23        | 177     | 0.51    | 0.09    | 177.18  | 127      | 0.00     | 0.00     | 7.09    | 1.01   | 7.09    | 4.56    |
| Onion, Red                    | 1 OZ            | 15   | 0         | 2       | 0.64    | 0.08    | 8.69    | 1        | 2.80     | *N/A*    | 0.42    | 3.53   | 0.04    | 0.02    |
| Pickle Relish, pkt            | 1 pkt           | 15   | 0         | 75      | 0.00    | 0.00    | 0.00    | 15       | 0.00     | 3.00     | 0.00    | 3.00   | 0.00    | 0.00    |



| Tue - 02/12/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Chicken Gyro                  | 1 each          | 287  | 53        | 609     | 3.18    | 2.07    | 121.01   | 261      | 2.12     | *2.60    | 16.32   | 28.32  | 11.53   | 4.89    |
| Pork Tenderloin Sandwich      | 1 ea            | 453  | 109       | 682     | 5.63    | 3.98    | 108.41   | 121      | 0.00     | 5.21     | 24.15   | 45.15  | 18.94   | 4.24    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Chef Salad w/Ham              | 1 ea            | 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    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00     | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Mandarin Oranges              | 1/2 cup         | 93   | 0         | 0       | 1.16    | 0.00    | 23.27    | 349      | 6.98     | 23.27    | 1.16    | 24.43  | 0.00    | 0.00    |
| 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    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00   | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00   | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40     | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00     | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| Tzatziki Sauce                | 1 oz            | 51   | 0         | 71      | 0.00    | 0.00    | 40.50    | 0        | 0.00     | 1.01     | 1.01    | 2.03   | 4.05    | 3.54    |
| Lettuce, Shredded             | 1/2 CUP         | 4    | 0         | 3       | 0.38    | 0.13    | 5.67     | 158      | 0.88     | 0.62     | 0.28    | 0.94   | 0.04    | 0.01    |
| Tomato Slices                 | 1 Slice         | 5    | 0         | 1       | 0.34    | 0.08    | 2.83     | 236      | 3.88     | 0.75     | 0.25    | 1.10   | 0.06    | 0.01    |
| Onion, Red                    | 1 OZ            | 15   | 0         | 2       | 0.64    | 0.08    | 8.69     | 1        | 2.80     | *N/A*    | 0.42    | 3.53   | 0.04    | 0.02    |

| Wed - 02/13/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calc | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| Chicken Fried                 | 1 piece         | 215  | 41        | 382     | 1.00    | 1.00    | 12.00   | 78       | 1.00     | 0.00     | 12.00   | 11.00  | 13.00   | 3.00    |
| Pizza, Chs Stfd Breadstick -  | 2 sticks        | 300  | 30        | 480     | 3.00    | 1.80    | 400.00  | 200      | 0.00     | 5.00     | 20.00   | 30.00  | 11.00   | 6.00    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00   | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00  | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Chef Salad w/Ham              | 1 ea            | 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    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22   | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92   | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31   | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79   | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23   | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89   | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20   | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04   | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00    | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31   | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00    | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40   | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90    | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50   | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00    | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Strawberries, Frozen Cup      | 1 EA            | 90   | 0         | 0       | 2.00    | 0.36    | 0.00    | 0        | 48.00    | 18.00    | 1.00    | 21.99  | 0.00    | 0.00    |
| Fruit Cocktail                | 1/2 cup         | 60   | 0         | 5       | 1.01    | 0.36    | 0.00    | 101      | 2.41     | 12.07    | 0.00    | 15.09  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00  | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00  | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40    | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00    | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00   | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00    | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00    | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00    | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| Country Gravy                 | 2 oz            | 33   | 0         | 245     | 0.00    | 0.00    | 1.78    | 0        | 0.00     | 0.00     | 0.00    | 5.54   | 1.11    | 1.11    |
| Marinara Sauce Cups           | PC              | 15   | 0         | 120     | 1.00    | 0.36    | 0.00    | 100      | 1.20     | 2.00     | 0.00    | 3.00   | 0.00    | 0.00    |
| Butter, Whipped Cup           | 1 ea            | 33   | 10        | 30      | 0.00    | 0.00    | 0.00    | 133      | 0.00     | 0.00     | 0.00    | 0.00   | 3.67    | 2.33    |

| Thu - 02/14/2019              | 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 |
|-------------------------------|-----------------|-------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| French Toast Sticks, WG       | 3 sticks        | 270   | 10        | 290     | 2.00    | 1.08    | 60.00   | 0        | 0.00     | 11.00    | 7.00    | 43.00  | 8.00    | 1.00    |
| Sausage, Pork Patty           | 1 ea            | 121   | 26        | 172     | 0.00    | 0.00    | 16.00   | 56       | 0.00     | 0.00     | 6.00    | 1.00   | 10.00   | 3.70    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600   | 0         | 540     | 7.00    | 2.70    | 60.00   | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270   | 20        | 430     | 3.00    | 2.70    | 390.00  | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Chef Salad w/Ham              | 1 ea            | 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    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25    | 0         | 57      | 2.10    | 0.65    | 23.22   | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10    | 0         | 52      | 1.04    | 0.13    | 25.92   | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14    | 0         | 21      | 0.98    | 0.19    | 15.31   | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11    | 0         | 1       | 0.37    | 0.21    | 11.79   | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11    | 0         | 11      | 0.84    | 0.24    | 15.23   | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12    | 0         | 15      | 0.99    | 0.21    | 10.89   | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18    | 0         | 5       | 1.22    | 0.28    | 10.20   | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11    | 0         | 12      | 0.87    | 0.22    | 13.04   | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30    | 0         | 207     | 0.00    | 3.20    | 0.00    | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13    | 0         | 6       | 1.27    | 0.46    | 25.31   | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39    | 0         | 81      | 2.60    | 0.00    | 0.00    | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45    | 0         | 0       | 2.30    | 0.10    | 38.40   | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105   | 0         | 1       | 3.07    | 0.31    | 5.90    | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129   | 0         | 5       | 1.59    | 0.81    | 21.50   | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110   | 0         | 0       | 3.00    | 0.00    | 0.00    | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| 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 12g            | 1 pkg           | *N/A* | *N/A*     | *N/A*   | *N/A*   | *N/A*   | *N/A*   | *N/A*    | *N/A*    | *N/A*    | *N/A*   | *N/A*  | *N/A*   | *N/A*   |
| Cream Cheese 100/.75 oz       | 1 ea            | 35    | 1         | 141     | 0.00    | 0.00    | 0.00    | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Peanut Butter                 | 4 tbsp          | 50    | 15        | 80      | 0.00    | 0.00    | 20.00   | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Syrup, Pancake                | 1 PKT           | 374   | 0         | 266     | 3.94    | 1.42    | 0.00    | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Ketchup, Packets              | 1 ea            | 109   | 0         | 20      | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 21.83    | 0.00    | 28.77  | 0.00    | 0.00    |
|                               |                 | 10    | 0         | 25      | 0.00    | 0.00    | 0.00    | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |

| Fri - 02/15/2019              | 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Cheeseburger                  | 1 ea            | 353  | 59        | 452     | 2.00    | 3.27    | 160.00   | 171      | 6.00     | 4.50     | 23.79   | 28.00  | 16.23   | 6.34    |
| Hamburger w/bun               | 1 ea            | 313  | 51        | 312     | 2.00    | 3.27    | 60.00    | 71       | 0.00     | 4.00     | 20.29   | 27.00  | 13.23   | 4.59    |
| Corn Dog Nuggets              | 6 ea            | 273  | 40        | 415     | 5.06    | 1.82    | 151.87   | 25       | 0.00     | 5.06     | 10.13   | 30.37  | 12.15   | 3.54    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Chef Salad w/Ham              | 1 ea            | 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    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00     | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| 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    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00   | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00   | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40     | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00     | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |

| Wed - 02/20/2019              | 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    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00   | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00  | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Turkey Sub                    | 1 ea            | 281  | 48        | 846     | 2.00    | 2.17    | 160.00  | 100      | 6.00     | 4.50     | 26.75   | 28.00  | 6.27    | 2.76    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00  | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Broccoli, Steamed             | 1/2 cup         | 47   | 5         | 23      | 2.87    | 0.58    | 48.28   | 1023     | 37.90    | *0.00    | 2.93    | 5.80   | 1.96    | 1.20    |
| Relish Boat                   | 1 svg           | 14   | 0         | 118     | 0.97    | 0.26    | 18.53   | 365      | 4.74     | 1.77     | 0.67    | 3.03   | 0.14    | 0.03    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22   | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92   | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31   | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79   | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23   | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89   | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20   | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04   | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00    | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31   | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00    | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40   | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90    | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50   | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00    | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Pears, Sliced                 | 1/2 cup         | 67   | 0         | 6       | 2.22    | 0.40    | 22.24   | 0        | 2.67     | 12.23    | 0.00    | 16.68  | 0.00    | 0.00    |
| Peaches, Diced                | 1/2 CUP         | 68   | 0         | 6       | 1.14    | 0.41    | 0.00    | 342      | 4.10     | 14.82    | 0.00    | 15.96  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00  | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00  | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40    | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00    | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00   | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00    | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00    | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00    | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |

| Thu - 02/21/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Chicken Tenders               | 3 ea            | 211  | 36        | 424     | 2.00    | 2.00    | 25.00    | 169      | 101.00   | 0.00     | 15.00   | 13.00  | 11.00   | 2.00    |
| Roll, Whole Grain Dinner      | 1 ea            | 90   | 0         | 135     | 2.00    | 1.08    | 40.00    | 0        | 0.00     | 2.00     | 3.00    | 17.00  | 1.00    | 0.00    |
| Grilled Cheese Sandwich       | 1 ea            | 300  | 30        | 710     | 2.00    | 2.16    | 440.00   | 400      | 24.00    | 4.00     | 20.00   | 28.00  | 14.00   | 7.00    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Ham and Cheese Sub            | 1 ea            | 300  | 68        | 870     | 2.00    | 2.52    | 160.00   | 100      | 7.20     | 4.50     | 22.50   | 29.00  | 10.00   | 3.75    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00   | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Corn, Steamed 1/2 C           | 1/2 cup         | 92   | 4         | 2       | 1.73    | 0.35    | 3.30     | 220      | 5.28     | *2.06    | 2.49    | 18.11  | 2.26    | 1.13    |
| Relish Boat                   | 1 svg           | 14   | 0         | 118     | 0.97    | 0.26    | 18.53    | 365      | 4.74     | 1.77     | 0.67    | 3.03   | 0.14    | 0.03    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa                         | 2 oz            | 20   | 0         | 141     | 0.00    | 2.17    | 0.00     | 0        | 0.00     | 2.01     | 0.00    | 4.03   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Applesauce                    | 1/2 cup         | 90   | 0         | 10      | 2.00    | 0.00    | 0.00     | 0        | 0.00     | 17.98    | 0.00    | 21.98  | 0.00    | 0.00    |
| Fruit Cocktail                | 1/2 cup         | 60   | 0         | 5       | 1.01    | 0.36    | 0.00     | 101      | 2.41     | 12.07    | 0.00    | 15.09  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00   | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00   | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40     | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00     | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| BBQ Sauce Cups                | 1 ea            | 57   | 0         | 23      | 0.00    | 0.00    | 0.00     | 162      | 2.92     | 12.15    | 0.00    | 12.96  | 0.00    | 0.00    |
| Honey                         | 1 ea            | 43   | 0         | 1       | 0.03    | 0.06    | 0.84     | 0        | 0.07     | 11.50    | 0.04    | 11.54  | 0.00    | 0.00    |
| Honey Mustard Dipping Cup     | 1 ea            | 70   | 10        | 220     | 0.00    | 0.36    | 0.00     | 1500     | 0.00     | 2.00     | 0.00    | 5.00   | 6.00    | 1.00    |
| Butter, Whipped Cup           | 1 ea            | 33   | 10        | 30      | 0.00    | 0.00    | 0.00     | 133      | 0.00     | 0.00     | 0.00    | 0.00   | 3.67    | 2.33    |

| Fri - 02/22/2019              | 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| Walking Taco                  | 1 EA            | 311  | 35        | 592     | 5.00    | 3.08    | 61.00   | 645      | 5.00     | 3.00     | 16.00   | 33.00  | 14.00   | 3.30    |
| Pizza, Cheese Quesadilla      | 1 slice         | 322  | 10        | 816     | 4.03    | 0.00    | 151.02  | 302      | 0.00     | 3.02     | 15.10   | 39.27  | 12.08   | 3.02    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00   | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00  | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Turkey Sub                    | 1 ea            | 281  | 48        | 846     | 2.00    | 2.17    | 160.00  | 100      | 6.00     | 4.50     | 26.75   | 28.00  | 6.27    | 2.76    |
| Ham and Cheese Sub            | 1 ea            | 300  | 68        | 870     | 2.00    | 2.52    | 160.00  | 100      | 7.20     | 4.50     | 22.50   | 29.00  | 10.00   | 3.75    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00  | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Refried Beans                 | 1/2 cup         | 70   | 8         | 99      | 2.74    | 0.82    | 66.03   | 63       | 0.22     | 0.19     | 4.26    | 7.84   | 2.40    | 1.52    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22   | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92   | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31   | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79   | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23   | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89   | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20   | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04   | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00    | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31   | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00    | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40   | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90    | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50   | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00    | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Mandarin Oranges              | 1/2 cup         | 93   | 0         | 0       | 1.16    | 0.00    | 23.27   | 349      | 6.98     | 23.27    | 1.16    | 24.43  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00  | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00  | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40    | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00    | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00   | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbs           | 374  | 0         | 266     | 3.94    | 1.42    | 0.00    | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Lettuce, Shredded             | 1/2 CUP         | 4    | 0         | 3       | 0.38    | 0.13    | 5.67    | 158      | 0.88     | 0.62     | 0.28    | 0.94   | 0.04    | 0.01    |
| Cheese, Shredded Blend        | 1 oz            | 96   | 23        | 177     | 0.51    | 0.09    | 177.18  | 127      | 0.00     | 0.00     | 7.09    | 1.01   | 7.09    | 4.56    |
| Salsa                         | 2 oz            | 20   | 0         | 141     | 0.00    | 2.17    | 0.00    | 0        | 0.00     | 2.01     | 0.00    | 4.03   | 0.00    | 0.00    |
| Sour Cream, pkt               | 1 ea            | 60   | 20        | 50      | 0.00    | 0.00    | 40.00   | 200      | 0.00     | 2.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Jalepeno Pepper Slices        | 1 OZ            | 0    | 0         | 494     | 0.00    | 0.00    | 0.00    | 97       | 3.48     | 0.97     | 0.00    | 0.97   | 0.00    | 0.00    |
| Olives, Ripe, Sliced          | 1 oz            | 45   | 0         | 223     | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 0.00     | 0.00    | 1.78   | 4.45    | 0.00    |

| Mon - 02/25/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Pizza, 4x6 Cheese             | 1 Each          | 310  | 30        | 360     | 3.00    | 2.70    | 450.00   | 500      | 9.00     | 6.00     | 22.00   | 30.00  | 12.00   | 6.00    |
| Pizza, 4x6 Pepperoni          | 1 Each          | 350  | 40        | 580     | 3.00    | 2.70    | 350.00   | 400      | 9.00     | 6.00     | 22.00   | 29.00  | 17.00   | 7.00    |
| Chicken, Wings, Boneless H    | 5 each          | 203  | 46        | 346     | 1.02    | 1.46    | 0.00     | 5        | 0.00     | 1.02     | 19.31   | 10.16  | 10.16   | 2.03    |
| Pretzel Rods, WG 1oz          | 1 each          | 70   | 0         | 40      | 1.00    | 0.72    | 0.04     | 0        | 0.00     | 0.00     | 2.00    | 14.00  | 0.50    | 0.00    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00   | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Cali Blend and Cheese Sauc    | 1/2 cup         | 64   | 7         | 154     | 2.10    | 0.09    | 99.43    | 866      | 22.05    | *2.10    | 2.83    | 6.88   | 2.00    | 1.33    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00     | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Peaches, Diced                | 1/2 CUP         | 68   | 0         | 6       | 1.14    | 0.41    | 0.00     | 342      | 4.10     | 14.82    | 0.00    | 15.96  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00   | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00   | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00   | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40     | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00     | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| Dressing, Blue Cheese         | ounce           | 156  | 0         | 313     | 0.00    | 0.00    | 0.00     | 5        | 0.00     | 0.98     | 0.98    | 12.71  | 15.64   | 3.42    |



| Tue - 02/26/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calc | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| Chicken Sand Spicy            | 1 ea            | 329  | 0         | 409     | 2.00    | 2.80    | 76.00   | 155      | 0.00     | 4.00     | 18.60   | 36.50  | 12.00   | 1.60    |
| Chicken Sandwich Breaded      | 1 ea            | 334  | 33        | 588     | 4.00    | 3.80    | 80.00   | 80       | 87.00    | 4.00     | 21.00   | 40.00  | 10.00   | 2.00    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00   | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00  | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Fruit and Yogurt Parfait MS   | Parfait cup     | 391  | 15        | 167     | 2.49    | *0.43   | *256.00 | *1064    | *3.30    | *48.93   | 11.24   | 75.36  | 5.23    | 2.30    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00  | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| 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    |
| 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    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22   | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92   | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31   | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79   | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23   | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89   | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20   | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04   | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00    | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31   | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00    | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40   | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90    | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50   | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00    | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Mandarin Oranges              | 1/2 cup         | 93   | 0         | 0       | 1.16    | 0.00    | 23.27   | 349      | 6.98     | 23.27    | 1.16    | 24.43  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00  | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00  | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40    | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00    | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00   | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00    | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Salad Dressing, Mayonnaise    | 1 ea            | 45   | 5         | 100     | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 2.00     | 0.00    | 2.00   | 4.00    | 0.50    |
| Mustard Packets               | 1 pkt           | 5    | 0         | 60      | 0.00    | 0.00    | 0.00    | 0        | 0.00     | *N/A*    | 0.00    | 0.00   | 0.00    | 0.00    |
| Ketchup, Packets              | 1 ea            | 10   | 0         | 25      | 0.00    | 0.00    | 0.00    | 10       | 0.00     | 2.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| Salsa                         | 2 oz            | 20   | 0         | 141     | 0.00    | 2.17    | 0.00    | 0        | 0.00     | 2.01     | 0.00    | 4.03   | 0.00    | 0.00    |
| Sour Cream, pkt               | 1 ea            | 60   | 20        | 50      | 0.00    | 0.00    | 40.00   | 200      | 0.00     | 2.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Lettuce, Shredded             | 1/2 CUP         | 4    | 0         | 3       | 0.38    | 0.13    | 5.67    | 158      | 0.88     | 0.62     | 0.28    | 0.94   | 0.04    | 0.01    |
| Jalepeno Pepper Slices        | 1 OZ            | 0    | 0         | 494     | 0.00    | 0.00    | 0.00    | 97       | 3.48     | 0.97     | 0.00    | 0.97   | 0.00    | 0.00    |
| Olives, Ripe, Sliced          | 1 oz            | 45   | 0         | 223     | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 0.00     | 0.00    | 1.78   | 4.45    | 0.00    |

| Wed - 02/27/2019              | Portion Size    | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------|----------|----------|---------|--------|---------|---------|
| Country Baked Steak           | 1 ea            | 300  | 65        | 530     | 2.00    | 1.80    | 20.00    | 0        | 0.00     | 0.00     | 16.00   | 16.00  | 18.00   | 6.00    |
| Roll, Whole Grain Dinner      | 1 ea            | 90   | 0         | 135     | 2.00    | 1.08    | 40.00    | 0        | 0.00     | 2.00     | 3.00    | 17.00  | 1.00    | 0.00    |
| Z'rib Sandwich                | 1 EA            | 360  | 45        | 910     | 3.00    | 2.88    | 80.00    | 300      | 1.20     | 13.00    | 18.00   | 39.00  | 14.00   | 5.00    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00    | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00   | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Fruit and Yogurt Parfait MS   | Parfait cup     | 391  | 15        | 167     | 2.49    | *0.43   | *256.00  | *1064    | *3.30    | *48.93   | 11.24   | 75.36  | 5.23    | 2.30    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00   | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Mashed Potatoes               | 1/2 cup         | 73   | 0         | 359     | 1.05    | 0.31    | 13.55    | 0        | 0.00     | 0.00     | 2.09    | 14.63  | 1.05    | 0.00    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22    | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92    | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31    | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79    | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23    | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89    | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20    | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04    | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00     | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31    | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00     | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90     | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50    | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00     | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| 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 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00     | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00    | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00     | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Country Gravy                 | 2 oz            | 33   | 0         | 245     | 0.00    | 0.00    | 1.78     | 0        | 0.00     | 0.00     | 0.00    | 5.54   | 1.11    | 1.11    |
| Butter, Whipped Cup           | 1 ea            | 33   | 10        | 30      | 0.00    | 0.00    | 0.00     | 133      | 0.00     | 0.00     | 0.00    | 0.00   | 3.67    | 2.33    |

| Thu - 02/28/2019              | 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| Rotini Pasta with Meat Sauce  | 8 oz            | 338  | 58        | 652     | 4.30    | 3.23    | 59.14   | 659      | 24.73    | 8.60     | 19.35   | 25.81  | 17.20   | 6.67    |
| NY Garlic Toast               | 1 EA            | 100  | 0         | 180     | 1.00    | 0.72    | 0.00    | 0        | 0.00     | 1.00     | 3.00    | 14.00  | 3.50    | 1.50    |
| PB&J Uncrustable, Grape 5.    | 1 ea            | 600  | 0         | 540     | 7.00    | 2.70    | 60.00   | 0        | 0.00     | 29.00    | 18.00   | 64.00  | 34.00   | 6.00    |
| Bagel & Yogurt w/ Cheese St   | 1 ea            | 270  | 20        | 430     | 3.00    | 2.70    | 390.00  | 200      | 0.00     | 13.00    | 15.00   | 38.00  | 7.00    | 3.50    |
| Fruit and Yogurt Parfait MS   | Parfait cup     | 391  | 15        | 167     | 2.49    | *0.43   | *256.00 | *1064    | *3.30    | *48.93   | 11.24   | 75.36  | 5.23    | 2.30    |
| PROTEIN PACK                  | PACK            | 352  | 201       | 441     | 3.00    | 1.96    | 228.00  | 470      | 0.00     | 0.19     | 15.28   | 30.36  | 18.75   | 6.06    |
| Green Beans w/Ham             | 1/2 cup         | 63   | 7         | 17      | 2.14    | 0.71    | 35.62   | 508      | 10.94    | *2.10    | 1.93    | 8.09   | 2.40    | 1.40    |
| Relish Boat                   | 1 svg           | 14   | 0         | 118     | 0.97    | 0.26    | 18.53   | 365      | 4.74     | 1.77     | 0.67    | 3.03   | 0.14    | 0.03    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 25   | 0         | 57      | 2.10    | 0.65    | 23.22   | 10008    | 1.89     | 3.45     | 0.46    | 5.98   | 0.09    | 0.02    |
| Celery Sticks                 | 6 sticks        | 10   | 0         | 52      | 1.04    | 0.13    | 25.92   | 291      | 2.01     | 0.87     | 0.45    | 1.92   | 0.11    | 0.03    |
| Garden Fresh Vegetables bu    | 1/2 c           | 14   | 0         | 21      | 0.98    | 0.19    | 15.31   | 1713     | 13.14    | 1.32     | 0.69    | 2.88   | 0.12    | 0.03    |
| Cucumber Slices               | 1/2 Cup         | 11   | 0         | 1       | 0.37    | 0.21    | 11.79   | 77       | 2.06     | 1.23     | 0.48    | 2.68   | 0.08    | 0.03    |
| Broccoli,raw: fresh 1/2 C     | 1/2 cup         | 11   | 0         | 11      | 0.84    | 0.24    | 15.23   | 202      | 28.90    | 0.55     | 0.91    | 2.15   | 0.12    | 0.01    |
| Cauliflower, Raw 1/2 cup      | 1/2 cup / 1.7oz | 12   | 0         | 15      | 0.99    | 0.21    | 10.89   | 0        | 23.85    | 0.95     | 0.95    | 2.46   | 0.14    | 0.06    |
| Cherry Tomatoes 1/2 cup       | 1/2 cup=6ea     | 18   | 0         | 5       | 1.22    | 0.28    | 10.20   | 850      | 13.97    | 2.68     | 0.90    | 3.97   | 0.20    | 0.03    |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 11   | 0         | 12      | 0.87    | 0.22    | 13.04   | 118      | 25.97    | 0.68     | 0.90    | 2.19   | 0.12    | 0.03    |
| Salsa Cups                    | 3 oz            | 30   | 0         | 207     | 0.00    | 3.20    | 0.00    | 0        | 0.00     | 2.96     | 0.00    | 5.92   | 0.00    | 0.00    |
| Mixed Greens Salad            | 1 cup           | 13   | 0         | 6       | 1.27    | 0.46    | 25.31   | 127      | 0.00     | 0.00     | 0.00    | 2.53   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | Pkg             | 39   | 0         | 81      | 2.60    | 0.00    | 0.00    | 65       | 3.12     | 7.80     | 0.00    | 10.40  | 0.00    | 0.00    |
| Orange - Whole                | 1 EACH          | 45   | 0         | 0       | 2.30    | 0.10    | 38.40   | 216      | 51.07    | 8.98     | 0.90    | 11.28  | 0.12    | 0.01    |
| Bananas                       | 1 EACH          | 105  | 0         | 1       | 3.07    | 0.31    | 5.90    | 76       | 10.27    | 14.43    | 1.29    | 26.95  | 0.39    | 0.13    |
| Raisins                       | 1 box           | 129  | 0         | 5       | 1.59    | 0.81    | 21.50   | 0        | 0.99     | 25.45    | 1.32    | 34.05  | 0.20    | 0.02    |
| Craisins                      | 1 packet        | 110  | 0         | 0       | 3.00    | 0.00    | 0.00    | 0        | 0.00     | 24.00    | 0.00    | 28.00  | 0.00    | 0.00    |
| Applesauce                    | 1/2 cup         | 90   | 0         | 10      | 2.00    | 0.00    | 0.00    | 0        | 0.00     | 17.98    | 0.00    | 21.98  | 0.00    | 0.00    |
| Milk, 1/2 Pint 1% White       | 1 ea            | 110  | 10        | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 2.50    | 1.50    |
| Milk, 1/2 pint FF Strawberry  | 1 carton        | 110  | 5         | 125     | 0.00    | 0.00    | 250.00  | 2500     | 0.00     | 18.00    | 8.00    | 19.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim Chocolate | 1 ea            | 120  | 5         | 180     | 0.00    | 0.00    | 250.00  | 750      | 0.00     | 18.00    | 8.00    | 20.00  | 0.00    | 0.00    |
| Milk, 1/2 Pint Skim White     | 1 ea            | 90   | 5         | 130     | 0.00    | 0.00    | 300.00  | 500      | 2.40     | 12.00    | 8.00    | 13.00  | 0.00    | 0.00    |
| Dressing, Asst 1.5 oz         | 1 pkg           | 127  | 6         | 418     | 0.00    | 0.00    | 1.40    | 2        | 0.00     | 2.50     | 0.47    | 4.48   | 8.56    | 1.17    |
| Dressing, Asst 12g            | 1 pkg           | 35   | 1         | 141     | 0.00    | 0.00    | 0.00    | 170      | 0.00     | 1.62     | 0.00    | 1.62   | 3.05    | 0.38    |
| Cream Cheese 100/.75 oz       | 1 ea            | 50   | 15        | 80      | 0.00    | 0.00    | 20.00   | 200      | 0.00     | 1.00     | 1.00    | 2.00   | 5.00    | 3.00    |
| Peanut Butter                 | 4 tbsp          | 374  | 0         | 266     | 3.94    | 1.42    | 0.00    | 0        | 0.00     | 5.91     | 13.78   | 15.75  | 31.50   | 4.92    |
| Cheese, Pamesan pkt           | 1 pkt           | 13   | 4         | 57      | 0.00    | 0.00    | 0.00    | 0        | 0.00     | 0.00     | 0.88    | 0.00   | 0.88    | 0.00    |

\*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.