

# Elementary School Menu

## First Semester 2019-2020

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

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

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.

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

Pleasant View Elementary	Lisa Morgan	317.873.1224	x17974
Eagle Elementary	Sheila Dibble	317.873.1234	x15974
Union Elementary	Kathy Beanblossom	317.733.4007	x16974
Stonewall Elementary	Nancy Fitzpatrick	317.873.8050	x19974
Boone Meadow Elementary	Cheryl Pendleton	317.893.2226	x14974

**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)

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	NL	3	4	5	6	Red	1	2	3	4	Purple				1	Red	2	3	4	5	6			
Purple			7	8	9	Red	9	10	11	12	13	Purple	7	8	9	10	11	Green	4	5	6	7	8	Purple	9	10	11	12	13
Green	12	13	14	15	15	Purple	16	17	18	19	20	Green	NL	NL	NL	NL	NL	Red	11	12	13	14	15	Green	16	17	18	19	CC
Red	19	20	21	22	23	Green	23	24	25	26	27	Red	21	22	23	24	25	Purple	18	19	20	21	22	NL = No Lunch Served CC = Cook's Choice					
Purple	26	27	28	29	30	Red	30					Purple	28	29	30	31		Green	25	26	NL	NL	NL	Menus Subject to Change 8-9-19					

PURPLE MONDAY	Portion Size	G Carb
Corn Dog Nuggets	6 ea	30.37
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
BBQ Baked Beans (Bush's)	1/2 cup	35.57
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	1.98
Juice, Sunset Sip	1 ea	10.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00

PURPLE TUESDAY	Portion Size	G Carb
Cheeseburger	1 ea	29.00
Hamburger w/bun	1 ea	28.00
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 - Ele	Parfait cup	54.61
Emoticons, Potatoes	5 ea	23.60
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
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Chunk	1/2 cup	14.78
Milk, 1/2 Pint 1% White	1 ea	13.00
Milk, 1/2 Pint Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
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
Mac and Cheese	6 oz	26.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
California Blend Veg 1/2C	1/2 cup	6.17
Pre-k Cucumber Slices 1/4 C	1/4 Cup	1.34
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00

PURPLE THURSDAY	Portion Size	G Carb
Walking Taco	1 EA	33.00
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 - Ele	Parfait cup	54.61
Corn, Steamed 1/2 C	1/2 cup	18.11
Pre-K Baby Carrots 1/4 cup	1/4 cup	2.99
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
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
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10
Taco Sauce, 9g	1 pkt	1.00
Lettuce, Shredded	1/2 CUP	0.94
Olives, Ripe, Sliced	1 oz	1.78

PURPLE FRIDAY	Portion Size	G Carb
Pizza, Chs Stfd Breadstick	2 sticks	30.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
Peas, Steamed 1/2 cup	1/2 cup	14.11
Pre-k Celery Sticks 1/4 cup	3 sticks	0.96
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pears, Diced	1/2 cup	18.48
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Marinara Sauce Cups	PC	*N/A*

GREEN MONDAY	Portion Size	G Carb
Pizza, Cheese Quesadilla	1 slice	39.27
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
Refried Beans	1/2 cup	7.84
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	1.98
Juice, Sunset Sip	1 ea	10.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
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
Olives, Ripe, Sliced	1 oz	1.78
Jalepeno Pepper Slices	1 OZ	0.97
Banana Pepper	1 oz	1.10

GREEN TUESDAY	Portion Size	G Carb
Cereal, Cinnamon Taosters	Bowl	43.77
Cereal, Frosted Flakes	Bowl	51.00
Cereal, Frosted Mini Wheat	Bowl	47.00
Cereal, Honey Graham Toas	Bowl	43.00
Cereal, Honey Scooters	Bowl	46.00
Cereal, Marshmallow Mateys	Bowl	23.50
Danimals Crush Cup, Strawb	1 ea	14.00
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 - Ele	Parfait cup	54.61
Tri-Taters	2 ea	30.90
Pre-k Broccoli,raw 1/4 C	1/4 cup	1.08
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
GREEN WEDNESDAY	Portion Size	G Carb
Chicken Sandwich Breaded	1 ea	40.00
Chicken Sand Spicy	1 ea	41.08
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
Mashed Potatoes	1/2 cup	14.63
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
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Salad Dressing, Mayonnaise	1 ea	2.00

GREEN THURSDAY	Portion Size	G Carb
Lasagna Roll Ups	1 ea	36.27
Breadstick	1 ea	12.76
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 - Ele	Parfait cup	54.61
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
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Cheese, Pamesan pkt	1 pkt	0.00

GREEN FRIDAY	Portion Size	G Carb
Chicken Nuggets	5 ea	13.00
Roll, Whole Grain Dinner	1 ea	17.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
Potato, Baked	1 ea	20.49
Pre-k Celery Sticks 1/4 cup	3 sticks	0.96
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
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
Sour Cream, pkt	1 ea	2.00



RED MONDAY	Portion Size	G Carb
Chicken Tenders	3 ea	13.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
Baked Beans (Bush's)	1/2 cup	31.33
Pre-k Cherry Tomatoes 1/4 c	1/4 cup=3ea	1.98
Juice, Sunset Sip	1 ea	10.00
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Ketchup, Packets	1 ea	2.00
Mustard Packets	1 pkt	0.00
Honey	1 ea	11.54
Honey Mustard Dipping Cup	1 ea	5.00
BBQ Sauce Cups	1 ea	12.96

RED TUESDAY	Portion Size	G Carb
Hot Dog on Bun	1 ea	26.98
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 - Ele	Parfait cup	54.61
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
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
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
French Toast Sticks, WG	3 sticks	42.00
Sausage, Pork Patty	1 ea	1.00
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
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
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00
Syrup, Pancake	1 PKT	28.77
Ketchup, Packets	1 ea	2.00

RED THURSDAY	Portion Size	G Carb
Pizza, 5" Cheese	1 each	32.77
Pizza, 5" Pepperoni	1 each	33.00
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 - Ele	Parfait cup	54.61
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
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00

RED FRIDAY	Portion Size	G Carb
PB&J Sandwich	1 EA	65.51
PROTEIN PACK SUNFLOW	PACK	30.26
Bagel & Yogurt w/ Cheese St	1 ea	38.00
Grilled Cheese Sandwich	1 ea	28.00
Pre-k Celery Sticks 1/4 cup	3 sticks	0.96
Baby Carrots 1/2 cup	1/2 cup	6.07
Celery Sticks	6 sticks	1.92
Carrot and Celery Sticks	6 sticks	2.37
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	2.46
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	2.19
Broccoli,raw: fresh 1/2 C	1/2 cup	2.15
Cucumber Slices	1/2 Cup	2.68
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
Apples, Fresh 1/2 cup	Pkg	10.40
Bananas	1 EACH	26.95
Orange - Whole	1 EACH	11.28
Raisins	1 box	34.05
Craisins	1 packet	28.00
Pineapple, Chunk	1/2 cup	14.78
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 Skim Chocolate	1 ea	20.00
Milk, 1/2 Pint Skim White	1 ea	13.00
Peanut Butter, PC	1 ea	6.07
Cream Cheese 100/.75 oz	1 ea	2.00

\*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.