



Zionsville Elementary School Menu

2025-2026

Students may take 3-5 components to make a meal.

Components are: Entrée (Meat/Meat Alternate and Grain) 1-2 Vegetables, 1-2 Fruits, and a Milk. All meals must include at least 1 Fruit or Vegetable.

Breakfast Served M – F at: PVE 7:45 – 8:10, All other schools 7:45 - 8:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Choice of 1 Entrée: - Bosco Bread Sticks ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	4 Choice of 1 Entrée: - Chicken Nuggets ^{MSW} w/ Corn Muffin ^{MEW} - Fruit & Yogurt Parfait ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple 100% Fruit Juice - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	5 Choice of 1 Entrée: - All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W - Turkey and Cheese Sandwich ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - BBQ Baked Beans - Relish Boats - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	6 	7 Choice of 1 Entrée: - Cereal Bowl ^{VARIES} w/Pork Sausage Patty - Turkey and Cheese Sandwich ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Tri-Taters - Assorted Fresh Vegetables - Mixed Green Salad - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Assorted Fresh Fruit - Dried Fruits Choice of 1 Milk: - Milk Variety ^M
10 Choice of 1 Entrée: - Rotini in Meat Sauce ^{EW} w/ Garlic Toast ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Corn 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Mandarin Oranges - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	11 Choice of 1 Entrée: - Teriyaki Chicken Bowl w/Rice ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Broccoli 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	12 Choice of 1 Entrée: - Pork Tenderloin ^{SW} on a Bun ^W - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - BBQ Baked Beans - Relish Boat - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	13 Choice of 1 Entrée: - French Toast Sticks ^{MESW} - w/Pork Sausage - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Tri-Taters - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	14 Choice of 1 Entrée: - Deep Dish Pizza ^{MSW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M

Allergen Legend:

W – Contains Wheat
S – Contains Soy
M – Contains Milk/Dairy
E – Contains Eggs
SS – Contains Sesame
GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)

SF – Contains Shellfish
T – Contains Tree Nuts
P – Contains Peanuts
F – Contains Fish

Please speak with your school's café manager to obtain a Special Dietary Needs Medical Form. if your child requires a special menu or meal modification due to a disability or impairment.

Pricing

1 Student Lunch	\$2.65
1 Student Reduced Lunch	\$0.40
Adult Purchases	A la Carte
Milk	\$0.65

Additional items beyond the first meal are charged as a la carte.

17	18	19	20	21
Choice of 1 Entrée: - All Beef Hot Dog on Bun ^W - Fruit & Yogurt Parfait ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas and Carrots 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Waffles ^{MESW} w/Cheese Omelet ^{ME} - Fruit & Yogurt Parfait ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Emoticons 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Breaded Chicken Sandwich ^{MSW} on Bun ^W - Turkey and Cheese Sandwich ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Corn - Relish Boat - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Mandarin Oranges - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Walking Taco - Turkey and Cheese Sandwich ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Refried Beans - Fiesta Relish Boat - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: 4X6 Pizza ^{MW} - Turkey and Cheese Sandwich ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed California Blend - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M
24	25	26	27	28
Choice of 1 Entrée: - Bosco Bread Sticks ^{MW} - Fruit & Yogurt Parfait ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Carrots 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Corn Dog Nuggets ^{SWE} - Fruit & Yogurt Parfait ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - BBQ Baked Beans 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Peaches 100% Fruit Juice Slushie - Dried Fruits Choice of 1 Milk: - Milk Variety ^M			

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SF – Contains Shellfish

T – Contains Tree Nuts

P – Contains Peanuts

F – Contains Fish

Pricing

1 Student Lunch \$2.65

1 Student Reduced Lunch \$0.40

Adult Purchases A la Carte

Milk \$0.65

Additional items beyond the first meal are charged as a la carte.

Visit the Food Service link at www.zcs.k12.in.us where you will find info on:

- Contact names
- Meal assistance
- Nutritional / allergen information
- Cafeteria pricing
- School Pay and More

You can also learn about our **ZCS Family Portal** where you can view current balances, food purchase histories and MORE!

Menus Subject to Change

10-20-25

Mon - 11/03/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breadstick, Bosco 6"	2 ea	316	34	491	4.14	2.16	428.48	400	0.00	2.00	21.28	34.14	11.14	5.71
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	0	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Peas, Steamed 1/2 cup	1/2 cup	76	0	98	4.08	1.39	19.96	1867	16.33	4.54	4.74	13.49	0.36	0.06
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	0	0.00	2.03	0.00	4.05	0.00	0.00

Tue - 11/04/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Nuggets	5 ea	169	35	417	0.99	1.07	19.88	0	0.00	0.00	14.91	10.93	8.94	1.49
Roll, Whole Grain Dinner	1 ea	90	0	130	2.00	1.08	40.00	0	0.00	2.00	3.00	18.00	1.00	0.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	0	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	208	3.91	3.20	1.06	7.01	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	0	14.78	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	8.00	1.50

Wed - 11/05/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	370	59	585	3.22	2.98	160.00	100	6.00	4.50	22.24	30.01	17.74	6.98
Hamburger w/bun	1 ea	330	51	445	3.22	2.98	60.00	0	0.00	4.00	18.74	29.01	14.74	5.23
Turkey Sandwich, Govt.	1 ea	293	64	842	2.00	2.89	140.00	100	6.00	2.50	27.64	29.01	9.03	3.76
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	19	0.00	17.08	7.56	36.77	0.54	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	288	3.48	*1.24	0.59	2.67	0.12	0.02
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli, raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	0	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	8.00	1.50

Fri - 11/07/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cereal, Lucky Charms	Bowl	210	0	440	5.00	5.40	150.00	750	22.00	12.00	5.00	45.00	2.00	0.00
Cereal, RS Cinnamon Toast	bowl	210	0	320	7.00	4.50	100.00	500	16.00	11.00	3.00	44.00	6.00	0.00
Cereal, RS Cocoa Puffs	Bowl	220	0	230	3.00	5.40	150.00	750	25.00	12.00	3.00	47.00	3.00	0.00
Sausage, Pork Patty	1 ea	120	26	173	0.00	0.00	13.00	56	0.00	0.00	6.00	1.00	10.00	3.80
Turkey Sandwich, Govt.	1 ea	293	64	842	2.00	2.89	140.00	100	6.00	2.50	27.64	29.01	9.03	3.76
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Tri-Taters	2 ea	220	0	630	2.00	1.08	0.00	0	0.00	0.00	3.00	31.00	9.00	1.50
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli, raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	*N/A*	*N/A*	11.07	0.00	14.08	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	0	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	8.00	1.50
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

Mon - 11/10/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Rotini Pasta with Meat Sauce	7.44 oz	339	54	456	3.02	3.02	*N/A*	*N/A*	*N/A*	6.05	19.15	27.22	16.13	6.15
NY Garlic Toast	1 EA	99	0	135	0.71	0.77	0.00	0	0.00	0.71	2.13	9.95	4.97	1.07
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	0	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	177	5.81	2.27	2.74	19.92	0.71	0.11
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	0	0.00	25.59	1.16	26.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03

Tue - 11/11/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Teriyaki Chicken	1 bowl	393	35	857	1.94	1.89	41.06	2	1.19	21.30	17.37	57.87	9.78	1.45
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	0	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Broccoli, Steamed	1/2 cup	39	0	17	3.33	1.20	22.23	0	0.00	1.11	3.33	6.74	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03

Wed - 11/12/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pork Tenderloin Sandwich	1 ea	471	53	678	4.94	3.55	60.00	0	0.00	4.97	22.53	46.50	21.44	5.83
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	400	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	19	0.00	17.08	7.56	36.77	0.54	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	288	3.48	*1.24	0.59	2.67	0.12	0.02
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli, raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	0	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	8.00	1.50

Thu - 11/13/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
French Toast Sticks, WG	3 sticks	260	10	290	2.00	0.72	20.00	0	0.00	14.00	6.00	42.00	8.00	1.00
Sausage, Pork Patty	1 ea	120	26	173	0.00	0.00	13.00	56	0.00	0.00	6.00	1.00	10.00	3.80
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	400	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Tri-Taters	2 ea	220	0	630	2.00	1.08	0.00	0	0.00	0.00	3.00	31.00	9.00	1.50
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli, raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	0	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	0	0.00	14.00	0.00	30.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Fri - 11/14/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 5" Cheese	1 each	310	30	440	3.00	1.80	200.00	300	0.00	9.00	16.00	31.00	13.00	6.00
Pizza, 5" Pepperoni	1 each	310	35	510	3.00	1.80	200.00	300	0.00	8.00	17.00	33.00	13.00	5.00
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	400	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	208	3.91	3.20	1.06	7.01	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli, raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	*N/A*	*N/A*	11.07	0.00	14.08	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	0	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00

Mon - 11/17/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Hot Dog on Bun	1 ea	307	34	614	3.00	1.79	40.00	29	0.00	8.89	11.89	26.98	18.70	7.38
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	0	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
PEAS & CARROTS Steamed	0.5 cup	66	0	15	4.03	1.09	20.16	0	0.00	4.03	3.02	12.22	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickle Relish, pkt	1 pkt	5	0	60	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00

Tue - 11/18/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle	2 ea	169	0	209	3.98	3.59	199.26	996	*N/A*	4.98	3.98	27.90	4.98	1.49
Omelet, Colby Cheese	1 Each	119	164	298	0.00	1.43	79.38	*N/A*	*N/A*	0.00	6.95	0.99	9.92	3.47
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	0	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Emoticons, Potatoes	4 ea	123	0	82	2.05	0.74	0.00	0	0.00	0.00	2.05	19.50	4.10	0.51
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	0	0.00	14.00	0.00	30.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00

Wed - 11/19/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sandwich Breaded	1 ea	340	35	660	4.00	2.88	80.00	0	0.00	4.00	21.00	40.00	10.00	1.50
Chicken Sand Spicy	1 ea	350	35	630	5.00	3.60	80.00	400	21.00	4.00	22.00	41.00	11.00	2.00
Turkey Sandwich, Govt.	1 ea	293	64	842	2.00	2.89	140.00	100	6.00	2.50	27.64	29.01	9.03	3.76
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	177	5.81	2.27	2.74	19.92	0.71	0.11
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	288	3.48	*1.24	0.59	2.67	0.12	0.02
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli, raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	0	0.00	25.59	1.16	26.76	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	0	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	8.00	1.50

Thu - 11/20/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Walking Taco	1 EA	385	57	586	3.17	2.34	39.89	*N/A*	*N/A*	0.00	18.38	26.34	23.19	5.16
Turkey Sandwich, Govt.	1 ea	293	64	842	2.00	2.89	140.00	100	6.00	2.50	27.64	29.01	9.03	3.76
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Refried Beans	1/2 cup	166	8	196	8.81	1.85	112.98	*75	*0.00	0.19	10.31	24.13	2.74	1.50
Fiesta Relish Boat	1 boat	135	30	282	0.43	0.51	421.55	*481	*1.01	2.66	6.32	5.98	9.05	6.01
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli, raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	0	0.00	18.98	0.00	20.98	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	0	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00
Jalapeno Pepper Slices	1 OZ	5	0	300	1.07	0.00	21.43	0	9.64	0.00	0.00	1.07	0.00	0.00
Salsa	2 oz	20	0	91	0.00	0.00	221.52	*N/A*	*N/A*	2.01	0.00	4.03	0.00	0.00
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01
Olives, Ripe, Sliced	1 oz	38	0	228	0.00	0.68	0.00	0	0.00	0.00	0.00	1.90	3.80	0.95
Sour Cream, pkt	1 ea	60	20	10	0.00	0.00	20.00	200	0.00	1.00	1.00	1.00	5.00	3.00

Fri - 11/21/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 4x6 Cheese	1 Each	336	41	435	3.00	2.34	420.00	500	9.00	6.00	20.00	27.00	16.00	8.00
Pizza, 4x6 Pepperoni	1 Each	368	49	667	3.00	2.70	320.00	0	0.00	6.00	20.00	27.00	20.00	10.00
Turkey Sandwich, Govt.	1 ea	293	64	842	2.00	2.89	140.00	100	6.00	2.50	27.64	29.01	9.03	3.76
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
California Blend Veg 1/2C	1/2 cup	23	0	18	1.78	0.32	0.00	0	0.00	1.78	1.78	4.69	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli, raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	118	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	850	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pineapple, Tidbit	1/2 cup	73	0	0	1.04	0.38	0.00	0	12.53	15.66	1.04	16.71	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	0	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00

Mon - 11/24/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breadstick, Bosco 6"	2 ea	316	34	491	4.14	2.16	428.48	400	0.00	2.00	21.28	34.14	11.14	5.71
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	0	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
Carrots, Steamed	1/2 cup	38	0	62	2.99	0.40	32.66	12891	2.27	4.32	0.71	8.30	0.42	0.04
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	*N/A*	*N/A*	11.07	0.00	14.08	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	0	0.00	2.03	0.00	4.05	0.00	0.00

Tue - 11/25/2025	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Corn Dog Nuggets	6 ea	270	40	410	5.00	1.80	150.00	0	0.00	5.00	10.00	30.00	12.00	3.50
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	0	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	198	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	0	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	198	0.00	0.00	6.91	0.00	5.93	3.46
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	19	0.00	17.08	7.56	36.77	0.54	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	342	4.10	14.82	0.00	15.96	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	2.00	0.72	40.00	*N/A*	*N/A*	15.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Cher	1 cup	70	0	5	3.00	0.72	*N/A*	*N/A*	*N/A*	15.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Wate	1 cup	100	0	10	3.00	1.44	40.00	0	0.00	19.00	0.00	25.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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.