



Zionsville Middle Schools 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

ZMS 8:25 – 8:40 ZWMS 8:30 – 8:45

After School Snack Served Mon. – Thur.

ZMS 3:50 – 4:05 ZWMS 3:45 – 4:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Choice of 1 Entrée: - Deep Dish Pizza ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - 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	4 Choice of 1 Entrée: - General Tso's Chicken ^{MSW} over Rice - Fruit & Yogurt Parfait ^{MSW} - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - 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 Choice of 1 Milk: - Milk Variety ^M	5 Choice of 1 Entrée: - Cheese Stuffed Breadsticks ^{MESW} - Chef Salad - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Mixed Vegetables - 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: - Chicken Tenders ^{MSW} w/WG Dinner Roll ^{W SS} - Chef Salad ^{MEW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - BBQ Baked Beans - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruit - Dried Fruits Choice of 1 Milk: - Milk Variety ^M
10 Choice of 1 Entrée: - French Bread Pizza ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Carrots 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	11 Choice of 1 Entrée: - Pancakes ^{MEW} with Cheese Omelet ^{ME} - Fruit & Yogurt Parfait ^{MSW} - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Potato Wedges 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	12 Choice of 1 Entrée: - Corn Dog Nuggets ^{SWE} - Grilled Cheese ^{MSW} - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - California Blend - 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	13 Choice of 1 Entrée: - Walking Taco with Fritos - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Refried Beans - Fiesta Relish Boats - 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	14 Choice of 1 Entrée: - Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W - Chef Salad ^{MEW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Emoticon Potatoes - Relish Boats - 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

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

Protein Pack Entrée Contains WG Corn Chips, a Low Fat String Cheese and Sunflower Seeds.

Bagel and Yogurt Entrée Contains WG Bagel with a Yogurt and Low Fat String Cheese.

17	18	19	20	21
Choice of 1 Entrée: - Calzones ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Bagel and Yogurt ^{MW} - 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 Slushy Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - French Toast Sticks ^{MESW} w/Pork Sausage Patties - Cereal Bowls w/Pork Sausage Patties - Fruit & Yogurt Parfait ^{MSW} - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - 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: - Mandarin Oranges - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - 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: - Fruit Cocktail - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Ripper's Pizza ^{MSW} - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas - 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: - Mac and Cheese ^{MEW} with Garlic Knot ^{SW} - Chef Salad ^{MEW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Corn - 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
24	25	26	27	28
Choice of 1 Entrée: - Deep Dish Pizza ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Bagel and Yogurt ^{MW} - 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: - Pineapple - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Chicken Poppers ^{MSW} w/WG Dinner Roll ^{W SS} - Fruit & Yogurt Parfait ^{MSW} - Deli Meat Sandwich ^{MSW SS} - Bagel and Yogurt ^{MW} - 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 Choice of 1 Milk: - Milk Variety ^M			

Allergen Legend:

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

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

Protein Pack Entrée Contains WG Corn Chips, a Low Fat String Cheese and Sunflower Seeds.

Bagel and Yogurt Entrée Contains WG Bagel with a Yogurt and Low Fat String Cheese.

Pricing

Student Breakfast	\$1.40	Student Reduced Bkfst	\$0.30
Student Lunch	\$2.85	Student Reduced Lunch	\$0.40
Milk	\$0.65	Adult Purchases	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!

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
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
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
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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 - 11/04/2025	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 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
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
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
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
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
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
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
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
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
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
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	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
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 Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	5	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	0	0.00	1.98	0.00	2.97	15.82	2.47
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
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

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
Chicken Tenders	3 ea	184	34	416	0.97	1.04	19.33	0	0.00	0.00	14.50	10.63	8.70	1.45
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
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
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 Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	5	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	0	0.00	1.98	0.00	2.97	15.82	2.47
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
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

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
Pizza, French Bread	1 ea	350	35	490	3.00	1.80	249.87	400	0.00	9.99	18.99	34.98	14.99	7.00
Pizza, Garlic French Bread	1 ea	350	35	490	3.00	1.80	249.87	400	0.00	9.99	18.99	34.98	14.99	7.00
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
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
Pancake, WG	2 ea	133	3	247	2.67	1.20	53.36	0	0.00	6.00	4.00	25.35	2.00	0.33
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
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
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
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
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Potato Wedges	1/2 cup (3 oz)	130	0	390	1.00	0.72	0.00	0	0.00	0.00	2.00	19.00	5.00	1.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
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

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
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
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
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
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
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	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
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 Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	5	0.00	3.96	0.00	5.93	1.98	1.48
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 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	0	0.00	1.98	0.00	2.97	15.82	2.47
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
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
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
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
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	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	0	0.00	1.98	0.00	2.97	15.82	2.47
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, BALSAMIC OLI	PKG	99	0	366	0.00	0.00	0.00	0	0.00	2.97	0.00	3.96	7.91	0.99
Dressing, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	0	0.00	2.00	2.00	3.00	16.00	3.00
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 Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	5	0.00	3.96	0.00	5.93	1.98	1.48
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
Dressing, Raspberry Vinaigr	PKG	45	0	114	0.00	0.00	0.00	0	0.00	9.89	0.00	10.88	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
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

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
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
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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, 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
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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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 Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	5	0.00	3.96	0.00	5.93	1.98	1.48
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 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	0	0.00	1.98	0.00	2.97	15.82	2.47

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
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
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
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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 - 11/18/2025	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
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
Cereal, Honey Cheerios	1 ea	210	0	340	5.00	4.50	100.00	500	6.00	12.00	6.00	44.00	3.00	0.00
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
CEREAL, TRIX RS	BOWL	220	0	320	3.00	4.50	100.00	500	19.00	12.00	3.00	47.00	3.00	0.00
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
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
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
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
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
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
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

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
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
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
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
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	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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 Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	5	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	0	0.00	1.98	0.00	2.97	15.82	2.47

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
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
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
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
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
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
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
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 Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	5	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	0	0.00	1.98	0.00	2.97	15.82	2.47
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
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

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
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
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
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	0	0.00	1.98	0.00	2.97	15.82	2.47
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, BALSAMIC OLI	PKG	99	0	366	0.00	0.00	0.00	0	0.00	2.97	0.00	3.96	7.91	0.99
Dressing, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	0	0.00	2.00	2.00	3.00	16.00	3.00
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 Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	5	0.00	3.96	0.00	5.93	1.98	1.48
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
Dressing, Raspberry Vinegar	PKG	45	0	114	0.00	0.00	0.00	0	0.00	9.89	0.00	10.88	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
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
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
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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, 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
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
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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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 - 11/25/2025	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
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
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
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
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
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
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	100	6.00	5.43	27.90	33.06	5.68	2.27
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
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 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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	750	0.00	22.00	8.00	22.00	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

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.