

Zionsville Middle School and West Middle School

Second Semester 2019-2020

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

Breakfast Served Daily: ZWMS 8:30 – 8:45
 ZMS 8:25 – 8:40

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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|---|--|--|
| PURPLE | Chicken Poppers ^{ESW} w/WG Dinner Roll ^W Rippers Cheese or Pepperoni Pizza ^{MESW} Cheesy Mashed Potatoes ^M Mandarin Oranges Fruit Cocktail | All Beef Cheeseburger ^{MW} Hamburger ^W Rippers Cheese or Pepperoni Pizza ^{MESW} Emoticon Potatoes Pineapple | Corn Dog Nuggets ^{ESW} Rippers Cheese or Pepperoni Pizza ^{MESW} Cali Blend w/Cheese ^M Applesauce | Beef and/or Cheese Nachos ^{MS} Rippers Cheese or Pepperoni Pizza ^{MESW} Steamed Jalapeño Corn ^M Peaches | Cheese Stuffed Breadsticks ^{MESW} Beef Hot Dog ^W BBQ Baked Beans* Pears |
| GREEN | Cheese Quesadilla ^{MSW} French Bread Pizza ^{MSW} Refried Beans Pineapple Fruit Cocktail | Pork Z'Rib* ^{MSW} French Bread Pizza ^{MSW} Steamed Corn ^M Applesauce | Chicken Nuggets ^{SW} w/WG Dinner Roll ^W French Bread Pizza ^{MSW} Mashed Potatoes ^M Gravy Available Peaches | Rotini w/Meat Sauce ^{EW} w/WG NY Garlic Toast ^{MSW} French Bread Pizza ^{MSW} Green Beans ^M Pears | Breaded or Spicy Chicken Sandwich ^{SW} Breaded Mozzarella Sticks ^{MW} Baked Potato Mandarin Oranges |
| RED | Chicken Tenders ^{SW} w/WG Garlic Breadstick ^{MW} Deep Dish Cheese or Pepperoni Pizza* ^{MSW} Baked Beans* Applesauce Fruit Cocktail | Pork Meatball Sub ^{MSW} Deep Dish Cheese or Pepperoni Pizza* ^{MSW} Steamed Corn ^M Peaches | French Toast ^{MESW} w/Pork Sausage Patty* Deep Dish Cheese or Pepperoni Pizza* ^{MSW} Home Fries Pears | General Tso's Chicken over Rice ^{MSW} Deep Dish Cheese or Pepperoni Pizza* ^{MSW} Steamed Broccoli ^M Mandarin Oranges | Student's Choice Check Website For Menu |

Additional Entrée (Protein and Grain) and Fruit and Vegetable Selections

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|---|
| WEEKLY | PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Fruit and Yogurt Parfait ^{MSW} | PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Deli Meat Sandwich* ^{MSW} | PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Fruit and Yogurt Parfait ^{MSW} | PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Deli Meat Sandwich* ^{MSW} | PB&J Sandwich ^{PW} Protein Pack ^{M GF} Bagel and Yogurt ^{MW} Fruit and Yogurt Parfait ^{MSW} |

| | | |
|--------------|--|---|
| DAILY | Assorted Fresh Vegetables and Mixed Greens Salad Assorted Fresh and Dried Fruits 100% Fruit Juice (Tues. and Thurs.) Skim and Low Fat White Milk and Skim Flavored Milk <i>The days leading up to an extended break will see a limited supply of perishable items. This includes but is not limited to; fresh produce, yogurt, and eggs.</i> | Pricing Milk \$0.60 Student Lunch \$2.85 A la Carte Entrée \$2.10 Snacks and beverages are available for purchase at an additional charge. Please see the website for pricing. |
|--------------|--|---|

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.

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)

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

Zionsville West Middle School Kristin Sauer 317.873.1240 x10974
 Zionsville Middle School Tammy Snider 317.873.2426 x13974

| | January | | | | | February | | | | | March | | | | | April | | | | | May | | | | | | | | |
|--------|---------|----|----|----|----|----------|----|----|----|----|-------|--------|----|----|----|-------|----|--------|----|----|-----|----|----|--------|----|----|----|----|----|
| | M | T | W | T | F | M | T | W | T | F | M | T | W | T | F | M | T | W | T | F | M | T | W | T | F | | | | |
| Purple | 6 | 7 | 8 | 9 | 10 | Green | 3 | 4 | 5 | 6 | 7 | Red | 2 | 3 | 4 | 5 | 6 | Purple | 6 | 7 | 8 | 9 | 10 | Purple | | | | 1 | |
| Green | 13 | 14 | 15 | 16 | 17 | Red | 10 | 11 | 12 | 13 | 14 | Purple | 9 | 10 | 11 | NL | 13 | Green | 13 | 14 | 15 | NL | 17 | Green | 4 | 5 | 6 | 7 | 8 |
| Red | NL | 21 | 22 | 23 | 24 | Purple | NL | NL | 19 | 20 | 21 | Green | 16 | 17 | 18 | 19 | 20 | Red | 20 | 21 | 22 | 23 | 24 | Red | 11 | 12 | 13 | 14 | 15 |
| Purple | 27 | 28 | 29 | 30 | 31 | Green | 24 | 25 | 26 | 27 | 28 | Red | 23 | 24 | 25 | 26 | NL | Purple | 27 | 28 | 29 | 30 | | Purple | 18 | 19 | 20 | CC | CC |

NL = No Lunch Served CC = Cook's Choice

Menus Subject to Change

12-19-19

| Purple Monday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, Cheese Quesadilla | 1 slice | 39.27 |
| Pizza, French Bread | 1 ea | 36.00 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Refried Beans | 1/2 cup | 7.84 |
| Pre-k Cherry Tomatoes 1/4 c | 1/4 cup=3ea | 1.98 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Pineapple, Tidbit | 1/2 cup | 16.71 |
| Fruit Cocktail | 1/2 cup | 15.09 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Salsa | 2 oz | 4.03 |
| Sour Cream, pkt | 1 ea | 2.00 |
| Hot Sauce Pkt | 1 pkt | 0.23 |
| Taco Sauce, 9g | 1 pkt | 1.00 |
| Lettuce, Shredded | 1/2 CUP | 0.94 |
| Jalepeno Pepper Slices | 1 OZ | 0.97 |
| Banana Pepper | 1 oz | 1.10 |

| Purple Tuesday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Z'rib Sandwich | 1 EA | 39.00 |
| Pizza, French Bread | 1 ea | 36.00 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Turkey Sub | 1 ea | 28.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Corn, Steamed 1/2 C | 1/2 cup | 18.11 |
| Pre-k Broccoli,raw 1/4 C | 1/4 cup | 1.08 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Applesauce | 1/2 cup | 22.98 |
| Juice, Apple Cup | 1 ea | 14.00 |
| Juice, Orange Cup | 1 ea | 13.00 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| 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 |
|-------------------------------|-----------------|--------|
| Chicken Nuggets | 5 ea | 13.00 |
| Roll, Whole Grain Dinner | 1 ea | 17.00 |
| Pizza, French Bread | 1 ea | 36.00 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Mashed Potatoes | 1/2 cup | 14.63 |
| Pre-k Cucumber Slices 1/4 C | 1/4 Cup | 1.34 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| 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 |
| Chicken Gravy | 2 oz | 3.19 |

| Purple Thursday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Rotini Pasta with Meat Sauce | 7.44 oz | 24.19 |
| NY Garlic Toast | 1 EA | 14.00 |
| Pizza, French Bread | 1 ea | 36.00 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Turkey Sub | 1 ea | 28.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Green Beans 1/2 C | 1/2 cup | 5.19 |
| Pre-K Baby Carrots 1/4 cup | 1/4 cup | 2.99 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Pears, Diced | 1/2 cup | 18.48 |
| Juice, Apple Cup | 1 ea | 14.00 |
| Juice, Orange Cup | 1 ea | 13.00 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Cheese, Pamesan pkt | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |

| Purple Friday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Sandwich Breaded | 1 ea | 40.00 |
| Chicken Sand Spicy | 1 ea | 41.08 |
| Breaded Mozzarella Sticks | 6 ea | 35.25 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Potato, Baked | 1 ea | 20.49 |
| Pre-k Celery Sticks 1/4 cup | 3 sticks | 0.96 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| 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* |
| Butter, Whipped Cup | 1 ea | 0.00 |
| Sour Cream, pkt | 1 ea | 2.00 |

| Green Monday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Tenders | 3 ea | 13.00 |
| Breadstick, Garlic | 1 ea | 12.76 |
| Pizza, 5" Cheese | 1 each | 32.77 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Baked Beans (Bush's) | 1/2 cup | 31.33 |
| Pre-k Cherry Tomatoes 1/4 c | 1/4 cup=3ea | 1.98 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Applesauce | 1/2 cup | 22.98 |
| Fruit Cocktail | 1/2 cup | 15.09 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| 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 |

| Green Tuesday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Meatball Sub | 1 EA | 37.67 |
| Pizza, 5" Cheese | 1 each | 32.77 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Turkey Sub | 1 ea | 28.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Corn, Steamed 1/2 C | 1/2 cup | 18.11 |
| Pre-k Broccoli,raw 1/4 C | 1/4 cup | 1.08 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Peaches, Diced | 1/2 CUP | 15.96 |
| Juice, Apple Cup | 1 ea | 14.00 |
| Juice, Orange Cup | 1 ea | 13.00 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Cheese, Pamesan pkt | 1 pkt | 0.00 |
| 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 |
|-------------------------------|-----------------|--------|
| French Toast Sticks, WG | 3 sticks | 42.00 |
| Sausage, Pork Patty | 1 ea | 1.00 |
| Pizza, 5" Cheese | 1 each | 32.77 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Home Fries | 3.2 OZ | 21.35 |
| Pre-k Cucumber Slices 1/4 C | 1/4 Cup | 1.34 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Syrup, Pancake | 1 PKT | 28.77 |
| Ketchup, Packets | 1 ea | 2.00 |

| Green Thursday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| General Tso Chicken | 1 bowl | 60.26 |
| Rice | 1/2 cup | 17.58 |
| Pizza, 5" Cheese | 1 each | 32.77 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Turkey Sub | 1 ea | 28.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Broccoli, Steamed | 1/2 cup | 6.25 |
| Pre-K Baby Carrots 1/4 cup | 1/4 cup | 2.99 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Mandarin Oranges | 1/2 cup | 24.43 |
| Juice, Apple Cup | 1 ea | 14.00 |
| Juice, Orange Cup | 1 ea | 13.00 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Soy Sauce pkt | 1 pkt | 0.00 |
| Ketchup, Packets | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |

| Green Friday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Soft Tacos | 2 ea | 30.34 |
| Chicken BBQ Sandwich | 1 each | 50.81 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| Tri-Taters | 2 ea | 30.90 |
| Pre-k Celery Sticks 1/4 cup | 3 sticks | 0.96 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Strawberries, Frozen Cup | 1 EA | 21.99 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Sour Cream, pkt | 1 ea | 2.00 |
| Salsa | 2 oz | 4.03 |
| Jalepeno Pepper Slices | 1 OZ | 0.97 |
| Lettuce, Shredded | 1/2 CUP | 0.94 |
| Cheese, Cheddar Shredded | 1 oz | 1.01 |
| Olives, Ripe, Sliced | 1 oz | 1.78 |

| Red Monday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Chicken Poppers | 14 ea | 9.60 |
| Roll, Whole Grain Dinner | 1 ea | 17.00 |
| Pizza, Rippers Cheese | Slice | 32.11 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Cheesy Mashed Potatoes | 1/2 cup | 15.05 |
| Pre-k Cherry Tomatoes 1/4 c | 1/4 cup=3ea | 1.98 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Mandarin Oranges | 1/2 cup | 24.43 |
| Fruit Cocktail | 1/2 cup | 15.09 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| 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 |

| Red Tuesday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Cheeseburger | 1 ea | 29.00 |
| Hamburger w/bun | 1 ea | 28.00 |
| Pizza, Rippers Cheese | Slice | 32.11 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Turkey Sub | 1 ea | 28.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Emoticons, Potatoes | 4 ea | 18.88 |
| Pre-k Broccoli,raw 1/4 C | 1/4 cup | 1.08 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Pineapple, Tidbit | 1/2 cup | 16.71 |
| Juice, Apple Cup | 1 ea | 14.00 |
| Juice, Orange Cup | 1 ea | 13.00 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Ketchup, Packets | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |

| Red Wednesday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Corn Dog Nuggets | 6 ea | 30.37 |
| Pizza, Rippers Cheese | Slice | 32.11 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Cali Blend and Cheese Sauc | 1/2 cup | 6.26 |
| Pre-k Cucumber Slices 1/4 C | 1/4 Cup | 1.34 |
| 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 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Applesauce | 1/2 cup | 22.98 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Ketchup, Packets | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |

| Red Thursday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Nachos, Secondary | 1 EA | 23.52 |
| Pizza, Rippers Cheese | Slice | 32.11 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Turkey Sub | 1 ea | 28.00 |
| Ham and Cheese Sub | 1 ea | 29.00 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| Corn, Jalapeno | 1/2 cup | 18.37 |
| Pre-K Baby Carrots 1/4 cup | 1/4 cup | 2.99 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| Craisins | 1 packet | 28.00 |
| Raisins | 1 box | 34.05 |
| Peaches, Diced | 1/2 CUP | 15.96 |
| Juice, Apple Cup | 1 ea | 14.00 |
| Juice, Orange Cup | 1 ea | 13.00 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| Salsa | 2 oz | 4.03 |
| Sour Cream, pkt | 1 ea | 2.00 |
| Lettuce, Shredded | 1/2 CUP | 0.94 |
| Olives, Ripe, Sliced | 1 oz | 1.78 |
| Jalepeno Pepper Slices | 1 OZ | 0.97 |
| Banana Pepper | 1 oz | 1.10 |
| Ketchup, Packets | 1 ea | 2.00 |
| Mustard Packets | 1 pkt | 0.00 |
| Salad Dressing, Mayonnaise | 1 ea | 2.00 |

| Red Friday | Portion Size | G Carb |
|-------------------------------|-----------------|--------|
| Pizza, Chs Stfd Breadstick | 2 sticks | 30.00 |
| Hot Dog on Bun | 1 ea | 26.98 |
| Coney Sauce | 2 oz | 7.44 |
| PB&J Sandwich | 1 EA | 65.51 |
| PROTEIN PACK SUNFLOW | PACK | 30.26 |
| Bagel & Yogurt w/ Cheese St | 1 ea | 38.00 |
| Fruit and Yogurt Parfait MS | Parfait cup | 75.36 |
| L/O | | 0.00 |
| L/O | | 0.00 |
| BBQ Baked Beans (Bush's) | 1/2 cup | 35.69 |
| Pre-k Celery Sticks 1/4 cup | 3 sticks | 0.96 |
| Baby Carrots 1/2 cup | 1/2 cup | 6.07 |
| Broccoli,raw: fresh 1/2 C | 1/2 cup | 2.15 |
| Broccoli and Cauliflower Fres | 1.44 oz = 1/2 c | 2.19 |
| Cauliflower, Raw 1/2 cup | 1/2 cup / 1.7oz | 2.46 |
| Celery Sticks | 6 sticks | 1.92 |
| 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 |
| Mixed Greens Salad | 1 cup | 2.30 |
| Salsa Cups | 3 oz | 5.92 |
| L/O | | 0.00 |
| Apple Slices | 1 pkg | 10.40 |
| Bananas | 1 EACH | 26.95 |
| Orange - Whole | 1 EACH | 11.28 |
| 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 |
| Cream Cheese 100/.75 oz | 1 ea | 2.00 |
| Peanut Butter | 4 tbsp | 15.75 |
| Dressing, Asst 12g | 1 pkg | 1.29 |
| 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* |
| Pickle Relish, pkt | 1 pkt | 3.00 |
| Cheese, Cheddar Shredded | 1 oz | 1.01 |
| Onion, Red | 1 OZ | 3.53 |

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.