



Zionsville High School Menu

2025-2026

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

Components are: Entree (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: 8:00 – 8:30 a.m. M, T, TH, F After School Snack: 3:40 – 4:00 M-Th
8:37 – 9:07 a.m. W

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Choice of 1 Entrée: 3 Cheese Cavatappi ^{MEW} w/Garlic Knot ^{SW} - Calzone ^{MSW} - Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W - Deli Meat Sandwich? - Egg Salad Sandwich ^{EW} - Premium Fruit & Yogurt Parfait ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Dried Fruits 100% Fruit Juice 100% Fruit Juice Slushy Choice of 1 Milk: - Milk Variety ^M	4 Choice of 1 Entrée: - French Toast Sticks ^{MESW} w/Pork Sausage Patties - Rippers Pizza ^{MSW} - Chicken Nuggets ^{MSW} w/WG Dinner Roll ^{W SS} - Deli Meat Sandwich? - Premium Fruit & Yogurt Parfait ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Tri-Taters 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	5 Choice of 1 Entrée: - All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W - Cheese ^{MSW} or Meat lovers ^{MSW} Pizza Slices - Chicken Nuggets ^{MSW} w/WG Dinner Roll ^{W SS} - Chef Salad ^{MEW} - Premium Specialty Salads? - Premium Wraps? - Premium Fruit & Yogurt Parfait ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - BBQ Baked Beans - Assorted Fresh Vegetables - Mixed Greens Salad 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Mandarin Oranges - Assorted Fresh Fruits - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	6 Choice of 1 Entrée: - Breaded Pork Tenderloin ^{SW} on Bun ^{W SS} - Rippers Pizza ^{MSW} - Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W - Chef Salad ^{MEW} - Premium Specialty Salads? - Premium Wraps? - Premium Fruit & Yogurt Parfait ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Waffle Fries - Relish Boats - Assorted Fresh Vegetables - Mixed Greens Salad 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Assorted Fresh Fruits - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	7 Choice of 1 Entrée: - Bosco Breadsticks ^{MW} - Deep Dish Pizza ^{MSW} - Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W - Chef Salad ^{MEW} - Premium Specialty Salads? - Premium Wraps? - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas - Relish Boats - Assorted Fresh Vegetables - Mixed Greens Salad 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Assorted Fresh Fruit - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M
10 Choice of 1 Entrée: - Soft Pretzel ^W w/Cheese Sauce ^M - Calzone ^{MSW} - Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W - Deli Meat Sandwich? - Egg Salad Sandwich ^{EW} - Premium Fruit & Yogurt Parfait ^{MSW} - Protein Pack ^{M GF} - 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 100% Fruit Juice Slushy Choice of 1 Milk: - Milk Variety ^M	11 Choice of 1 Entrée: - General Tso's Chicken ^{MSW} or Teriyaki Chicken ^{MSW} over Rice - Rippers Pizza ^{MSW} - Chicken Nuggets ^{MSW} w/WG Dinner Roll ^{W SS} - Deli Meat Sandwich? - Premium Fruit & Yogurt Parfait ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Broccoli 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	12 Choice of 1 Entrée: - Rotini in Meat Sauce ^{MW} w/NY Garlic Toast ^{MSW} - Cheese ^{MSW} or Meat lovers ^{MSW} Pizza Slices - Chicken Nuggets ^{MSW} w/WG Dinner Roll ^{W SS} - Chef Salad ^{MEW} - Premium Specialty Salads? - Premium Wraps? - Premium Fruit & Yogurt Parfait ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans - Assorted Fresh Vegetables - Mixed Greens Salad 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Mandarin Oranges - Assorted Fresh Fruits - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	13 Choice of 1 Entrée: - Nacho Bar ^M - Rippers Pizza ^{MSW} - Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W - Chef Salad ^{MEW} - Premium Specialty Salads? - Premium Wraps? - Premium Fruit & Yogurt Parfait ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Fiesta Black Beans - Relish Boats - Assorted Fresh Vegetables - Mixed Greens Salad 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	14 Choice of 1 Entrée: - Breaded Mozzarella Sticks ^{MW} - Deep Dish Pizza ^{MSW} - Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W - Chef Salad ^{MEW} - Premium Specialty Salads? - Premium Wraps? - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Mixed Vegetables - Relish Boats - Assorted Fresh Vegetables - Mixed Greens Salad 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M

17	18	19	20	21	
Choice of 1 Entrée: • Corn Dog Nuggets ^{SWE} • Calzone ^{MSW} • Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W • Deli Meat Sandwich [?] • Egg Salad Sandwich ^{EW} • Premium Fruit & Yogurt Parfait ^{MSW} • Protein Pack ^{M GF} • PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: • BBQ Baked Beans • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Pineapple • Dried Fruits • 100% Fruit Juice • 100% Fruit Juice Slushy Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Entrée: • Mac and Cheese ^{MEW} w/Garlic Knot ^{SW} • Rippers Pizza ^{MSW} • Chicken Nuggets ^{MSW} w/WG Dinner Roll ^{W SS} • Deli Meat Sandwich[?] • Premium Fruit & Yogurt Parfait ^{MSW} • Protein Pack ^{M GF} • PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: • California Blend • 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: • Walking Tacos • Cheese ^{MSW} or Meat lovers ^{MSW} Pizza Slices • Chicken Nuggets ^{MSW} w/WG Dinner Roll ^{W SS} • Cheese ^{MSW} or Meat lovers ^{MSW} Pizza Slices • Chef Salad ^{MEW} • Premium Specialty Salads[?] • Premium Wraps [?] • Premium Fruit & Yogurt Parfait ^{MSW} • Protein Pack ^{M GF} • PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: • Steamed Peas • Fiesta Relish Boats • Assorted Fresh Vegetables • Mixed Greens Salad • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Entrée: • Mashed Potato Chicken Bowl ^{MSW} w/ Biscuit ^{MSW} (*Complete meal with vegetable included) • Rippers Pizza ^{MSW} • Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W • Rippers Pizza ^{MSW} • Chef Salad ^{MEW} • Premium Specialty Salads[?] • Premium Fruit & Yogurt Parfait ^{MSW} • Premium Wraps[?] • Protein Pack ^{M GF} • PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: • Steamed Corn • Relish Boats • Assorted Fresh Vegetables • Mixed Greens Salad • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Pears • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Entrée: • Cheese Stuffed Breadsticks ^{MESW} • Deep Dish Pizza ^{MSW} • Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W • Chef Salad ^{MEW} • Premium Specialty Salads[?] • Premium Wraps [?] • Protein Pack ^{M GF} • PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: • Steamed Broccoli • Relish Boats • Assorted Fresh Vegetables • Mixed Greens Salad • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	
24	25	26	27	28	
Choice of 1 Entrée: • 3 Cheese Cavatappi ^{MEW} w/Garlic Knot ^{SW} • Calzone ^{MSW} • Chicken Shack: Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W • Deli Meat Sandwich[?] • Egg Salad Sandwich ^{EW} • Premium Fruit & Yogurt Parfait ^{MSW} • Protein Pack ^{M GF} • PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: • Green Beans • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Peaches • Dried Fruits • 100% Fruit Juice • 100% Fruit Juice Slushy Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Entrée: • French Toast Sticks ^{MESW} w/Pork Sausage Patties • Rippers Pizza ^{MSW} • Chicken Nuggets ^{MSW} w/WG Dinner Roll ^{W SS} • Deli Meat Sandwich[?] • Premium Fruit & Yogurt Parfait ^{MSW} • Protein Pack ^{M GF} • PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: • Tri-Taters • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Pears • Dried Fruits • 100% Fruit Juice 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.)
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.

SF – Contains Shellfish
T – Contains Tree Nuts
P – Contains Peanuts
F – Contains Fish
? – Varies by Item, Ask Staff

Pricing

Student Breakfast \$1.40
Student Reduced Bkfst \$0.30
Student Lunch \$2.85
Student Reduced Lunch \$0.40
Premium Lunch \$3.35
Premium Reduced Lunch \$0.40
Milk \$0.65
Adult Purchases are A la Carte

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

10-24-25

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
3 Cheese Cavatappi	6 oz	321	47	806	2.00	1.00	384.00	*N/A*	*N/A*	4.00	16.00	27.00	16.00	9.10
Garlic Knot WG	1 ea	170	0	190	3.00	1.80	0.00	0	0.00	3.00	5.00	27.00	6.00	1.50
Pizza, Calzone	1 ea	370	45	600	3.00	2.70	300.00	0	0.00	6.00	20.00	36.00	16.00	8.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Sub Sand, traditional sub bu	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
Egg Salad Sandwich	1 EA	343	232	488	2.14	3.63	350.09	31	0.21	3.42	14.06	27.62	20.56	3.62
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
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
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

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
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 Patties 2 m/m	2 ea	240	52	346	0.00	0.00	26.00	112	0.00	0.00	12.00	2.00	20.00	7.60
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	0	0.00	3.01	14.05	30.11	10.04	4.52
Pizza, Rippers Pepperoni	Slice	271	30	602	3.01	1.81	200.70	0	0.00	3.01	15.05	30.11	11.04	5.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00
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
BBQ Sauce Cups	1 ea	55	0	220	0.00	0.00	0.00	157	2.83	12.60	0.00	14.17	0.00	0.00
Honey	1 ea	25	0	0	0.00	0.00	0.00	0	0.00	7.00	0.00	7.00	0.00	0.00
Honey Mustard Dipping Cup	1 ea	40	0	160	0.00	0.00	0.00	0	0.00	7.00	0.00	8.00	0.50	0.00

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
Pizza, Meatlovers	Slice	350	40	791	4.00	2.70	350.30	500	9.01	3.00	21.02	29.03	16.01	8.01
Pizza, Big Daddy Cheese	1 slice	372	33	409	3.72	2.51	232.36	372	0.00	6.51	17.66	39.97	14.87	6.51
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Breaded Chick	1 ea	375	40	714	5.45	3.17	261.60	575	14.29	*3.22	19.78	38.60	15.16	6.06
Chef Salad Caesar Chicken	1 ea	172	26	306	3.49	1.76	110.99	220	0.00	1.00	11.14	17.53	5.72	2.35
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00

BBQ Sauce Cups	1 ea	55	0	220	0.00	0.00	0.00	157	2.83	12.60	0.00	14.17	0.00	0.00
Honey	1 ea	25	0	0	0.00	0.00	0.00	0	0.00	7.00	0.00	7.00	0.00	0.00
Honey Mustard Dipping Cup	1 ea	40	0	160	0.00	0.00	0.00	0	0.00	7.00	0.00	8.00	0.50	0.00

Thu - 11/06/2025	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
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	0	0.00	3.01	14.05	30.11	10.04	4.52
Pizza, Rippers Pepperoni	Slice	271	30	602	3.01	1.81	200.70	0	0.00	3.01	15.05	30.11	11.04	5.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Breaded Chick	1 ea	375	40	714	5.45	3.17	261.60	575	14.29	*3.22	19.78	38.60	15.16	6.06
Chef Salad w/Spicy Chicken	1 ea	380	40	699	5.95	3.53	261.60	775	24.79	*3.22	20.28	39.10	15.66	6.31
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Potato, Waffle Fry	3.35 oz	182	0	575	1.01	0.36	0.00	0	0.00	0.00	1.01	24.20	9.08	1.51
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00

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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Turkey	1 ea	398	79	1047	4.95	3.36	251.60	575	14.29	*3.22	30.42	35.11	15.19	7.32
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00
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

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
Pretzel, 5oz soft	1 ea	337	0	238	5.95	3.57	39.68	0	2.38	*N/A*	11.90	69.44	1.98	0.00
Cheese, Cheddar Sauce LOL	6 oz	260	60	800	0.00	0.00	300.00	0	7.20	0.00	14.00	10.00	18.00	12.00
Pizza, Calzone	1 ea	370	45	600	3.00	2.70	300.00	0	0.00	6.00	20.00	36.00	16.00	8.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Sub Sand, traditional sub bu	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
Egg Salad Sandwich	1 EA	343	232	488	2.14	3.63	350.09	31	0.21	3.42	14.06	27.62	20.56	3.62
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
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
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

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
Chicken Poppers	12 ea	184	34	415	0.97	1.04	19.32	0	0.00	0.00	14.49	10.63	8.69	1.45
General Tso's Sauce	2 oz	87	0	433	0.00	0.00	12.15	0	0.00	16.20	0.00	18.22	2.02	0.20
Teriyaki Sauce	2 oz	100	0	387	0.28	0.36	19.84	0	1.19	20.92	0.82	24.49	0.02	0.00
Rice	1/2 cup	109	2	55	0.69	0.49	1.90	2	0.00	0.38	2.06	22.75	1.07	0.00
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	0	0.00	3.01	14.05	30.11	10.04	4.52
Pizza, Rippers Pepperoni	Slice	271	30	602	3.01	1.81	200.70	0	0.00	3.01	15.05	30.11	11.04	5.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Sub Sand, traditional sub bu	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00
BBQ Sauce Cups	1 ea	55	0	220	0.00	0.00	0.00	157	2.83	12.60	0.00	14.17	0.00	0.00

Honey	1 ea	25	0	0	0.00	0.00	0.00	0	0.00	7.00	0.00	7.00	0.00	0.00
Honey Mustard Dipping Cup	1 ea	40	0	160	0.00	0.00	0.00	0	0.00	7.00	0.00	8.00	0.50	0.00

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
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
Pizza, Big Daddy Cheese	1 slice	372	33	409	3.72	2.51	232.36	372	0.00	6.51	17.66	39.97	14.87	6.51
Pizza, Meatlovers	Slice	350	40	791	4.00	2.70	350.30	500	9.01	3.00	21.02	29.03	16.01	8.01
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Breaded Chick	1 ea	375	40	714	5.45	3.17	261.60	575	14.29	*3.22	19.78	38.60	15.16	6.06
Chef Salad Caesar Chicken	1 ea	172	26	306	3.49	1.76	110.99	220	0.00	1.00	11.14	17.53	5.72	2.35
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00

Cheese, Pamesan pkt	1 pkt	13	4	31	0.00	0.00	323.75	0	0.00	0.00	0.00	0.88	0.88	0.44
BBQ Sauce Cups	1 ea	55	0	220	0.00	0.00	0.00	157	2.83	12.60	0.00	14.17	0.00	0.00
Honey	1 ea	25	0	0	0.00	0.00	0.00	0	0.00	7.00	0.00	7.00	0.00	0.00
Honey Mustard Dipping Cup	1 ea	40	0	160	0.00	0.00	0.00	0	0.00	7.00	0.00	8.00	0.50	0.00

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
Taco Filling, Beef	svg	146	58	339	1.18	2.36	20.07	*N/A*	*N/A*	0.00	16.53	2.36	8.27	3.19
Chicken Fajita Strips	3 oz	140	80	400	0.00	0.72	0.00	100	0.00	0.00	17.00	2.00	7.00	2.00
Cheese, Queso (nacho)	4 oz	244	58	822	0.00	0.06	415.34	800	0.00	0.00	14.00	2.00	20.00	11.00
Chips, Tortilla Bulk	1.5 oz	213	0	160	3.05	0.46	45.74	*N/A*	*N/A*	0.00	3.05	28.97	9.15	0.76
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	0	0.00	3.01	14.05	30.11	10.04	4.52
Pizza, Rippers Pepperoni	Slice	271	30	602	3.01	1.81	200.70	0	0.00	3.01	15.05	30.11	11.04	5.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Breaded Chick	1 ea	375	40	714	5.45	3.17	261.60	575	14.29	*3.22	19.78	38.60	15.16	6.06
Chef Salad w/Spicy Chicken	1 ea	380	40	699	5.95	3.53	261.60	775	24.79	*3.22	20.28	39.10	15.66	6.31
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
F&Y Parfait Berries Bkfst	Parfait cup	244	3	107	2.28	0.80	115.49	0	14.78	33.66	6.23	50.28	2.55	0.36
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Black Beans w/Corn	4.69 oz	123	0	471	5.12	1.84	40.96	0	0.00	1.02	7.17	22.53	0.51	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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

Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	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
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
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
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

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
Breaded Mozzarella Sticks	6 ea	376	15	529	3.05	1.47	572.57	644	0.98	3.05	20.34	27.46	20.34	5.09
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Turkey	1 ea	398	79	1047	4.95	3.36	251.60	575	14.29	*3.22	30.42	35.11	15.19	7.32
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Mixed Vegetables 1/2 C	1/2 cup	54	0	27	3.20	0.77	21.35	6404	3.84	3.20	2.13	11.81	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00
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

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
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
Pizza, Calzone	1 ea	370	45	600	3.00	2.70	300.00	0	0.00	6.00	20.00	36.00	16.00	8.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Sub Sand, traditional sub bu	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
Egg Salad Sandwich	1 EA	343	232	488	2.14	3.63	350.09	31	0.21	3.42	14.06	27.62	20.56	3.62
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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

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
Mac and Cheese	6 oz	290	44	704	1.91	0.95	348.57	625	0.00	2.86	15.24	24.76	14.28	8.29
Garlic Knot WG	1 ea	170	0	190	3.00	1.80	0.00	0	0.00	3.00	5.00	27.00	6.00	1.50
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	0	0.00	3.01	14.05	30.11	10.04	4.52
Pizza, Rippers Pepperoni	Slice	271	30	602	3.01	1.81	200.70	0	0.00	3.01	15.05	30.11	11.04	5.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Sub Sand, traditional sub bu	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00
BBQ Sauce Cups	1 ea	55	0	220	0.00	0.00	0.00	157	2.83	12.60	0.00	14.17	0.00	0.00
Honey	1 ea	25	0	0	0.00	0.00	0.00	0	0.00	7.00	0.00	7.00	0.00	0.00
Honey Mustard Dipping Cup	1 ea	40	0	160	0.00	0.00	0.00	0	0.00	7.00	0.00	8.00	0.50	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
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
Pizza, Big Daddy Cheese	1 slice	372	33	409	3.72	2.51	232.36	372	0.00	6.51	17.66	39.97	14.87	6.51
Pizza, Meatlovers	Slice	350	40	791	4.00	2.70	350.30	500	9.01	3.00	21.02	29.03	16.01	8.01
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Breaded Chick	1 ea	375	40	714	5.45	3.17	261.60	575	14.29	*3.22	19.78	38.60	15.16	6.06
Chef Salad Caesar Chicken	1 ea	172	26	306	3.49	1.76	110.99	220	0.00	1.00	11.14	17.53	5.72	2.35
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	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

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
Hot Sauce Pkt	1 pkt	2	0	92	0.00	1.98	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	0.00	0.00
BBQ Sauce Cups	1 ea	55	0	220	0.00	0.00	0.00	157	2.83	12.60	0.00	14.17	0.00	0.00
Honey	1 ea	25	0	0	0.00	0.00	0.00	0	0.00	7.00	0.00	7.00	0.00	0.00
Honey Mustard Dipping Cup	1 ea	40	0	160	0.00	0.00	0.00	0	0.00	7.00	0.00	8.00	0.50	0.00

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
Chicken Chunks	4 oz	191	60	472	1.00	1.00	19.07	*N/A*	*N/A*	0.00	20.07	13.05	7.03	1.00
Mashed Potatoes	1/2 cup	79	0	330	0.88	0.26	11.74	0	0.00	0.00	1.77	15.01	0.88	0.00
Chicken Gravy	2 oz	21	0	151	0.00	0.00	1.78	0	0.00	1.06	0.00	3.19	0.53	0.00
Cheese, Cheddar Shredded	1 oz	110	30	190	0.00	0.36	200.00	300	0.00	0.00	6.00	1.00	9.00	6.00
Biscuit, Buttermilk	1 ea	220	0	590	1.00	1.44	20.00	0	0.00	2.00	4.00	27.00	10.00	6.00
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	0	0.00	3.01	14.05	30.11	10.04	4.52
Pizza, Rippers Pepperoni	Slice	271	30	602	3.01	1.81	200.70	0	0.00	3.01	15.05	30.11	11.04	5.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Breaded Chick	1 ea	375	40	714	5.45	3.17	261.60	575	14.29	*3.22	19.78	38.60	15.16	6.06
Chef Salad w/Spicy Chicken	1 ea	380	40	699	5.95	3.53	261.60	775	24.79	*3.22	20.28	39.10	15.66	6.31
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00
Butter, Whipped Cup	1 ea	35	10	30	0.00	0.00	0.00	400	0.00	0.00	0.00	0.00	4.00	2.50

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, Chs Stfd Breadstick	2 sticks	290	30	410	2.00	1.80	300.00	750	0.00	4.00	19.00	28.00	11.00	6.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/Turkey	1 ea	398	79	1047	4.95	3.36	251.60	575	14.29	*3.22	30.42	35.11	15.19	7.32
Chef Salad w/Grilled Chicken	1 ea	368	136	577	4.95	3.47	379.38	575	14.29	*3.78	21.69	33.99	15.62	6.81
Wrap, Breaded Chicken 10"	1 EA	507	54	1162	2.64	3.00	262.91	605	3.56	*2.81	22.95	49.87	22.45	8.70
Wrap, Brd Spicy Chicken 10"	1 EA	482	49	1081	3.13	3.24	261.15	899	15.60	*2.81	21.39	49.22	21.17	8.73
Wrap, Chicken Caesar 10"	1 EA	572	45	1262	2.79	2.79	314.22	361	2.02	3.41	26.94	45.48	30.01	10.40
Wrap, Veggie 10"	1 EA	493	54	1081	2.53	2.65	433.66	2099	9.91	*3.91	20.17	45.49	24.24	12.51
Wrap, Turkey Club	1 EA	534	93	1909	2.13	2.95	125.21	*549	*5.10	*3.89	29.38	51.62	22.72	8.31
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00
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

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
3 Cheese Cavatappi	6 oz	321	47	806	2.00	1.00	384.00	*N/A*	*N/A*	4.00	16.00	27.00	16.00	9.10
Garlic Knot WG	1 ea	170	0	190	3.00	1.80	0.00	0	0.00	3.00	5.00	27.00	6.00	1.50
Pizza, Calzone	1 ea	370	45	600	3.00	2.70	300.00	0	0.00	6.00	20.00	36.00	16.00	8.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Sub Sand, traditional sub bu	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
Egg Salad Sandwich	1 EA	343	232	488	2.14	3.63	350.09	31	0.21	3.42	14.06	27.62	20.56	3.62
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
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
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

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
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 Patties 2 m/m	2 ea	240	52	346	0.00	0.00	26.00	112	0.00	0.00	12.00	2.00	20.00	7.60
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	0	0.00	3.01	14.05	30.11	10.04	4.52
Pizza, Rippers Pepperoni	Slice	271	30	602	3.01	1.81	200.70	0	0.00	3.01	15.05	30.11	11.04	5.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Sub Sand, traditional sub bu	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
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
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
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
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
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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch FF 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	0	0.00	3.96	0.99	8.90	1.98	0.00
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
BBQ Sauce Cups	1 ea	55	0	220	0.00	0.00	0.00	157	2.83	12.60	0.00	14.17	0.00	0.00
Honey	1 ea	25	0	0	0.00	0.00	0.00	0	0.00	7.00	0.00	7.00	0.00	0.00
Honey Mustard Dipping Cup	1 ea	40	0	160	0.00	0.00	0.00	0	0.00	7.00	0.00	8.00	0.50	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.