

NOVEMBER

2022

Breakfast Menu

National Native American Heritage Month

National Month of Gratitude

November is National Native American Heritage Month. This year's theme is "Gifts of Our Ancestors: Celebrating Indigenous Knowledge and Cultures." Learn more about Indigenous Peoples of North America. Let us be grateful for each day and those we care about.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Oatmeal Round Yogurt Apple Craisins	2 Vanilla Bunches of Oats Orange Pineapple Cup	3 Blueberry Pancakes Banana Raisins	4 Blueberry Bread Sunflower Seeds Pear Applesauce
7 No School	8 No School	9 Scooters Cereal String Cheese Orange Pineapple	10 Maple Biscuit String Cheese Banana Raisins	11 Apple Cinnamon Bread Hard Boiled Egg Pear Applesauce
14 Banana Muffin String Cheese Orange Apple Cherry Juice	15 Apple Cinnamon Oatmeal Fresh Apple Craisins	16 Rice Krispies Hard Boiled Egg Orange Pineapple Cup	17 Turkey Bacon & Egg Croissant Banana Raisins	18 Banana Bread Sunflower Seeds Pear Applesauce
21 Yogurt Graham Cracker Dippers Orange Apple Cherry Juice	22 Pancake and Turkey Sausage Apple Craisins	23 Thanksgiving Break	24 Happy Thanksgiving	25 Thanksgiving Break
28 Scooters Cereal Pineapple Cup Raisins	29 Bagel w Cream Cheese Apple Cherry Juice Craisins	30 Orange Dream Muffin Fresh Apple Pear		

*Milk offered daily.

**In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Quesadilla Corn Pineapple cup	2 Buffalo Chicken Drumstick w/ Brown Rice Broccoli Applesauce cups	3 Hamburger On Bun Lemon Chickpea Salad Pear	4 Chicken & Waffles Cucumbers Orange
7 NO SCHOOL (Parent Teacher Conferences)	8 NO SCHOOL (ELECTION DAY)	9 Turkey Sausage Pizza Baby Carrots Applesauce Cups	10 Chicken Sandwich Marinated Black Bean Salad Banana	11 Turkey Hot dog on Bun French Fries Fresh Orange
14 Hot Turkey Ham & Cheese Croissant Broccoli Apple	15 Chicken fajita Green Peppers & Onions Pineapple Cups	16 Cheese Pizza Lemon Chickpea Salad Applesauce Cups	17 Drumstick W/ Stuffing Mashed Potatoes W/ gravy Red Pear	18 Turkey Sloppy Joe Cherry Tomatoes Orange
21 French Toast Sticks Sweet Potatoes Apple	22 Totchoes McCain Tater Tots Pineapple Cups	23 NO SCHOOL (THANKSGIVING BREAK STARTS)	24 NO SCHOOL	25 NO SCHOOL (THANKSGIVING BREAK ENDS)
28 Cheese Quesadilla Corn Applesauce Cup	29 BBQ Chicken Sandwich Diced Carrots Pineapple Cup	30 Buffalo Chicken Drumstick W/ Brown Rice Zucchini Orange		

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Quesadilla Nacho Boli Corn Pineapple cup	2 Buffalo Chicken Drumstick w/ Brown Rice Grilled Cheese Broccoli Applesauce cups	3 Hamburger On Bun Chicken Nuggets Lemon Chickpea Salad Pear	4 Chicken & Waffles Turkey Ham and Cheese Sandwich Cucumbers Orange
7 NO SCHOOL (Parent Teacher Conferences)	8 NO SCHOOL (ELECTION DAY)	9 Cheese Pizza Baby Carrots Applesauce Cups	10 Chicken Sandwich Buffalo Chicken Salads Marinated Black Bean Salad Banana	11 Turkey Hot dog on Bun Bean and Cheese Tamale French Fries Fresh Orange
14 Hot Turkey Ham & Cheese Croissant Grilled Cheese Broccoli Apple	15 Chicken fajita Jerk Chicken Wrap Green Peppers & Onions Pineapple Cups	16 Cheese Pizza Lemon Chickpea Salad Applesauce Cups	17 Drumstick W/ Stuffing Mac and Cheese Mashed Potatoes W/ gravy Red Pear	18 Turkey Sloppy Joe Chicken Nuggets Cherry Tomatoes Orange
21 French Toast Sticks Sweet Potatoes Apple	22 Totchoes McCain Tater Tots Pineapple Cups	23 NO SCHOOL (THANKSGIVING BREAK STARTS)	24 NO SCHOOL	25 NO SCHOOL (THANKSGIVING BREAK ENDS)
28 Cheese Quesadilla Yogurt Protein Box Corn Applesauce Cup	29 BBQ Chicken Sandwich Mac and Cheese Diced Carrots Pineapple Cup	30 Buffalo Chicken Drumstick W/ Brown Rice Grilled Cheese Zucchini		

*Milk offered daily.

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Open Kitchens

(FG-5094) All American Grilled Cheese, COMPONENT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZCheese, Yellow American, Sliced, LOL	219.996	219.996	9.9999	9.9999	539.9968	539.9968	3.9984	3.9984
Bread, Sandwich, WG	140	140	0	0	220	220	28	28
	359.996	359.996	9.9999	9.9999	759.9968	759.9968	31.9984	31.9984

* Total includes one or more missing nutrient data.

(G-3426) Applesauce	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Applesauce, Cup APRIL	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3
	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3

* Total includes one or more missing nutrient data.

(G-3125) Applesauce Cup	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ CUP	Recipe	4 OZ CUP	Recipe	4 OZ CUP	Recipe	4 OZ CUP
Applesauce Cup	35.0001	35.0001	0	0	5	5	10.3	10.3
	35.0001	35.0001	0	0	5	5	10.3	10.3

* Total includes one or more missing nutrient data.

(P-4098) Baby Carrots	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C
Carrots, Baby 1/2 Cup APRIL	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008
	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008

* Total includes one or more missing nutrient data.

(FG-5498) BBQ Black Bean Salad	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup
Beans, Black APRIL	170.097	170.097	0 *	0 *	471.0379	471.0379	30.0941	30.0941
	170.097	170.097	0 *	0 *	471.0379	471.0379	30.0941	30.0941

* Total includes one or more missing nutrient data.



(FG-5469) BBQ Chicken Sandwich	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Bun, Hamburger WG APRIL	160	160	0	0	250	250	28	28
ZZCheese, White American, Sliced, LOL	110	110	5	5	440	440	2	2
Chicken, Pulled, BBQ, APRIL	110	110	0	0	736.6667	736.6667	18	18
	380	380	5	5	1426.6668	1426.6668	48	48

* Total includes one or more missing nutrient data.

(FG-5478) Bean and Cheese Tamale	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bean and Cheese Tamale	290	290.654	7	7.0158	320	320.7216	30	30.0676
	290	290.654	7	7.0158	320	320.7216	30	30.0676

* Total includes one or more missing nutrient data.

(P-4139) Broccoli, Cooked	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup
Broccoli, Cooked	35	49.6116	0.079	0.112	41	58.1165	7.18	10.1775
	35	49.6116	0.079	0.112	41	58.1165	7.18	10.1775

* Total includes one or more missing nutrient data.

(FG-5513) buffalo Chicken and Rice	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Chicken, Drumstick, Buffalo	171.9	171.9	2.5	2.5	177.2	177.2	0.38	0.38
Rice, Brown, Cooked APRIL	216.8739	216.8739	0	0	0	0	45.9262	45.9262
	388.7738	388.7738	2.5	2.5	177.2	177.2	46.3062	46.3062

* Total includes one or more missing nutrient data.

(FG-5419) Buffalo Chicken Salad	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Chicken, Popcorn APRIL	4286.4444 *	178.6019 *	30.6175 *	1.2757 *	13063.4496 *	544.3104 *	408.2328 *	17.0097 *
Spinach, Fresh APRIL	156.4892 *	6.5204 *	0.4286 *	0.0179 *	537.5065 *	22.3961 *	24.6981 *	1.0291 *
Salad Mix, Garden APRIL	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Sauce, Buffalo APRIL	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	4442.9336 *	185.1222 *	31.0461 *	1.2936 *	13600.9561 *	566.7065 *	432.9309 *	18.0388 *

* Total includes one or more missing nutrient data.



(G-3442) Carrots, Frozen, APRIL	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 Cup	1/4 cup	3/4 cup	Recipe	1/2 Cup	1/4 cup	3/4 cup	Recipe	1/2 Cup	1/4 cup	3/4 cup	Recipe	1/2 Cup	1/4 cup	3/4 cup
Carrots, Frozen, APRIL	23	23	11.5	44.6601	0	0	0	0	44	44	22	85.4369	5	5	2.5	9.7087
	23	23	11.5	44.6601	0	0	0	0	44	44	22	85.4369	5	5	2.5	9.7087

* Total includes one or more missing nutrient data.

(FG-5405) Cheese and Green Chili Quesadilla	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Quesadilla, Cheese and Green Chili IW APRIL	321.99	321.99	6.91	6.91	403.01	403.01	32.19	32.19
	321.99	321.99	6.91	6.91	403.01	403.01	32.19	32.19

* Total includes one or more missing nutrient data.

(FG-5438) Cheese Pizza	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Pizza, Cheese, Tonys 4X6 APRIL	300	300	5.0001	5.0001	440	440	34	34
	300	300	5.0001	5.0001	440	440	34	34

* Total includes one or more missing nutrient data.

(P-4138) Cherry Tomatoes	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/4 cup	3/4 cup	Recipe	1/4 cup	3/4 cup	Recipe	1/4 cup	3/4 cup	Recipe	1/4 cup	3/4 cup
Cherry Tomatoes	18	10.2058	30.6175	0.028	0.0159	0.0476	5	2.835	8.5048	3.89	2.2056	6.6168
	18	10.2058	30.6175	0.028	0.0159	0.0476	5	2.835	8.5048	3.89	2.2056	6.6168

* Total includes one or more missing nutrient data.

(FG-5515) Chicken and Stuffing	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Drumstick, Chicken Raw APRIL	195.0975	195.0975	2.5702	2.5702	103.9741	103.9741	0 *	0 *
Stuffing, Traditional	258.3035	258.3035	0.9935	0.9935	1132.5617	1132.5617	47.6868 *	47.6868 *
	453.4011	453.4011	3.5636	3.5636	1236.5358	1236.5358	47.6868 *	47.6868 *

* Total includes one or more missing nutrient data.

(FG-5493) Chicken and Waffle	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Waffle, WG, Bulk APRIL	89.6457	89.6457	0	0	134.4686	134.4686	13.9449	13.9449
Chicken Patty 110321	180	180	1.5	1.5	610	610	15	15
	269.6457	269.6457	1.5	1.5	744.4686	744.4686	28.9449	28.9449

* Total includes one or more missing nutrient data.



(FG-5494) Chicken Fajitas	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Tortilla, Whole Wheat, 8inch, APRIL	120	120	0.5	0.5	340	340	20	20
Chicken, Fajita Strips APRIL	109.9999	109.9999	0.5	0.5	669.9995	669.9995	3	3
	229.9999	229.9999	1	1	1009.9995	1009.9995	23	23

* Total includes one or more missing nutrient data.

(FG-5514) chicken Nuggets and Dinner Roll	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
chicken Nuggets, Tyson NAE	240	240	2.5	2.5	440	440	16	16
Rolls, Dinner WG APRIL	80	80	0	0	130	130	14	14
	320	320	2.5	2.5	570	570	30	30

* Total includes one or more missing nutrient data.

(FG-5356) Chicken Patty Sandwich-110321	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken, Patty, WG, Breaded, Tyson	240.1369	240.1369	2.5014	2.5014	440.2511	440.2511	16.0091	16.0091
ZZHamburger Bun	150	150	0	0	250	250	29	29
	390.1369	390.1369	2.5014	2.5014	690.2511	690.2511	45.0091	45.0091

* Total includes one or more missing nutrient data.

(FG-5511) Chicken Totchos	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tater Tots APRIL WESTERN	143.3768	143.3768	0.6517	0.6517	260.6851	260.6851	22.1582	22.1582
Chicken, Diced FC	42.693	42.693	0	0	170.772	170.772	0.3881	0.3881
Sauce, Cheese, Cheddar, APRIL	129.9257	129.9257	5.9966	5.9966	549.6859	549.6859	4.9971	4.9971
	315.9955	315.9955	6.6483	6.6483	981.143	981.143	27.5435	27.5435

* Total includes one or more missing nutrient data.

(G-3388) Corn	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C
Corn, Frozen APRIL	162	80.7187	41.7511	111.3362	0.2	0.0996	0.0515	0.1374	8.3	4.1356	2.1391	5.7043	39.0001	19.4323	10.0512	26.8032
	162	80.7187	41.7511	111.3362	0.2	0.0996	0.0515	0.1374	8.3	4.1356	2.1391	5.7043	39.0001	19.4323	10.0512	26.8032

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(P-4111) Cucumber Slices, 1/2 Cup	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	3/4 cup	Recipe	1/2 Cup	3/4 cup	Recipe	1/2 Cup	3/4 cup	Recipe	1/2 Cup	3/4 cup
Cucumber Slices, 1/2 Cup APRIL	16	11.6015	21.8073	0 *	0 *	0 *	2.1	1.5227	2.8622	3.8	2.7553	5.1792
	16	11.6015	21.8073	0 *	0 *	0 *	2.1	1.5227	2.8622	3.8	2.7553	5.1792

* Total includes one or more missing nutrient data.

(D-2007) FF Chocolate Milk	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, FF Chocolate, Half Pint	109.9999	109.9999	0	0	179.9998	179.9998	20	20
	109.9999	109.9999	0	0	179.9998	179.9998	20	20

* Total includes one or more missing nutrient data.

(G-3025) French Fries	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Servings	Recipe	Servings	Recipe	Servings	Recipe	Servings
ZZFries, Crinkle Cut NEEDS NEW SET UP	19211.2981	120.0706	160.0981	1.0006	5603.2981	35.0206	2881.6981	18.0106
	19211.2981	120.0706	160.0981	1.0006	5603.2981	35.0206	2881.6981	18.0106

* Total includes one or more missing nutrient data.

(FG-5512) French Toast, WG	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 slice Serving	Recipe	2 slice Serving	Recipe	2 slice Serving	Recipe	2 slice Serving
French Toast, WG	419.9996	419.9996	4	4	579.9995	579.9995	51.9999	51.9999
	419.9996	419.9996	4	4	579.9995	579.9995	51.9999	51.9999

* Total includes one or more missing nutrient data.

(P-4104) Fresh Banana	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Banana, Fresh APRIL	110	130.9524	0 *	0 *	0 *	0 *	30	35.7142
	110	130.9524	0 *	0 *	0 *	0 *	30	35.7142

* Total includes one or more missing nutrient data.

(P-4101) Fresh Pear	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pear, Fresh Whole APRIL	57	77.5642	0.022	0.0299	1	1.3608	15.23	20.7246
	57	77.5642	0.022	0.0299	1	1.3608	15.23	20.7246

* Total includes one or more missing nutrient data.



(P-4108) Fresh Red Apple	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Apple, Fresh Red APRIL	72	72.4761	0.0391	0.0393	0.9999	1.0066	19.06	19.186
	72	72.4761	0.0391	0.0393	0.9999	1.0066	19.06	19.186

* Total includes one or more missing nutrient data.

(FG-5412) Gravy, Brown, APRIL	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1 fl oz	1/4 cup	Gallon	Recipe	1 fl oz	1/4 cup	Gallon	Recipe	1 fl oz	1/4 cup	Gallon	Recipe	1 fl oz	1/4 cup	Gallon
Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Gravy, Brown, Powder, APRIL	10256.4017	10.016	20.032	1282.0502	0	0	0	0	71794.8134	70.1121	140.2242	8974.3517	2051.2803	2.0032	4.0064	256.41
	10256.4017	10.016	20.032	1282.0502	0	0	0	0	71794.8134	70.1121	140.2242	8974.3517	2051.2803	2.0032	4.0064	256.41

* Total includes one or more missing nutrient data.

(FG-5479) Hamburger w/Bun	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger WG APRIL	160	160	0	0	250	250	28	28
Beef patty, Flame Grilled, APRIL	110	110	2.5	2.5	45	45	2	2
	270	270	2.5	2.5	295	295	30	30

* Total includes one or more missing nutrient data.

(G-3396) Ketchup, Packet	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
Ketchup, Packet APRIL	10	10	0	0	85	85	2	2
	10	10	0	0	85	85	2	2

* Total includes one or more missing nutrient data.

(FG-5448) Lemon Chickpea Salad	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup
Juice, Lemon, Realemon	114.24	5.0215	2.5108	8.16	0.1814	0.008	0.004	0.013	174.72	7.68	3.84	12.48	38.0352	1.6719	0.8359	2.7168
Garbanzos, Canned, LS APRIL	4334.6386	190.5336	95.2668	309.617	6.6735	0.2933	0.1467	0.4767	7671.3747	337.2033	168.6016	547.9553	702.5857	30.8829	15.4414	50.1847
	4448.8785	195.5551	97.7775	317.777	6.8549	0.3013	0.1507	0.4896	7846.0947	344.8833	172.4416	560.4353	740.6209	32.5548	16.2774	52.9015

* Total includes one or more missing nutrient data.



(FG-5473) Mac and Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	serving	Recipe	serving	Recipe	serving	Recipe	serving
Pasta, Elbow, WG, Cooked, APRIL	99.7903	99.7903	0.1213	0.1213	1.701	1.701	20.8	20.8
Cheese, Cheddar, Shredded APRIL	114.4101	114.4101	6.0747	6.0747	182.2448	182.2448	0	0
Sauce, Cheese, Cheddar, APRIL	129.9257	129.9257	5.9966	5.9966	549.6859	549.6859	4.9971	4.9971
	344.1261	344.1261	12.1926	12.1926	733.6316	733.6316	25.7972	25.7972

* Total includes one or more missing nutrient data.

(FG-5402) Mashed Potatoes	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Potatoes, Mashed AP APRIL	129.9999	194.9999	1	1.5	390	584.9999	20	30
	129.9999	194.9999	1	1.5	390	584.9999	20	30

* Total includes one or more missing nutrient data.

(D-2026) Milk, 1%	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup
Milk, 1%	110.0001	110.0001	55	82.6123	1.4999	1.4999	0.7499	1.1264	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632
	110.0001	110.0001	55	82.6123	1.4999	1.4999	0.7499	1.1264	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632

* Total includes one or more missing nutrient data.

(FG-5398) NachoPuff	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
NachoBoli APRIL	320	319.7986	7	6.9956	790	789.5029	33	32.9792
	320	319.7986	7	6.9956	790	789.5029	33	32.9792

* Total includes one or more missing nutrient data.

(P-4052) Orange	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each
Orange, Fresh	47	42.3	42.3	0.015	0.0135	0.0135	0	0	0	11.75	10.575	10.575
	47	42.3	42.3	0.015	0.0135	0.0135	0	0	0	11.75	10.575	10.575

* Total includes one or more missing nutrient data.

(P-4087) Peppers & Onions	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C
ZZOnions, Diced	22.6796	22.6796	22.6796	22.6796	0.0238	0.0238	0.0238	0.0238	2.268	2.268	2.268	2.268	5.2957	5.2957	5.2957	5.2957

* Total includes one or more missing nutrient data.



(P-4087) Peppers & Onions	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C	Recipe	1/2 Cup	1/4 cup	3/4 C
ZZPeppers, Green, Raw	7.44	7.44	7.44	7.44	0.0216	0.0216	0.0216	0.0216	1.116	1.116	1.116	1.116	1.7261	1.7261	1.7261	1.7261
	30.1196	30.1196	30.1196	30.1196	0.0454	0.0454	0.0454	0.0454	3.384	3.384	3.384	3.384	7.0218	7.0218	7.0218	7.0218

* Total includes one or more missing nutrient data.

(G-3053) PINEAPPLE FRUIT CUP	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZFruit Cup, Pineapple Tidbit NEEDS NEW SET UP	70	70	0	0	0	0	13	13
	70	70	0	0	0	0	13	13

* Total includes one or more missing nutrient data.

(G-3390) Potatoes, Sweet, Canned, APRIL	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C
Potatoes, Sweet, Canned, APRIL	79	126.4	63.2	134.3766	0	0	0	0	147	235.2	117.6	250.0426	19	30.4	15.2	32.3184
	79	126.4	63.2	134.3766	0	0	0	0	147	235.2	117.6	250.0426	19	30.4	15.2	32.3184

* Total includes one or more missing nutrient data.

(FG-5499) Protein Kit - Yogurt/String Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Muffin, Banana, WG 10Z APRIL	79.5776	79.5776	0.2487 *	0.2487 *	49.736	49.736	13.9261	13.9261
Cheese, String APRIL	80.9986	80.9986	4.0499 *	4.0499 *	202.4964	202.4964	2.025	2.025
Granola, WG, Cinnamon IW	110	110	0.5 *	0.5 *	60	60	15	15
Yogurt, Strawberry 4oz APRIL	90	90	0 *	0 *	50	50	19	19
	360.5761	360.5761	4.7986 *	4.7986 *	362.2324	362.2324	49.9511	49.9511

* Total includes one or more missing nutrient data.

(G-3193) Ranch Dressing	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET
ZZDressing, Ranch, PC NEED NEW SET UP	15	11.25	0	0	125	93.75	2	1.5
	15	11.25	0	0	125	93.75	2	1.5

* Total includes one or more missing nutrient data.



(FG-5452) Sandwich, Croissant, Turkey, Cheese APRIL	Calories (kcal)			Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH		Recipe	EACH	Recipe	EACH	Recipe	EACH
Turkey, Breast, Oven Roasted, Log APRIL	49.9999	49.9999		0.25	0.25	254.9998	254.9998	1	1
Croissant, Sliced WG APRIL	199.9998	199.9998		5	5	239.9998	239.9998	27	27
Cheese, Cheddar, Sliced APRIL	80	80		3.5	3.5	220	220	1	1
	329.9998	329.9998		8.75	8.75	714.9996	714.9996	29	29

* Total includes one or more missing nutrient data.

(FG-5385) Sandwich, Turkey Ham & White American	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each
ZZCheese, White American, Sliced, LOL	111.373	111.373	5.0624	5.0624	445.4922	445.4922	2.025	2.025
ZZBaked Turkey Ham	60	60	0.5	0.5	669.9994	669.9994	2	2
Bread, Sandwich, WG	140	140	0	0	220	220	28	28
	311.373	311.373	5.5624	5.5624	1335.4916	1335.4916	32.025	32.025

* Total includes one or more missing nutrient data.

(sys-6) Skim Milk	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, White, Skim Half Pint	77.1106	77.1106	0.127	0.127	95.2543	95.2543	11.2491	11.2491
	77.1106	77.1106	0.127	0.127	95.2543	95.2543	11.2491	11.2491

* Total includes one or more missing nutrient data.

(FG-5482) Sloppy Joe on Bun	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger WG APRIL	160	160	0 *	0 *	250 *	250 *	28	28
Sloppy Joe, Beef, APRIL	172.6033	172.6033	3.2315 *	3.2315 *	324.3546 *	324.3546 *	13.5922	13.5922
	332.6033	332.6033	3.2315 *	3.2315 *	574.3546 *	574.3546 *	41.5922	41.5922

* Total includes one or more missing nutrient data.

(FG-5422) Steamed Zucchini	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup
Zucchini, Frozen APRIL	17	22.1693	11.0847	24.0971	0.027	0.0352	0.0176	0.0383	2	2.6082	1.3041	2.835	3.58	4.6686	2.3343	5.0746
	17	22.1693	11.0847	24.0971	0.027	0.0352	0.0176	0.0383	2	2.6082	1.3041	2.835	3.58	4.6686	2.3343	5.0746

* Total includes one or more missing nutrient data.



(G-3468) Syrup, PC,	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
Syrup, PC, APRIL	69.9999	69.9999	0	0	0	0	18	18
	69.9999	69.9999	0	0	0	0	18	18

* Total includes one or more missing nutrient data.

(G-3397) Tortilla Chips	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	Serving 1BG	Serving 2BG	Recipe	Serving 1BG	Serving 2BG	Recipe	Serving 1BG	Serving 2BG	Recipe	Serving 1BG	Serving 2BG
Chips, tortilla, round APRIL	100	137.9202	275.8404	0.5	0.6896	1.3792	80	110.3362	220.6723	14.5	19.9984	39.9968
	100	137.9202	275.8404	0.5	0.6896	1.3792	80	110.3362	220.6723	14.5	19.9984	39.9968

* Total includes one or more missing nutrient data.

(FG-5455) Turkey Hot Dog & Bun	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Turkey Frank	129.9999	129.9999	3	3	249.9998	249.9998	1	1
Bun, Hot Dog WG APRIL	160	160	0	0	250	250	28	28
	289.9999	289.9999	3	3	499.9998	499.9998	29	29

* Total includes one or more missing nutrient data.

(M-1207) Turkey Sausage Pizza, Tony's	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Turkey Sausage Pizza, Tony's	279.9997	279.9997	3.9999	3.9999	449.9996	449.9996	32.9999	32.9999
	279.9997	279.9997	3.9999	3.9999	449.9996	449.9996	32.9999	32.9999

* Total includes one or more missing nutrient data.

(FG-5495) Vegetarian Totchos	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tater Tots APRIL WESTERN	143.3768	143.3768	0.6517	0.6517	260.6851	260.6851	22.1582	22.1582
Sauce, Cheese, Cheddar, APRIL	259.8515	259.8515	11.9932	11.9932	1099.3718	1099.3718	9.9943	9.9943
	403.2283	403.2283	12.6449	12.6449	1360.0569	1360.0569	32.1525	32.1525

* Total includes one or more missing nutrient data.

(FG-5377) Wrap, Jerk Chicken	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each, Serving	Recipe	Each, Serving	Recipe	Each, Serving	Recipe	Each, Serving
Chicken, Fajita Strips	1584.0004	66	0	0	8208.0004	342	24.0004	1
Tortilla, Flour, Ultra Grain, 6", APRIL WESTERN	2160	90	36	1.5	1800	75	360	15
Spice, Jerk Seasoning	112.5	4.6875	0	0	4275	178.125	22.5	0.9375

* Total includes one or more missing nutrient data.



(FG-5377) Wrap, Jerk Chicken	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each, Serving	Recipe	Each, Serving	Recipe	Each, Serving	Recipe	Each, Serving
	3856.5004	160.6875	36	1.5	14283.0004	595.125	406.5004	16.9375

* Total includes one or more missing nutrient data.

FILTERS

Name(s)	Value(s)
Date Range	(Start = 11/1/2022, End = 11/30/2022)
Menu Plans	(Middle 2 Entree Hot Menu)
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)