



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> <div style="text-align: center;">  <p>For Grades 9, 10, 12</p> </div>	<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} 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"> 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

<p>Choice of 1 Entrée: 16</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? ^{EW} 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: 17</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 ^{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"> 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 	<p>Choice of 1 Entrée: 18</p> <ul style="list-style-type: none"> All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W 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"> 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"> 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: 19</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"> Applesauce 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: 20</p> <ul style="list-style-type: none"> Bosco Breadsticks ^{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"> Steamed Peas and Carrots 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"> Pineapple Assorted Fresh Fruit 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: 23</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>Choice of 1 Entrée: 24</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>Choice of 1 Entrée: 25</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} 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 Vegetables 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Mandarin Oranges Assorted 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: 26</p> <ul style="list-style-type: none"> Breaded Mozzarella Sticks ^{MW} Rippers Pizza ^{MSW} Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W 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"> Mixed Vegetables Assorted Vegetables 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches Assorted Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>27</p> 

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
? – Varies by Item, Ask Staff

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

Pricing

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 - 03/02/2026	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 - 03/03/2026	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 - 03/04/2026	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	1 ea	240	40	470	2.00	1.44	80.00	0	0.00	8.00	9.00	30.00	9.00	2.50
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 - 03/05/2026	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
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
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

Fri - 03/06/2026	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 - 03/09/2026	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, 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
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 - 03/10/2026	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 - 03/11/2026	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 - 03/12/2026	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 - 03/13/2026	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 - 03/16/2026	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 - 03/17/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
French Toast Sticks, WG	3 sticks	260	10	290	2.00	0.72	20.00	0	0.00	14.00	6.00	42.00	8.00	1.00
Sausage, Pork Patties 2 m/m	2 ea	240	52	346	0.00	0.00	26.00	112	0.00	0.00	12.00	2.00	20.00	7.60
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	0	0.00	3.01	14.05	30.11	10.04	4.52
Pizza, Rippers Pepperoni	Slice	271	30	602	3.01	1.81	200.70	0	0.00	3.01	15.05	30.11	11.04	5.02
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Nuggets	5 ea	169	35	417	0.99	1.07	19.88	0	0.00	0.00	14.91	10.93	8.94	1.49
Roll, Whole Grain Dinner	1 ea	90	0	130	2.00	1.08	40.00	0	0.00	2.00	3.00	18.00	1.00	0.00
Sub Sand, traditional sub bu	1 ea	332	65	968	2.47	3.34	230.85	100	7.12	6.36	20.41	34.64	13.01	4.07
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	500	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub Gover	1 ea	317	64	962	2.47	2.95	165.75	100	6.00	5.43	27.40	35.07	8.67	3.76
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	100	6.00	5.43	23.25	34.06	9.64	3.25
F&Y Parfait Berries HS	Parfait cup	439	7	214	4.75	1.46	222.76	0	15.39	54.79	12.05	87.92	5.09	0.73
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	198	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sand Make Your Own,	1 EA	624	0	440	6.00	2.52	379.77	115	0.00	33.06	19.99	71.23	33.98	7.00
Tri-Taters	2 ea	220	0	630	2.00	1.08	0.00	0	0.00	0.00	3.00	31.00	9.00	1.50
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	10164	1.92	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	202	28.90	*N/A*	0.91	2.15	0.12	0.01
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	291	2.01	0.87	0.45	1.92	0.11	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	77	2.06	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	3124	35.31	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	125	0.00	0.00	0.00	2.49	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	500	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	0	1.39	13.86	0.00	18.48	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apples, Fresh 1/2 cup	1 ea	37	0	1	1.66	0.09	4.23	40	3.50	7.30	0.19	9.71	0.12	0.02
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	76	10.27	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	8.98	0.90	11.28	0.12	0.01
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	0	0.00	24.00	0.00	27.00	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	0	60.00	12.00	0.00	14.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	750	0.00	11.00	8.00	11.00	2.50	1.50
Milk, 1/2 Pint 1% Chocolate	1 ea	130	10	190	0.00	0.00	200.00	1000	0.00	18.00	8.00	20.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	0	0.00	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	0	0.00	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	10	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0	0.00	0.00	0.00	1.00	8.00	1.50
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	0	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	5	0.00	1.00	0.00	1.00	0.00	0.00

Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	5.00	1.00
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	0	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch 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 - 03/18/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	370	59	585	3.22	2.98	160.00	100	6.00	4.50	22.24	30.01	17.74	6.98
Hamburger w/bun	1 ea	330	51	445	3.22	2.98	60.00	0	0.00	4.00	18.74	29.01	14.74	5.23
Pizza, 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
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
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

Thu - 03/19/2026	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
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
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 - 03/20/2026	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
Breadstick, Bosco 6"	2 ea	316	34	491	4.14	2.16	428.48	400	0.00	2.00	21.28	34.14	11.14	5.71
Pizza, 5" Cheese	1 each	310	30	440	3.00	1.80	200.00	300	0.00	9.00	16.00	31.00	13.00	6.00
Pizza, 5" Pepperoni	1 each	310	35	510	3.00	1.80	200.00	300	0.00	8.00	17.00	33.00	13.00	5.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Sandwich Breaded	1 ea	340	35	660	4.00	2.88	80.00	0	0.00	4.00	21.00	40.00	10.00	1.50
Chicken Sand Spicy	1 ea	350	35	630	5.00	3.60	80.00	400	21.00	4.00	22.00	41.00	11.00	2.00
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	575	14.29	*4.33	18.95	34.21	16.71	6.97
Chef Salad w/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
PEAS & CARROTS Steame	0.5 cup	66	0	15	4.03	1.09	20.16	0	0.00	4.03	3.02	12.22	0.00	0.00
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
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 - 03/23/2026	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
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 - 03/24/2026	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
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 - 03/25/2026	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
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
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 - 03/26/2026	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
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, 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
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
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
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
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

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.