



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
<p>2</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Soft Pretzel^W w/Cheese Sauce^M Calzone^{MSW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Corn 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pineapple Dried Fruits 100% Fruit Juice 100% Fruit Juice Slushy <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>3</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> General Tso's Chicken^{MSW} or Teriyaki Chicken^{MSW} over Rice Rippers Pizza^{MSW} Chicken Nuggets^{MSW} w/WG Dinner Roll^{WSS} Deli Meat Sandwich[?] Premium Fruit & Yogurt Parfait^{MSW} Protein Pack^{M GF} PB&J Sandwich^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Fruit Cocktail Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>4</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Corn Dog Nuggets^{SWE} Cheese^{MSW} or Meat lovers^{MW} Pizza Slices Chicken Nuggets^{MSW} w/WG Dinner Roll^{WSS} Chef Salad^{MEW} Premium Specialty Salads[?] Premium Wraps[?] Premium Fruit & Yogurt Parfait^{MSW} Protein Pack^{M GF} PB&J Sandwich^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Mandarin Oranges Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>5</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Nacho Bar^M Rippers Pizza^{MSW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Fiesta Black Beans Relish Boats Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>6</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Breaded Mozzarella Sticks^{MW} Deep Dish Pizza^{MSW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mixed Vegetables Relish Boats Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pears Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M
<p>9</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Rotini in Meat Sauce^{MW} w/NY Garlic Toast^{MSW} Stuffed Crust Pepperoni Pizza^{MSW} BBQ Chicken Pizza^{MSW} Buffalo Chicken Pizza^{MSW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pineapple Dried Fruits 100% Fruit Juice 100% Fruit Juice Slushy <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>10</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Pancakes^{MEW} with Cheese Omelet^{ME} Rippers Pizza^{MSW} Chicken Nuggets^{MSW} w/WG Dinner Roll^{WSS} Deli Meat Sandwich[?] Premium Fruit & Yogurt Parfait^{MSW} Protein Pack^{M GF} PB&J Sandwich^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Potato Wedges 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>11</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Walking Tacos Cheese^{MSW} or Meat lovers^{MW} Pizza Slices Chicken Nuggets^{MSW} w/WG Dinner Roll^{WSS} Chef Salad^{MEW} Premium Specialty Salads[?] Premium Wraps[?] Premium Fruit & Yogurt Parfait^{MSW} Protein Pack^{M GF} PB&J Sandwich^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Refried Beans Fiesta Relish Boats Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Fruit Cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>12</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Mashed Potato Chicken Bowl^{MW} w/ Biscuit^{MW} (*Complete meal with vegetable included) Rippers Pizza^{MSW} Breaded^{MSW} or Spicy Chicken^{SW} on Bun^W Chef Salad^{MEW} Premium Specialty Salads[?] Premium Fruit & Yogurt Parfait^{MSW} Premium Wraps[?] Protein Pack^{M GF} PB&J Sandwich^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Corn Relish Boats Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pears Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>13</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Cheese Stuffed Breadsticks^{MESW} Deep Dish Pizza^{MSW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli Relish Boats Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M



16	17	18	19	20
FEBRUARY BREAK - NO SCHOOL				



INTERNATIONAL MENU



23	24	25	26	27	
<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> 3 Cheese Cavatappi ^{MEW} w/Garlic Knot ^{SW} Calzone ^{MSW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches Dried Fruits 100% Fruit Juice 100% Fruit Juice Slushy <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pears Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	China	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W Rippers Pizza ^{MSW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Sweet Potato Fries Relish Boats Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Applesauce Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	Latin America	
		<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Potstickers (Dumplings)^{SS} w/ Fried Rice ^{SW SS} Cheese ^{MSW} or Meat lovers ^{MW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Mandarin Oranges Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 			
			<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Chicken Flautas ^{MW} w/ Plantains Deep Dish Pizza ^{MSW} 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Fiesta Black Beans Relish Boats Assorted Fresh Vegetables Mixed Greens Salad 100% Vegetable Juice <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pineapple Assorted Fresh Fruit Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> 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! «

Mon - 02/02/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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	2.22	3.68	350.61	144	0.21	*3.45	14.09	28.15	20.59	3.63
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
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
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 - 02/03/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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
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 Light 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 - 02/04/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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, 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 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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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 Light 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 - 02/05/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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 2 oz	2 oz	122	29	411	0.00	0.03	207.67	400	0.00	0.00	7.00	1.00	10.00	5.50
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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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 Light 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
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	158	0.88	0.62	0.28	0.94	0.04	0.01

Fri - 02/06/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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/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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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 Light 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 - 02/09/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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, SC Pepperoni	1 each	330	35	760	5.00	2.70	250.00	400	0.00	1.00	19.00	36.00	14.00	6.00
Pizza, 16" BBQ Chicken	slice	389	45	609	3.00	1.80	249.64	399	0.00	19.97	19.97	41.94	15.98	6.99
Pizza, 16" Buffalo Chicken	1 Slice	380	44	761	2.96	2.07	330.04	234	0.00	7.99	19.98	33.00	18.94	7.99
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	2.22	3.68	350.61	144	0.21	*3.45	14.09	28.15	20.59	3.63
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
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
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 - 02/10/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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
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
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
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 Light 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
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 - 02/11/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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 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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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
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
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 Light 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 - 02/12/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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 Light 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 - 02/13/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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/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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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 Light 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 - 02/23/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
3 Cheese Cavitappi	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	2.22	3.68	350.61	144	0.21	*3.45	14.09	28.15	20.59	3.63
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 - 02/24/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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 Light 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 - 02/25/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Dumpling-Chicken and Veg 6	6 per serving	240	35	550	2.00	3.00	35.00	*N/A*	*N/A*	3.00	17.00	31.00	7.00	0.50
Fried Rice	1/2 cup	155	0	252	2.29	0.41	0.00	0	0.00	1.72	3.43	30.91	1.43	0.00
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 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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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
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
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
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
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 Light 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
Sweet and Sauce Sauce PC	1 OZ	46	0	172	0.00	0.00	0.00	0	0.00	10.12	0.00	11.14	0.00	0.00

Thu - 02/26/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	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, 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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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
Sweet Potato Fries	69 g = 1/2 cup	183	0	152	3.65	*N/A*	*N/A*	*N/A*	*N/A*	3.65	1.22	23.13	9.74	2.44
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 Light 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 - 02/27/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Flautas, Chicken 2 ea	2 each	544	50	746	4.03	4.03	0.00	*N/A*	*N/A*	2.02	24.20	46.38	28.23	6.05
Plantain	1 each	77	0	0	0.64	0.08	0.00	*N/A*	*N/A*	4.69	0.43	16.00	1.07	0.43
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/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
Chef Salad Caesar Brd. Chic	1 ea	251	30	541	4.13	2.21	123.88	220	0.00	1.00	14.73	24.28	9.83	2.64
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, Buffalo Chicken 10"	1 ea	526	53	1838	2.61	2.80	392.12	768	2.21	3.53	30.53	44.44	23.06	10.57
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
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
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
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 Light 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
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
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

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.