

Zionsville High School Campus Menu

First Semester 2019-2020

Main Café @ The High School

Breakfast Served Daily 8:00 – 8:30

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

Students may take 3-5 components to make a meal

Components are: Protein, Grain, 1-2 Vegetables, 1-2 Fruits and Milk

All meals must include at least 1 Fruit or Vegetable


	Monday	Tuesday	Wednesday	Thursday	Friday
P U R P L E	Chicken Poppers ^{ESW} w/WG Dinner Roll ^W French Bread Pizza ^{MSW} Cheesy Mashed Potatoes ^M Mandarin Oranges Fruit Cocktail	All Beef Cheeseburger ^{MW} Hamburger ^W Rippers Cheese or Pepperoni Pizza ^{MESW} Emoticons NEW Pineapple	Pork Tenderloin Sandwich ^{*SW} Garlic French Bread Pizza ^{MSW} Cali Blend w/Cheese ^M Applesauce	Beef Walking Taco ^{MS} Premium Spicy Chicken Sandwich ^{SW} Deep Dish Cheese or Pepperoni Pizza ^{*MSW} Jalapeño Corn ^M Peaches	Baked Fried Chicken ^{EW} w/Biscuit ^{MW} 4x6 Pizza ^{*MW} BBQ Baked Beans* Pears
G R E E N	Cheese Quesadilla ^{MSW} French Bread Pizza ^{MSW} Refried Beans Steamed Corn ^M Pineapple Fruit Cocktail	Pork Z'Rib ^{*MSW} Grilled Cheese ^{MW} Rippers Cheese or Pepperoni Pizza ^{MESW} Home Fries Applesauce	Chicken Nuggets ^{SW} w/WG Dinner Roll ^W Garlic French Bread Pizza ^{MSW} Mashed Potatoes ^M Peaches	Rotini in Beef Sauce NEW w/WG Garlic Bread ^{MSW} Premium Dill Chicken Sandwich ^{MSW} Deep Dish Cheese or Pepperoni Pizza ^{*MSW} Green Beans ^M Pears	Breaded Chicken Sandwich ^{SW} Spicy Chicken Sandwich ^{SW} 4x6 Pizza ^{*MW} Baked Potatoes NEW Mandarin Oranges
R E D	Chicken Corn Dog Nuggets ^{ESW} French Bread Pizza ^{MSW} BBQ Baked Beans* Applesauce Fruit Cocktail	Beef or Bean Soft Tacos ^{SW} Rippers Cheese or Pepperoni Pizza ^{MESW} Refried Beans Steamed Corn ^M Peaches	Chicken and Waffles ^{MESW} Garlic French Bread Pizza ^{MSW} Tri-Taters Pears	Teriyaki Chicken ^{SW} Over Rice ^S w/Pork Egg Roll ^{*ESW} NEW Premium Chris P Chicken Sandwich ^{MW} Deep Dish Cheese or Pepperoni Pizza ^{*MSW} Steamed Broccoli ^M Mandarin Oranges	!!!!!!!!!!!!!!!!!!!!!!!!!!!! Cook's Choice Check Website For Menu
Additional Entrée and Fruit and Vegetable Selections					
	Monday	Tuesday	Wednesday	Thursday	Friday
W E E K L Y	PB&J/Uncrustable ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Breaded Chicken Wrap ^{MESW}	PB&J/Uncrustable ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Spicy Chicken Wrap ^{MESW}	PB&J/Uncrustable ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Veggie Wrap ^{MESW}	PB&J/Uncrustable ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Southwest Chicken Wrap ^{MESW}	PB&J/Uncrustable ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Assorted Chicken Wrap ^{MESW}
D A I L Y	Assorted Fresh Vegetables and Mixed Greens Salad Assorted Fresh and Dried Fruits 100% fruit Juice Skim and Low Fat White Milk and Skim Flavored Milk				

August						September					October					November					December								
	M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F
						Green	Red	Red	Red	Red	Red	Purple	Purple	Purple	Purple	Purple	Purple	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red
Purple			Green	Green	Green	Red	Red	Red	Red	Red	Purple	Purple	Purple	Purple	Purple	Purple	Green	Green	Green	Green	Green	Green	Purple	Purple	Purple	Purple	Purple	Purple	
Green	Green	Green	Green	Green	Green	Purple	Purple	Purple	Purple	Purple	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	
Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Red	Red	Red	Red	Red	Red	Purple	Purple	Purple	Purple	Purple	Purple	NL = No Lunch Served CC = Cook's Choice						
Purple	Purple	Purple	Purple	Purple	Purple	Red	Red	Red	Red	Red	Purple	Purple	Purple	Purple	Purple	Purple	Green	Green	Green	Green	Green	Green	Menus Subject to Change 8-23-19						

Eagle Café @ The Freshman Center

	Monday	Tuesday	Wednesday	Thursday	Friday
W E E K L Y	4X6 Cheese Pizza ^{MW} French Bread Pizza ^{MSW} Steamed Corn ^M Applesauce Fruit Cocktail	Pork Tenderloin Sandwich ^{*SW} Rippers Cheese Pizza ^{MESW} Home Fries Peaches	Beef Pepperoni Calzone ^{MSW} Premium Dill Chicken Sandwich ^{MSW} Cheese Stuffed Breadsticks ^{MESW} Green Beans ^M Pears	Pork Z' Rib Sandwich ^{*MSW} Deep Dish Cheese Pizza ^{MSW} Baked Beans* Mandarin Oranges	4X6 Cheese Pizza ^{MW} Cheese Quesadilla ^{MSW} Baked Potato Pineapple
Additional Entrée Selections PB&J/Uncrustable ^{PW} Chef Salad ^{ME} Protein Pack ^{M GF} Premium Fruit and Yogurt Parfait ^{MSW}			Additional Fruit and Vegetable Selections Assorted Fresh Vegetables and Eagle Greens Salad Assorted Fresh and Dried Fruits 100% fruit Juice Skim and Low Fat White Milk and Skim Flavored Milk		

The Wedge @ The Student Activity Center

	Monday	Tuesday	Wednesday	Thursday	Friday
W E E K L Y	Spicy Chicken Sandwich ^{SW} Protein Pack ^{M GF} PB&J/Uncrustable ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Applesauce Fruit Cocktail	Deli Meat Sandwiches ^{*MSW} Protein Pack ^{M GF} PB&J/Uncrustable ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Peaches	Bosco Breadsticks ^{MW} Protein Pack ^{M GF} PB&J/Uncrustable ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Pears	Deli Meat Sandwiches ^{*MSW} Protein Pack ^{M GF} PB&J/Uncrustable ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Roasted Garbanzo Beans* Mandarin Oranges	Breaded Chicken Sandwich ^{SW} Protein Pack ^{M GF} PB&J/Uncrustable ^{PW} Chef Salad ^{EW} Premium Fruit and Yogurt Parfait ^{MSW} Baked Potato Pineapple
Tuesdays 10 roll package \$				Additional Fruit and Vegetable Selections Assorted Fresh Vegetables and Mixed Greens Salad Assorted Fresh and Dried Fruits 100% fruit Juice Skim and Low Fat White Milk and Skim Flavored Milk	

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

Main Café	Marlene Knisley	317.873.3355	x12974
Food Court	Tina Riley	317.873.3355	x62330
Eagle Café @ Freshman Center	Tina Riley	317.873.3355	x62974

Pricing	
Milk	\$0.60
Student Lunch	\$2.85
Student Lunch, Premium	\$3.15
A la Carte Entrée	\$2.10
A la Carte Premium Entrée	\$2.45

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

Legend:

W – Contains Wheat	P – Contains Peanuts
S – Contains Soy	T – Contains Tree Nuts
M – Contains Milk/Dairy	E – Contains Eggs
F – Contains Fish	SF – Contains Shellfish

* Contains Pork
 GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)

To pay online or to set up low balance reminders visit the ZCS Food Service web page and click on the SchoolPay icon!
 Visit the ZCS Food Service web page and look for the meal assistance section where you will find information and an application.

On the days leading up to an extended break, we will have a limited supply of perishable items and will stop offering them when we run out. This includes but is not limited to; fresh produce, yogurt, and eggs.

High School Lunch

PURPLE MONDAY	Portion Size	G Carb
Chicken Poppers	14 ea	9.60
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, French Bread	1 ea	36.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Chicken	1 EA	28.87
Cheesy Mashed Potatoes	1/2 cup	15.05
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96
Butter, Whipped Cup	1 ea	0.00

PURPLE TUESDAY	Portion Size	G Carb
Cheeseburger	1 ea	29.00
Hamburger w/bun	1 ea	28.00
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Spicy Chicke	1 EA	27.12
Emoticons, Potatoes	4 ea	18.88
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Tidbit	1/2 cup	16.71
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

PURPLE WEDNESDAY	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	44.82
Pizza, Garlic French Bread	1 ea	38.46
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Veggie	1 EA	29.34
Cali Blend and Cheese Sauc	1/2 cup	6.88
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

PURPLE THURSDAY	Portion Size	G Carb
Walking Taco	1 EA	33.00
Chicken, Chris P Chicken Sa	1 each	43.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, S. W. Chicken	1 EA	29.56
Corn, Jalapeno	1/2 cup	18.37
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Sliced	1/2 cup	14.27
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Cheese, Cheddar Shredded	1 oz	1.01
Olives, Ripe, Sliced	1 oz	1.78
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10

PURPLE FRIDAY	Portion Size	G Carb
Chicken, Wings bone-in	5 ea	23.65
Biscuit, Dough 2.25oz	1 ea	27.43
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Spicy Chicke	1 EA	27.12
BBQ Baked Beans (Bush's)	1/2 cup	35.57
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Sliced	1/2 cup	16.68
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00
Honey	1 ea	11.54

GREEN MONDAY	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Chicken Sand Spicy	1 ea	41.08
Pizza, French Bread	1 ea	36.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Chicken	1 EA	28.87
Potato, Baked	1 ea	20.49
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Tidbit	1/2 cup	16.71
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00

GREEN TUESDAY	Portion Size	G Carb
Z'rib Sandwich	1 EA	39.00
Grilled Cheese Sandwich	1 ea	28.00
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Spicy Chicke	1 EA	27.12
Home Fries	3.2 OZ	21.35
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

GREEN WEDNESDAY	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
Pizza, Garlic French Bread	1 ea	38.46
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Veggie	1 EA	29.34
Mashed Potatoes	1/2 cup	14.63
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Sliced	1/2 cup	14.27
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96
Butter, Whipped Cup	1 ea	0.00

GREEN THURSDAY	Portion Size	G Carb
Rotini Pasta with Meat Sauce	8 oz	26.02
Breadstick	1 ea	12.76
Chicken Sandwich Dill	1 ea	40.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, S. W. Chicken	1 EA	29.56
Green Beans 1/2 C	1/2 cup	5.19
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Sliced	1/2 cup	16.68
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Cheese, Pamesan pkt	1 pkt	0.00

GREEN FRIDAY	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Chicken	1 EA	28.87
Refried Beans	1/2 cup	7.84
Corn, Steamed 1/2 C	1/2 cup	18.11
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Cheese, Cheddar Shredded	1 oz	1.01
Olives, Ripe, Sliced	1 oz	1.78
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10

RED MONDAY	Portion Size	G Carb
Corn Dog Nuggets	6 ea	30.37
Pizza, French Bread	1 ea	36.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Chicken	1 EA	28.87
BBQ Baked Beans (Bush's)	1/2 cup	35.57
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

RED TUESDAY	Portion Size	G Carb
Soft Tacos	2 ea	33.01
Pizza, Rippers Cheese	Slice	32.11
Pizza, Rippers Pepperoni	Slice	27.10
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Spicy Chicke	1 EA	27.12
Corn, Steamed 1/2 C	1/2 cup	18.11
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Sliced	1/2 cup	14.27
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Cheese, Cheddar Shredded	1 oz	1.01
Olives, Ripe, Sliced	1 oz	1.78
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10

RED WEDNESDAY	Portion Size	G Carb
Chicken Tenders	3 ea	13.00
Waffle	1 ea	23.00
Pizza, Garlic French Bread	1 ea	38.46
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Veggie	1 EA	29.34
Tri-Taters	2 ea	30.90
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Sliced	1/2 cup	16.68
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Syrup, Pancake	1 PKT	28.77

RED THURSDAY	Portion Size	G Carb
Chicken, Lings Teriyaki	2.8 oz by weigh	10.00
Rice	1/2 cup	17.58
Egg Roll	1 ea	22.00
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, S. W. Chicken	1 EA	29.56
Broccoli, Steamed	1/2 cup	6.25
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Soy Sauce pkt	1 pkt	0.00

RED FRIDAY	Portion Size	G Carb
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
PROTEIN PACK SUNFLOW	PACK	30.26
Wrap, Breaded Chicken	1 EA	28.87
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

Freshman Center Lunch

MONDAY	Portion Size	G Carb
Chicken Sand Spicy	1 ea	41.08
L/O		0.00
L/O		0.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Corn, Steamed 1/2 C	1/2 cup	18.11
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Applesauce	1/2 cup	21.98
Fruit Cocktail	1/2 cup	15.09
L/O		0.00
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

TUESDAY	Portion Size	G Carb
Pork Tenderloin Sandwich	1 ea	44.82
L/O		0.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Home Fries	3.2 OZ	21.35
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Peaches, Diced	1/2 CUP	15.96
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

WEDNESDAY	Portion Size	G Carb
Pizza, Calzone	1 ea	32.00
Chicken Sandwich Dill	1 ea	40.00
L/O		0.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Green Beans 1/2 C	1/2 cup	5.19
L/O		0.00
Relish Boat	1 svg	3.03
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pears, Diced	1/2 cup	18.48
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

THURSDAY	Portion Size	G Carb
Z'rib Sandwich	1 EA	39.00
L/O		0.00
L/O		0.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Baked Beans (Bush's)	1/2 cup	31.33
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Mandarin Oranges	1/2 cup	24.43
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

FRIDAY	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
L/O		0.00
Uncrustable, Grape 5.3 oz	1 ea	64.00
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Chef Salad w/Ham	1 ea	30.81
PROTEIN PACK SUNFLOW	PACK	30.26
Potato, Baked	1 ea	20.49
Relish Boat	1 svg	3.03
L/O		0.00
Salsa Cups	3 oz	5.92
Baby Carrots 1/2 cup	1/2 cup	6.07
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Celery Sticks	6 sticks	1.92
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Cucumber Slices	1/2 Cup	2.68
Garden Fresh Vegetables 1/	1/2 c	4.82
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Eagle Greens Salad	1 cup	2.91
Juice, Sunset Sip	1 ea	10.00
Relish Boat	1 svg	3.03
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Craisins	1 packet	28.00
Raisins	1 box	34.05
Pineapple, Chunk	1/2 cup	14.78
L/O		0.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	0.00

Food Court Lunch

MONDAY	Portion Size	G Carb
PROTEIN PACK SUNFLOW	PACK	30.26
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Applesauce	1/2 cup	21.98
Fruit Cocktail	1/2 cup	15.09
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86

TUESDAY	Portion Size	G Carb
Ham and Cheese on Wheat	1 ea	29.07
Turkey Sandwich, Govt.	1 ea	25.00
PROTEIN PACK SUNFLOW	PACK	30.26
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Peaches, Sliced	1/2 cup	14.27
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

WEDNESDAY	Portion Size	G Carb
Breadstick, Bosco 6" 9-12	2 ea	34.00
Ham and Cheese on Wheat	1 ea	29.07
Turkey Sandwich, Govt.	1 ea	25.00
PROTEIN PACK SUNFLOW	PACK	30.26
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Sliced	1/2 cup	16.68
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Marinara Sauce Cups	PC	*N/A*

THURSDAY	Portion Size	G Carb
Ham and Cheese on Wheat	1 ea	29.07
Turkey Sandwich, Govt.	1 ea	25.00
PROTEIN PACK SUNFLOW	PACK	30.26
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Roasted Garbanzo Beans	1/2 cup	21.46
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Peaches, Sliced	1/2 cup	14.27
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

FRIDAY	Portion Size	G Carb
Ham and Cheese on Wheat	1 ea	29.07
Turkey Sandwich, Govt.	1 ea	25.00
PROTEIN PACK SUNFLOW	PACK	30.26
Uncrustable, Grape 5.3 oz	1 ea	64.00
Chef Salad	1 ea	30.48
Fruit and Yogurt Parfait FC O	Parfait cup	95.23
Potato, Baked	1 ea	20.49
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Cucumber Slices	1/2 Cup	2.68
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	3.97
Garden Fresh Vegetables 1/	1/2 c	4.82
Mixed Greens Salad	1 cup	2.53
Juice, Sunset Sip	1 ea	10.00
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Tidbit	1/2 cup	16.71
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Ranch 12g	1 pkt	0.86
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00
Sour Cream, pkt	1 ea	2.00
Butter, Whipped Cup	1 ea	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.