

Menu Calendar Report - January, 2024

Site: ILTexas - K-8 Breakfast

Mon	Tue	Wed	Thu	Fri
1 Jan	2 Jan	3 Jan	4 Jan	5 Jan
			Blueberry Muffin (76.24 g) Chicken Nuggets (MWWM) and Waffle (1 Waffle) (51.14 g) Apple Cinnamon Cheerios bowlpack (22.71 g) Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g) Wild Blueberries (8.85 g) Orange Juice (15.00 g) Orange Juice Cup (13.00 g) Lowfat White Milk 1% (13.00 g) Breakfast Syrup Cup (29.00 g)	Breakfast on a Stick (17.00 g) Scratch Baked Apple Cinnamon Muffins (77.42 g) Blueberry Chex (23.00 g) Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g) Crispy Whole Apple (12.69 g) 100% Grape Juice (19.00 g) Lowfat White Milk 1% (13.00 g)
8 Jan	9 Jan	10 Jan	11 Jan	12 Jan
French Toast Sticks (28.21 g) Strawberry Fields Parfait (w/o granola) (53.02 g) Offered With: - Crackers, graham, honey, Keebler, 3 count (CACFP) (17.00 g)	Breakfast Sandwich, egg patty, cheese on English muffin (25.51 g) Blueberry Muffin (76.24 g) Cinnamon Chex (23.00 g) Offered With: - Mozzarella String	Breakfast Plate (15.55 g) Vanilla Yogurt Cup (12.00 g) Offered With: - Vanilla, Emoji Chat Snax Graham Crackers (21.00 g) Blueberry Chex (23.00 g)	Breakfast Burrito-Egg, Cheese, Potato (49.10 g) Scratch Baked Apple Cinnamon Muffins (77.42 g) Cinnamon Chex (23.00 g) Offered With: - Mozzarella String	Chicken Nuggets (MWWM) and Waffle (1 Waffle) (51.14 g) Blueberry Muffin (76.24 g) Cheerios (20.83 g) Offered With: - Mozzarella String Cheese

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<p>Cheerios (20.83 g) Offered With: - Mozzarella String Cheese Stick, Part Skim, USDA</p> <p>Cherry Flavored Craisins (26.99 g) Merry Cherry Juice (14.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Breakfast Syrup Cup (29.00 g)</p>	<p>Cheese Stick, Part Skim, USDA</p> <p>Crispy Whole Apple (12.69 g) Orange Juice (15.00 g) Orange Juice Cup (13.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g)</p>	<p>Offered With: - Mozzarella String Cheese Stick, Part Skim, USDA</p> <p>Orange Smiles (11.28 g) 100% Grape Juice (19.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Breakfast Syrup Cup (29.00 g) Salsa (2.17 g)</p>	<p>Cheese Stick, Part Skim, USDA</p> <p>Wild Blueberries (8.85 g) Apple Juice (14.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Salsa (2.17 g)</p>	<p>Stick, Part Skim, USDA</p> <p>Fresh Pears (27.11 g) Orange Juice (15.00 g) Orange Juice Cup (13.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Breakfast Syrup Cup (29.00 g)</p>
<p>15 Jan</p>	<p>16 Jan</p> <p>Breakfast Casserole w/ turkey sausage & toast (25.82 g) Vanilla Yogurt Cup (12.00 g) Offered With: - Vanilla, Emoji Chat Snax Graham Crackers (21.00 g) Blueberry Chex (23.00 g) Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g) Fresh Blueberries (10.72 g) Apple Juice (14.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Salsa (2.17 g)</p>	<p>17 Jan</p> <p>Grilled Chicken on a Biscuit, Breakfast Sandwich (28.00 g) Apple Cinnamon Cheerios bowlpack (22.71 g) Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g) Soft Wheat Bagel (35.00 g) Cherry Flavored Craisins (26.99 g) Merry Cherry Juice (14.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Cream Cheese, Philadelphia light, 1 oz portion (7.94 g)</p>	<p>18 Jan</p> <p>Breakfast on a Stick (17.00 g) Blueberry Chex (23.00 g) Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g) Blueberry Muffin (76.24 g) Orange Smiles (11.28 g) 100% Grape Juice (19.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g)</p>	<p>19 Jan</p> <p>Breakfast Burrito-Egg, Cheese, Potato (49.10 g) Strawberry Fields Parfait (w/o granola) (53.02 g) Offered With: - Crackers, graham, honey, Keebler, 3 count (CACFP) (17.00 g) Cinnamon Chex (23.00 g) Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g) Crispy Whole Apple (12.69 g) Merry Cherry Juice (14.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Salsa (2.17 g)</p>

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22 Jan	23 Jan	24 Jan	25 Jan	26 Jan
<p>Breakfast Casserole w/toast (25.82 g)</p> <p>Scratch Baked Apple Cinnamon Muffins (77.42 g)</p> <p>Cheerios (20.83 g)</p> <p>Offered With: - Vanilla, Emoji Chat Snax Graham Crackers (21.00 g)</p> <p>Orange Smiles (11.28 g)</p> <p>Apple Juice (14.00 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Salsa (2.17 g)</p>	<p>Breakfast Sandwich, egg patty, cheese on English muffin (25.51 g)</p> <p>Blueberry Muffin (76.24 g)</p> <p>Cinnamon Chex (23.00 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Part Skim, USDA</p> <p>Fresh Pears (27.11 g)</p> <p>Orange Juice (15.00 g)</p> <p>Orange Juice Cup (13.00 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Salsa (2.17 g)</p>	<p>Chicken Nuggets (MWWM) and Waffle (1 Waffle) (51.14 g)</p> <p>Strawberry Fields Parfait (w/o granola) (53.02 g)</p> <p>Offered With: - Crackers, graham, honey, Keebler, 3 count (CACFP) (17.00 g)</p> <p>Blueberry Chex (23.00 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Part Skim, USDA</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>100% Grape Juice (19.00 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Breakfast Syrup Cup (29.00 g)</p>	<p>French Toast Sticks (28.21 g)</p> <p>Scratch Baked Apple Cinnamon Muffins (77.42 g)</p> <p>Rice Chex Bowlpack (24.00 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Part Skim, USDA</p> <p>Wild Blueberries (8.85 g)</p> <p>Merry Cherry Juice (14.00 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Breakfast Syrup Cup (29.00 g)</p>	<p>Grilled Chicken on a Biscuit, Breakfast Sandwich (28.00 g)</p> <p>Strawberry Fields Parfait (w/o granola) (53.02 g)</p> <p>Offered With: - Crackers, graham, honey, Keebler, 3 count (CACFP) (17.00 g)</p> <p>Blueberry Chex (23.00 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Part Skim, USDA</p> <p>Crispy Whole Apple (12.69 g)</p> <p>Apple Juice (14.00 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p>
29 Jan	30 Jan	31 Jan	1 Feb	2 Feb
<p>Breakfast Burrito-Egg, Cheese, Potato (49.10 g)</p> <p>Scratch Baked Apple Cinnamon Muffins (77.42 g)</p> <p>Apple Cinnamon Cheerios bowlpack (22.71 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g)</p> <p>Fresh Blueberries (10.72 g)</p>	<p>French Toast Sticks (28.21 g)</p> <p>Strawberry Fields Parfait (w/o granola) (53.02 g)</p> <p>Offered With: - Crackers, graham, honey, Keebler, 3 count (CACFP) (17.00 g)</p> <p>Cheerios (20.83 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g)</p>	<p>Breakfast Sandwich, egg patty, cheese on English muffin (25.51 g)</p> <p>Cinnamon Chex (23.00 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g)</p> <p>Soft Wheat Bagel (35.00 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Apple Juice (14.00 g)</p>	<p>Chicken Nuggets (MWWM) and Waffle (1 Waffle) (51.14 g)</p> <p>Apple Cinnamon Cheerios bowlpack (22.71 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g)</p> <p>Blueberry Muffin (76.24 g)</p> <p>Crispy Whole Apple (12.69 g)</p>	<p>Breakfast Plate (15.55 g)</p> <p>Scratch Baked Apple Cinnamon Muffins (77.42 g)</p> <p>Blueberry Chex (23.00 g)</p> <p>Offered With: - Mozzarella String Cheese Stick, Polly-O 1 oz (1.01 g)</p> <p>Fresh Pears (27.11 g)</p> <p>Apple Juice (14.00 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p>

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Orange Juice (15.00 g)	Orange Smiles (11.28 g)	Lowfat White Milk 1% (13.00 g)	100% Grape Juice (19.00 g)	Skim White Milk (11.00 g)
Orange Juice Cup (13.00 g)	Merry Cherry Juice (14.00 g)	Skim White Milk (11.00 g)	Lowfat White Milk 1% (13.00 g)	Breakfast Syrup Cup (29.00 g)
Lowfat White Milk 1% (13.00 g)	Lowfat White Milk 1% (13.00 g)	Cream Cheese, Philadelphia light, 1 oz portion (7.94 g)	Skim White Milk (11.00 g)	
Skim White Milk (11.00 g)	Skim White Milk (11.00 g)	Salsa (2.17 g)	Breakfast Syrup Cup (29.00 g)	
Salsa (2.17 g)	Breakfast Syrup Cup (29.00 g)			

Carbohydrate values in grams follow the Menu Item name

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<p style="text-align: center;"><u>1 Jan</u></p>	<p style="text-align: center;"><u>2 Jan</u></p>	<p style="text-align: center;"><u>3 Jan</u></p>	<p style="text-align: center;"><u>4 Jan</u></p> <p>Macaroni & Cheese (17.51 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Chef Salad (5.49 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Cheese Stick , Yogurt w/ 2 grain-Graham cracker Plate (47.00 g) Cherry Flavored Craisins (26.99 g) Crispy Whole Apple (12.69 g) Baby Carrots (5.98 g) Steamed Broccoli (5.06 g) Lowfat White Milk 1% (13.00 g) Italian Dressing (2.00 g) Ranch Dressing (2.00 g)</p>	<p style="text-align: center;"><u>5 Jan</u></p> <p>Fajita Chicken Quesadilla (34.52 g) Chef Salad (5.49 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Lift-Off's! Spinach Salad (15.05 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Cherry Flavored Craisins (26.99 g) Wild Blueberries (8.85 g) Celery Sticks (1.92 g) Charro Beans (28.36 g) Lowfat White Milk 1% (13.00 g) Italian Dressing (2.00 g) Ranch Dressing (2.00 g) Salsa (2.17 g)</p>

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8 Jan	9 Jan	10 Jan	11 Jan	12 Jan
Cheeseburger Macaroni (ILT) (48.12 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Chicken Breaded Filet Sandwich (MWWM) (40.00 g) Popeye Spinach Salad (8.90 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Turkey Breast & Cheese Sandwich (28.86 g) Cherry Flavored Craisins (26.99 g) Orange Smiles (11.28 g) Fresh Broccoli Florets (2.12 g) Herb Roasted Carrots (7.50 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Italian Dressing (2.00 g) Ketchup (2.59 g) Mayonnaise (1.00 g) Ranch Dressing (2.00 g) Yellow Mustard PC (0.23 g)	Cheese Stick , Yogurt w/ 2 grain-Graham cracker Plate (47.00 g) Chef Salad (5.49 g) Grilled Cheese Sandwich (30.37 g) Pollo Guisado (9.181 g) Offered With: - Rice, Cilantro Lime (30.18 g) Roasted Garlic & Herb Sub Roll (30.36 g) Cherry Flavored Craisins (26.99 g) Crispy Whole Apple (12.69 g) Celery Sticks (1.92 g) Vegetarian Baked Beans (30.00 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Italian Dressing (2.00 g) Ketchup (2.59 g) Mayonnaise (1.00 g) Ranch Dressing (2.00 g) Yellow Mustard PC (0.23 g)	American style Sub Sandwich (31.49 g) Baked Chicken Ziti (22.20 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Frito Chili Pie (48.28 g) Popeye Spinach Salad (8.90 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Cherry Flavored Craisins (26.99 g) Orange Smiles (11.28 g) Baby Carrots (5.98 g) Steamed Broccoli (5.06 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Italian Dressing (2.00 g) Ketchup (2.59 g) Mayonnaise (1.00 g) Ranch Dressing (2.00 g) Yellow Mustard PC (0.23 g)	Cheeseburger (31.89 g) Chef Salad (5.49 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Chicken Potato Bowl-Fajita (27.18 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Hamburger (31.39 g) Strawberry Fields Parfait (73.02 g) Offered With: - Crackers, graham, honey, Keebler, 3 count (CACFP) (17.00 g) Cherry Flavored Craisins (26.99 g) Fresh Pears (27.11 g) Roasted Green Beans (5.51 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Italian Dressing (2.00 g) Ketchup (2.59 g) Mayonnaise (1.00 g) Ranch Dressing (2.00 g) Yellow Mustard PC (0.23 g)	Breaded Drumstick (6.00 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Mozzarella Stuffed Breadsticks (28.02 g) Offered With: - Pizza Sauce, CONV (11.03 g) Popeye Spinach Salad (8.90 g) Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g) Turkey Ham & Cheese Sandwich (31.50 g) Cherry Flavored Craisins (26.99 g) Wild Blueberries (8.85 g) Garden Side Salad (4.25 g) Steamed Corn (16.41 g) Lowfat White Milk 1% (13.00 g) Skim White Milk (11.00 g) Italian Dressing (2.00 g) Ketchup (2.59 g) Mayonnaise (1.00 g) Ranch Dressing (2.00 g) Yellow Mustard PC (0.23 g)

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15 Jan	16 Jan	17 Jan	18 Jan	19 Jan
	<p>American style Sub Sandwich (31.49 g)</p> <p>Lift-Off's! Spinach Salad (15.05 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Turkey Dog (32.00 g)</p> <p>Fajita Chicken (1.93 g)</p> <p>Offered With: - Rice, Cilantro Lime (30.18 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Wild Blueberries (8.85 g)</p> <p>Garden Side Salad (4.25 g)</p> <p>Seasoned Pinto Beans (25.45 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Italian Dressing (2.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Ranch Dressing (2.00 g)</p> <p>Salsa (2.17 g)</p> <p>Yellow Mustard PC (0.23 g)</p>	<p>Cheese Stick , Yogurt w/ 2 grain-Graham cracker Plate (47.00 g)</p> <p>Chicken and Waffle (71.00 g)</p> <p>Chicken Chef Salad (6.49 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Chili w/o Beans (3.31 g)</p> <p>Offered With: - Cornbread Mix - 2 Grain Equiv. (63.11 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Orange Smiles (11.28 g)</p> <p>Fresh Broccoli Florets (2.12 g)</p> <p>Roasted Corn (12.74 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Breakfast Syrup Cup (29.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Yellow Mustard PC (0.23 g)</p>	<p>American style Sub Sandwich (31.49 g)</p> <p>Beef Enchilada Bake (38.80 g)</p> <p>Glazed Chicken Drumstick (3.11 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Lift-Off's! Spinach Salad (15.05 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Cilantro Lime Rice (29.11 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Wild Blueberries (8.85 g)</p> <p>Cucumber Coins (2.23 g)</p> <p>Herb Roasted Carrots (7.50 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Italian Dressing (2.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Ranch Dressing (2.00 g)</p> <p>Salsa (2.17 g)</p> <p>Yellow Mustard PC (0.23 g)</p>	<p>BBQ Diced Chicken, Sandwich (37.01 g)</p> <p>Cheese Stick , Yogurt w/ 2 grain-Graham cracker Plate (47.00 g)</p> <p>Chicken Chef Salad (6.49 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Nachos, Bean & Cheese, Cheddar (50.52 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Crispy Whole Apple (12.69 g)</p> <p>Baby Carrots (5.98 g)</p> <p>Roasted Green Beans (5.11 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Italian Dressing (2.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Ranch Dressing (2.00 g)</p> <p>Salsa (2.17 g)</p> <p>Yellow Mustard PC (0.23 g)</p>

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<p>Cheese Stick , Yogurt w/ 2 grain-Graham cracker Plate (47.00 g)</p> <p>Cheeseburger (31.89 g)</p> <p>Chef Salad (5.49 g)</p> <p>Hamburger (31.39 g)</p> <p>Pasta Chicken Alfredo (32.49 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Orange Smiles (11.28 g)</p> <p>Baby Carrots (5.98 g)</p> <p>Roasted Green Beans (5.51 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Italian Dressing (2.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Ranch Dressing (2.00 g)</p> <p>Yellow Mustard PC (0.23 g)</p>	<p>Bean and Cheese Burrito, ILT (53.40 g)</p> <p>Chef Salad (5.49 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Garden Salad (12.10 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Grilled Ham & Cheese Sandwich, whole grain bread, American cheese (26.50 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Fresh Pears (27.11 g)</p> <p>Steamed Broccoli (5.06 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Buffalo Side Vegetables (0.83-1.67 g)</p> <p>Italian Dressing (2.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Ranch Dressing (2.00 g)</p> <p>Salsa (2.17 g)</p> <p>Yellow Mustard PC (0.23 g)</p>	<p>Garden Salad (12.10 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Spaghetti & Meat Sauce (43.46 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Turkey Ham & Cheese Sandwich (31.50 g)</p> <p>Sesame Chicken (1.77 g)</p> <p>Offered With: - Rice, brown, oven, steamed (24.82 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Crispy Whole Apple (12.69 g)</p> <p>Garden Side Salad (4.25 g)</p> <p>Herb Roasted Carrots (7.50 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Italian Dressing (2.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Ranch Dressing (2.00 g)</p> <p>Yellow Mustard PC (0.23 g)</p>	<p>American Sub Sandwich (30.42 g)</p> <p>Chicken Tacos (31.03 g)</p> <p>Frito Chili Pie (48.28 g)</p> <p>Garden Salad (12.10 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Wild Blueberries (8.85 g)</p> <p>Charro Beans (28.36 g)</p> <p>Roasted Corn (12.74 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Italian Dressing (2.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Ranch Dressing (2.00 g)</p> <p>Salsa (2.17 g)</p> <p>Yellow Mustard PC (0.23 g)</p>	<p>Cheese Pizza (41.86 g)</p> <p>Chef Salad (5.49 g)</p> <p>Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)</p> <p>Pepperoni Pizza, 8-cut, FTO 16" WG, Commercial Cheese Blend, Turkey Pepperoni (41.64 g)</p> <p>Spicy Chicken Sandwich (40.00 g)</p> <p>Strawberry Fields Parfait (73.02 g)</p> <p>Offered With: - Crackers, graham, honey, Keebler, 3 count (CACFP) (17.00-34.00 g)</p> <p>Cherry Flavored Craisins (26.99 g)</p> <p>Crispy Whole Apple (12.69 g)</p> <p>Crinkle Cut French Fries (14.55 g)</p> <p>Fresh Broccoli Florets (2.12 g)</p> <p>Lowfat White Milk 1% (13.00 g)</p> <p>Skim White Milk (11.00 g)</p> <p>Italian Dressing (2.00 g)</p> <p>Ketchup (2.59 g)</p> <p>Mayonnaise (1.00 g)</p> <p>Ranch Dressing (2.00 g)</p> <p>Yellow Mustard PC (0.23 g)</p>

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Cheese Stick , Yogurt w/ 2 grain- Graham cracker Plate (47.00 g)	Baked Potato with Broccoli and Cheese (34.27 g)	Beef Soft Tacos (33.69 g)	Cheese Stick , Yogurt w/ 2 grain- Graham cracker Plate (47.00 g)	Lift-Off's! Spinach Salad (15.05 g)
Cheeseburger (31.89 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Chef Salad (5.49 g)	Chef Salad (5.49 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)
Chef Salad (5.49 g)	Fajita Chicken Quesadilla (34.52 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Meatball Sub (41.45 g)
Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Lift-Off's! Spinach Salad (15.05 g)	Lift-Off's! Spinach Salad (15.05 g)	Turkey Dog (32.00 g)	Turkey Ham & Cheese Sandwich (31.50 g)
Hamburger (31.39 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Lemon Pepper Chicken (2.58 g)	BBQ Chicken Drumstick (9.23 g)
Chicken Chunks (14.29 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Macaroni & Cheese (17.51 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)
Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Turkey Ham & Cheese Sandwich (31.50 g)	Offered With: - Sub Roll, roasted garlic and herb, Richs whole grain (30.36 g)	Cherry Flavored Craisins (26.99 g)	Cherry Flavored Craisins (26.99 g)
Cherry Flavored Craisins (26.99 g)	Cherry Flavored Craisins (26.99 g)	Cherry Flavored Craisins (26.99 g)	Wild Blueberries (8.85 g)	Fresh Pears (27.11 g)
Orange Smiles (11.28 g)	Wild Blueberries (8.85 g)	Crispy Whole Apple (12.69 g)	Garden Side Salad (4.25 g)	Baby Carrots (5.98 g)
Crinkle Cut French Fries (14.55 g)	Celery Sticks (1.92 g)	Baby Carrots (5.98 g)	Herb Roasted Carrots (7.50 g)	Roasted Green Beans (5.51 g)
Red Tomato Wedges (1.66 g)	Charro Beans (28.36 g)	Steamed Broccoli (5.06 g)	Lowfat White Milk 1% (13.00 g)	Lowfat White Milk 1% (13.00 g)
Lowfat White Milk 1% (13.00 g)	Lowfat White Milk 1% (13.00 g)	Lowfat White Milk 1% (13.00 g)	Skim White Milk (11.00 g)	Skim White Milk (11.00 g)
Skim White Milk (11.00 g)	Skim White Milk (11.00 g)	Skim White Milk (11.00 g)	Italian Dressing (2.00 g)	Italian Dressing (2.00 g)
Italian Dressing (2.00 g)	Italian Dressing (2.00 g)	Italian Dressing (2.00 g)	Ketchup (2.59 g)	Ketchup (2.59 g)
Ketchup (2.59 g)	Ketchup (2.59 g)	Ketchup (2.59 g)	Mayonnaise (1.00 g)	Mayonnaise (1.00 g)
Mayonnaise (1.00 g)	Mayonnaise (1.00 g)	Mayonnaise (1.00 g)	Ranch Dressing (2.00 g)	Ranch Dressing (2.00 g)
Ranch Dressing (2.00 g)	Ranch Dressing (2.00 g)	Ranch Dressing (2.00 g)	Yellow Mustard PC (0.23 g)	Yellow Mustard PC (0.23 g)
Yellow Mustard PC (0.23 g)	Salsa (2.17 g)	Salsa (2.17 g)		
	Yellow Mustard PC (0.23 g)	Yellow Mustard PC (0.23 g)		

Carbohydrate values in grams follow the Menu Item name