



# Zionsville West Middle School Menu

## First 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: ZWMS 8:30 – 8:45**

**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
3	4	5	6	7
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> <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>• 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>• 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>
10	11	12	13	14
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>• Deep Dish Pizza<sup>*MW</sup></li> <li>• Coney Dog<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>• 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>• Chicken Gyro<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>• 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>• Mandarin Oranges</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> <li>• 100% Fruit Juice</li> </ul> Choice of 1 Milk: <ul style="list-style-type: none"> <li>• Milk Variety<sup>M</sup></li> </ul>	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> <li>• Cheese Stuffed Breadsticks</li> <li>• Baked Fried Chicken<sup>EW</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>• Mashed Potatoes<sup>MS</sup> w/Gravy<sup>W</sup></li> <li>• Assorted Fresh Vegetables</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 French Toast<sup>MESW</sup> w/Sausage Patty<sup>*</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>• Tri-Taters</li> <li>• Assorted Fresh Vegetables</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>• Corn Dog Nuggets<sup>ESW</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>• 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>

17	18	19	20	21
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>French Bread Pizza<sup>MSW</sup></li> <li>Meatball Sub<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> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Green Beans<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>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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>BBQ Chicken Sandwich<sup>W</sup></li> <li>Fish and chips<sup>ME#FW</sup></li> <li>w/Whole Grain Dinner Roll<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> <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>Waffle Fries<sup>W</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>Pineapple</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>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>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>Cook's Choice Vegetable</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Peaches</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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Chicken Tenders<sup>SW</sup></li> <li>w/Whole Grain Dinner Roll<sup>W</sup></li> <li>Grilled Cheese</li> <li>PB&amp;J Uncrustable<sup>PW</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>Salsa Cups</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Fruit Cocktail</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Cheese Quesadilla<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</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>Cook's Choice Vegetable</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> <li>Mandarin Oranges</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 West Middle School      Amy Johnson      317.873.1240 x10974

### 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)



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.



## Top Six Reasons to Work in a ZCS Cafeteria:

6. Serve as a positive role model for the kids!
5. Gain a new perspective in life through youthful eyes!
4. Learn the “real” facts behind school lunch, not the televised version!
3. Surround yourself with coworkers having similar life values!
2. Examine the changing environment of education...firsthand!  
*And the number one reason to work in a school cafeteria...*
1. **Delight in carefree summers, just like when you were a child!**

Apply Here: [mailto:https://www.zcs.k12.in.us/apps/pages/employment\\_opportunities](mailto:https://www.zcs.k12.in.us/apps/pages/employment_opportunities)

or call 317-873-1232 X11630

Mon - 12/03/2018	Portion Size	G Carb
Pizza, 4x6 Cheese	1 Each	30.00
Pizza, 4x6 Pepperoni	1 Each	29.00
Chicken, Wings, Boneless H	5 each	10.16
Pretzel Rods, WG 1oz	1 each	14.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PROTEIN PACK	PACK	30.36
Cali Blend and Cheese Sauc	1/2 cup	6.88
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Mixed Greens Salad	1 cup	2.53
Salsa Cups	3 oz	5.92
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Dressing, Blue Cheese	ounce	12.71

Tue - 12/04/2018	Portion Size	G Carb
Chicken Sand Spicy	1 ea	36.50
Chicken Sandwich Breaded	1 ea	40.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.56
PROTEIN PACK	PACK	30.36
Relish Boat	1 svg	3.03
Corn, Steamed 1/2 C	1/2 cup	18.11
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Lettuce, Shredded	1/2 CUP	0.94
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

Wed - 12/05/2018	Portion Size	G Carb
Country Baked Steak	1 ea	16.00
Roll, Whole Grain Dinner	1 ea	17.00
Z'rib Sandwich	1 EA	39.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.56
PROTEIN PACK	PACK	30.36
Mashed Potatoes	1/2 cup	14.63
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Country Gravy	2 oz	5.54
Butter, Whipped Cup	1 ea	0.00

Thu - 12/06/2018	Portion Size	G Carb
Rotini Pasta with Meat Sauce	8 oz	25.81
NY Garlic Toast	1 EA	14.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.56
PROTEIN PACK	PACK	30.36
Green Beans w/Ham	1/2 cup	8.09
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Cheese, Pamesan pkt	1 pkt	0.00

Fri - 12/07/2018	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Breadstick	1 ea	12.76
Corn Dog	1 ea	31.11
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Fruit and Yogurt Parfait MS	Parfait cup	75.56
PROTEIN PACK	PACK	30.36
Baked Beans (HS, MS')	1/2 cup	24.22
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Chunk	1/2 cup	16.95
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, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
BBQ Sauce Cups	1 ea	12.96
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00

Mon - 12/10/2018	Portion Size	G Carb
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
Coney Dog	1 ea	28.55
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PROTEIN PACK	PACK	30.36
Peas, Steamed 1/2 cup	1/2 cup	14.11
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Cheese, Shredded Blend	1 oz	1.01
Onion, Red	1 OZ	3.53
Pickle Relish, pkt	1 pkt	3.00



Tue - 12/11/2018	Portion Size	G Carb
Chicken Gyro	1 each	28.32
Pork Tenderloin Sandwich	1 ea	45.15
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
BBQ Baked Beans (HS, MS')	1/2 cup	25.10
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Mandarin Oranges	1/2 cup	24.43
Juice, Apple Cup	1 ea	14.00
Juice, Orange Cup	1 ea	13.00
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Tzatziki Sauce	1 oz	2.03
Lettuce, Shredded	1/2 CUP	0.94
Tomato Slices	1 Slice	1.10
Onion, Red	1 OZ	3.53

Wed - 12/12/2018	Portion Size	G Carb
Chicken Fried	1 piece	11.00
Pizza, Chs Stfd Breadstick -	2 sticks	30.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Mashed Potatoes	1/2 cup	14.63
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Strawberries, Frozen Cup	1 EA	21.99
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, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Country Gravy	2 oz	5.54
Marinara Sauce Cups	PC	3.00
Butter, Whipped Cup	1 ea	0.00

Thu - 12/13/2018	Portion Size	G Carb
French Toast Sticks, WG	3 sticks	43.00
Sausage, Pork Patty	1 ea	1.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Tri-Taters	2 ea	28.00
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
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
Dressing, Asst 12g	1 pkg	*N/A*
Cream Cheese 100/.75 oz	1 ea	1.62
Peanut Butter	4 tbsp	2.00
Syrup, Pancake	1 PKT	15.75
Ketchup, Packets	1 ea	28.77
		2.00

Fri - 12/14/2018	Portion Size	G Carb
Cheeseburger	1 ea	28.00
Hamburger w/bun	1 ea	27.00
Corn Dog Nuggets	6 ea	30.37
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Chef Salad w/Ham	1 ea	29.96
PROTEIN PACK	PACK	30.36
Roasted Sweet & Russet 1/2	1/2 Cup	19.43
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Chunk	1/2 cup	16.95
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, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00

Mon - 12/17/2018	Portion Size	G Carb
Pizza, French Bread	1 ea	36.00
Meatball Sub	1 EA	37.67
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
PROTEIN PACK	PACK	30.36
Green Beans 1/2 C	1/2 cup	5.91
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Cheese, Pamesan pkt	1 pkt	0.00

Tue - 12/18/2018	Portion Size	G Carb
Chicken BBQ Sandwich	1 each	52.17
Fish Filet	1 each	13.00
Roll, Whole Grain Dinner	1 ea	17.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Ham and Cheese Sub	1 ea	29.00
PROTEIN PACK	PACK	30.36
Potato, Waffle Fry	3.35 oz	26.61
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Chunk	1/2 cup	16.95
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, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
Tartar Sauce	1 ea	3.00

Wed - 12/19/2018	Portion Size	G Carb
General Tso Chicken	1 bowl	60.26
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Turkey Sub	1 ea	28.00
PROTEIN PACK	PACK	30.36
Broccoli, Steamed	1/2 cup	5.80
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Sliced	1/2 cup	16.68
Peaches, Diced	1/2 CUP	15.96
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 pint FF Strawberry	1 carton	19.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Dressing, Asst 1.5 oz	1 pkg	4.48
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00

Thu - 12/20/2018	Portion Size	G Carb
Chicken Tenders	3 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
Grilled Cheese Sandwich	1 ea	28.00
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Ham and Cheese Sub	1 ea	29.00
PROTEIN PACK	PACK	30.36
Corn, Steamed 1/2 C	1/2 cup	18.11
Relish Boat	1 svg	3.03
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa	2 oz	4.03
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
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, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Salad Dressing, Mayonnaise	1 ea	2.00
Mustard Packets	1 pkt	0.00
Ketchup, Packets	1 ea	2.00
BBQ Sauce Cups	1 ea	12.96
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
Butter, Whipped Cup	1 ea	0.00



Fri - 12/21/2018	Portion Size	G Carb
Walking Taco	1 EA	33.00
Pizza, Cheese Quesadilla	1 slice	39.27
PB&J Uncrustable, Grape 5.	1 ea	64.00
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Turkey Sub	1 ea	28.00
Ham and Cheese Sub	1 ea	29.00
PROTEIN PACK	PACK	30.36
Refried Beans	1/2 cup	7.84
Baby Carrots 1/2 cup	1/2 cup	5.98
Celery Sticks	6 sticks	1.92
Garden Fresh Vegetables bu	1/2 c	2.88
Cucumber Slices	1/2 Cup	2.68
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Salsa Cups	3 oz	5.92
Mixed Greens Salad	1 cup	2.53
Apples, Fresh 1/2 cup	Pkg	10.40
Orange - Whole	1 EACH	11.28
Bananas	1 EACH	26.95
Raisins	1 box	34.05
Craisins	1 packet	28.00
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
Dressing, Asst 12g	1 pkg	1.62
Cream Cheese 100/.75 oz	1 ea	2.00
Peanut Butter	4 tbsp	15.75
Lettuce, Shredded	1/2 CUP	0.94
Cheese, Shredded Blend	1 oz	1.01
Salsa	2 oz	4.03
Sour Cream, pkt	1 ea	2.00
Jalepeno Pepper Slices	1 OZ	0.97
Olives, Ripe, Sliced	1 oz	1.78

\*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.