



# Zionsville Elementary School Menu

2025-2026

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Choice of 1 Entrée: • Bosco Bread Sticks <sup>MW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Steamed Corn • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Mandarin Oranges • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety <sup>M</sup>	7 Choice of 1 Entrée: • Waffles <sup>MESW</sup> w/Cheese • Omelet <sup>ME</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Emoticons • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Peaches • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety <sup>M</sup>	8 Choice of 1 Entrée: • Breaded Chicken Sandwich <sup>MSW</sup> on Bun <sup>w</sup> • Grilled Cheese <sup>MSW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Steamed Peas and Carrots • Relish Boat • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety <sup>M</sup>	9 Choice of 1 Entrée: • Walking Taco • Grilled Cheese <sup>MSW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Refried Beans • Fiesta Relish Boat • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Applesauce • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety <sup>M</sup>	10 Choice of 1 Entrée: • 4X6 Pizza <sup>MW</sup> • Grilled Cheese <sup>MSW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Steamed California Blend • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Pineapple • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety <sup>M</sup>
13 Choice of 1 Entrée: • Rotini in Meat Sauce <sup>EW</sup> w/ Garlic Toast <sup>MSW</sup> • Fruit & Yogurt Parfait <sup>MSW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Steamed Broccoli • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Pineapple • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety <sup>M</sup>	14 Choice of 1 Entrée: • Chicken Poppers <sup>MSW</sup> w/ Biscuit <sup>MW</sup> • Fruit & Yogurt Parfait <sup>MSW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Mashed Potatoes <sup>M</sup> • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Peaches • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety <sup>M</sup>	15 Choice of 1 Entrée: • French Toast Sticks <sup>MESW</sup> w/Pork Sausage • Grilled Cheese <sup>MSW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Tri-Taters • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety <sup>M</sup>	16 Choice of 1 Entrée: • Turkey & Cheese Sub <sup>MSW</sup> <sup>SS</sup> w/ Goldfish Crackers <sup>MW</sup> • Grilled Cheese <sup>MSW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • BBQ Baked Beans • Relish Boat • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Applesauce • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety <sup>M</sup>	17 Choice of 1 Entrée: • Stuffed Crust Pizza <sup>MSW</sup> • Grilled Cheese <sup>MSW</sup> • Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup> • Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds • PB&J Sandwich <sup>PW</sup> Choice of 1 or 2 Vegetables: • Steamed Corn • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety <sup>M</sup>

**Allergen Legend:**

W – Contains Wheat  
S – Contains Soy  
M – Contains Milk/Dairy  
E – Contains Eggs  
SS – Contains Sesame  
GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)  
Please speak with your school's café manager to obtain a Special Dietary Needs Medical Form if your child requires a special menu or meal modification due to a disability or impairment.

**Pricing**

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

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

20	21	22	23	24
<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>All Beef Hot Dog on Bun <sup>W</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>BBQ Baked Beans</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Pizza Cheese Crunchers <sup>MW</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Carrots</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>100% Fruit Juice Slushie</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>All Beef Cheeseburger <sup>MS</sup> or Hamburger on Bun <sup>W</sup></li> <li>Grilled Cheese <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Sweet Potato Fries</li> <li>Relish Boats</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Chicken Nuggets <sup>MSW w/</sup> Corn Muffin <sup>MEW</sup></li> <li>Grilled Cheese <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Peas</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Green Salad</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pineapple</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Soft Pretzel <sup>W</sup> w/ Cheese <sup>M</sup></li> <li>Grilled Cheese <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Green Beans</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Green Salad</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>
27	28	29	30	May 1
<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Bosco Bread Sticks <sup>MW</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Corn</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Waffles <sup>MESW w/</sup> Cheese Omelet <sup>ME</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Emoticons</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Breaded Chicken Sandwich <sup>MSW</sup> on Bun <sup>W</sup></li> <li>Grilled Cheese <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Peas and Carrots</li> <li>Relish Boat</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Walking Taco</li> <li>Grilled Cheese <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Refried Beans</li> <li>Fiesta Relish Boat</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>4X6 Pizza <sup>MW</sup></li> <li>Grilled Cheese <sup>MSW</sup></li> <li>Protein Pack w/String Cheese <sup>M</sup> and Sunflower Seeds <sup>GF</sup></li> <li>Bagel <sup>w</sup> and Yogurt <sup>M</sup> w/Sunflower Seeds</li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed California Blend</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pineapple</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>

**Allergen Legend:**

- |                         |                         |
|-------------------------|-------------------------|
| W – Contains Wheat      | SF – Contains Shellfish |
| S – Contains Soy        | T – Contains Tree Nuts  |
| M – Contains Milk/Dairy | P – Contains Peanuts    |
| E – Contains Eggs       | F – Contains Fish       |
| SS – Contains Sesame    |                         |

GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)

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

**Pricing**

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

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

Visit the Food Service link at [www.zcs.k12.in.us](http://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 - 04/06/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RAE 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	*N/A*	0.00	2.00	21.28	34.14	11.14	5.71
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	*9	5.81	2.27	2.74	19.92	0.71	0.11
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	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	*N/A*	0.00	25.59	1.16	26.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	*N/A*	0.00	2.03	0.00	4.05	0.00	0.00

Tue - 04/07/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle, Eggoji	2 ea	169	0	209	3.98	3.59	199.26	*N/A*	*N/A*	4.98	3.98	27.90	4.98	1.49
Omelet, Colby Cheese	1 Each	119	164	298	0.00	1.43	79.38	*N/A*	*N/A*	0.00	6.95	0.99	9.92	3.47
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Emoticons, Potatoes	4 ea	123	0	82	2.05	0.74	0.00	*N/A*	0.00	0.00	2.05	19.50	4.10	0.51
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	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	*N/A*	4.10	14.82	0.00	15.96	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	*N/A*	0.00	14.00	0.00	30.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	0.00	0.00

Wed - 04/08/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sandwich Breaded	1 ea	340	35	660	4.00	2.88	80.00	*N/A*	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	*N/A*	21.00	4.00	22.00	41.00	11.00	2.00
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
PEAS & CARROTS Steamed	0.5 cup	66	0	15	4.03	1.09	20.16	*N/A*	0.00	4.03	3.02	12.22	0.00	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*1	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	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	*N/A*	1.39	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	0.00	0.00	1.00	8.00	1.50

Thu - 04/09/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE 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
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Refried Beans	1/2 cup	166	8	196	8.81	1.85	112.98	*0	*0.00	0.19	10.31	24.13	2.74	1.50
Fiesta Relish Boat	1 boat	135	30	282	0.43	0.51	421.55	*N/A*	*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	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	*N/A*	0.00	18.98	0.00	20.98	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Jalapeno Pepper Slices	1 OZ	5	0	300	1.07	0.00	21.43	*N/A*	9.64	0.00	0.00	1.07	0.00	0.00
Salsa	2 oz	20	0	91	0.00	0.00	221.52	*N/A*	*N/A*	2.01	0.00	4.03	0.00	0.00
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	*N/A*	0.88	0.62	0.28	0.94	0.04	0.01
Olives, Ripe, Sliced	1 oz	38	0	228	0.00	0.68	0.00	*N/A*	0.00	0.00	0.00	1.90	3.80	0.95
Sour Cream, pkt	1 ea	60	20	10	0.00	0.00	20.00	*N/A*	0.00	1.00	1.00	1.00	5.00	3.00

Fri - 04/10/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 4x6 Cheese	1 Each	336	41	435	3.00	2.34	420.00	*N/A*	9.00	6.00	20.00	27.00	16.00	8.00
Pizza, 4x6 Pepperoni	1 Each	368	49	667	3.00	2.70	320.00	*N/A*	0.00	6.00	20.00	27.00	20.00	10.00
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
California Blend Veg 1/2C	1/2 cup	23	0	18	1.78	0.32	0.00	*N/A*	0.00	1.78	1.78	4.69	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pineapple, Tidbit	1/2 cup	73	0	0	1.04	0.38	0.00	*N/A*	12.53	15.66	1.04	16.71	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00

Mon - 04/13/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE 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	*N/A*	0.00	0.71	2.13	9.95	4.97	1.07
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Broccoli, Steamed	1/2 cup	39	0	17	3.33	1.20	22.23	*N/A*	0.00	1.11	3.33	6.74	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	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	*N/A*	14.78	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Cheese, Parmesan pkt	1 pkt	13	4	31	0.00	0.00	323.75	*N/A*	0.00	0.00	0.00	0.88	0.88	0.44

Tue - 04/14/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE 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	*N/A*	0.00	0.00	14.49	10.63	8.69	1.45
Biscuit, Buttermilk	1 ea	220	0	590	1.00	1.44	20.00	*N/A*	0.00	2.00	4.00	27.00	10.00	6.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
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
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	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	*N/A*	4.10	14.82	0.00	15.96	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.00	0.00	2.00	0.00	0.00

Wed - 04/15/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE 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	*N/A*	0.00	14.00	6.00	42.00	8.00	1.00
Sausage, Pork Patty	1 ea	120	26	173	0.00	0.00	13.00	*N/A*	0.00	0.00	6.00	1.00	10.00	3.80
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Tri-Taters	2 ea	220	0	630	2.00	1.08	0.00	*N/A*	0.00	0.00	3.00	31.00	9.00	1.50
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	*N/A*	1.39	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	*N/A*	0.00	14.00	0.00	30.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	0.00	0.00

Thu - 04/16/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Sub Sand, Turkey & Cheese	1 EACH	318	64	963	2.47	2.95	167.00	*N/A*	6.07	5.44	27.44	35.08	8.71	3.79
Cracker, Goldfish, Cheddar 1	1 pkg	100	0	170	1.00	0.72	40.00	*N/A*	0.00	0.00	2.00	14.00	3.50	0.50
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Baked Beans (Bush's)	1/2 cup	162	0	594	5.40	1.95	43.21	*N/A*	0.00	12.96	7.56	32.41	0.54	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*1	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	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	*N/A*	0.00	18.98	0.00	20.98	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	0.00	0.00	1.00	8.00	1.50

Fri - 04/17/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, SC Cheese	1 each	322	35	745	4.03	2.72	302.13	*N/A*	0.00	5.04	18.13	31.22	14.10	6.04
Pizza, SC Pepperoni	1 each	330	35	760	5.00	2.70	250.00	*N/A*	0.00	1.00	19.00	36.00	14.00	6.00
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	*9	5.81	2.27	2.74	19.92	0.71	0.11
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	*N/A*	*N/A*	11.07	0.00	14.08	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00

Mon - 04/20/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Hot Dog on Bun	1 ea	307	34	614	3.00	1.79	40.00	*N/A*	0.00	8.89	11.89	26.98	18.70	7.38
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	*N/A*	0.00	17.08	7.56	36.77	0.54	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	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	*N/A*	0.00	25.59	1.16	26.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00
Pickle Relish, pkt	1 pkt	5	0	60	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	0.00	0.00

Tue - 04/21/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza Cheese Crunchers	4 pieces	430	35	780	5.00	2.50	430.00	*N/A*	*N/A*	4.00	20.00	42.00	20.00	8.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Carrots, Steamed	1/2 cup	38	0	62	2.99	0.40	32.66	*644	2.27	4.32	0.71	8.30	0.42	0.04
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	*N/A*	*N/A*	11.07	0.00	14.08	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	2.00	0.72	40.00	*N/A*	*N/A*	15.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Cher	1 cup	70	0	5	3.00	0.72	*N/A*	*N/A*	*N/A*	15.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Wate	1 cup	100	0	10	3.00	1.44	40.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	*N/A*	0.00	2.03	0.00	4.05	0.00	0.00

Wed - 04/22/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE 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	*N/A*	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	*N/A*	0.00	4.00	18.74	29.01	14.74	5.23
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Sweet Potato Waffle Fries, 1/	2.1oz (1/2 cup)	111	0	132	0.69	0.25	13.88	*N/A*	*N/A*	5.55	0.69	17.35	4.16	0.69
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*1	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	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	*N/A*	1.39	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	0.00	0.00	1.00	8.00	1.50

Thu - 04/23/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Nuggets	5 ea	169	35	417	0.99	1.07	19.88	*N/A*	0.00	0.00	14.91	10.93	8.94	1.49
Muffin, Cornbread	1 each	158	25	138	0.00	0.71	0.00	*N/A*	*N/A*	7.91	1.98	18.79	7.91	3.96
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Peas, Steamed 1/2 cup	1/2 cup	76	0	98	4.08	1.39	19.96	*93	16.33	4.54	4.74	13.49	0.36	0.06
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	*N/A*	14.78	14.78	0.00	15.76	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	0.00	0.00	1.00	8.00	1.50

Fri - 04/24/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RAE 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	*N/A*	2.38	*N/A*	11.90	69.44	1.98	0.00
Cheese, Queso (nacho)	4 oz	244	58	822	0.00	0.06	415.34	*N/A*	0.00	0.00	14.00	2.00	20.00	11.00
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	*0	3.91	3.20	1.06	7.01	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	*N/A*	4.10	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	0.00	0.00

Mon - 04/27/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE 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	*N/A*	0.00	2.00	21.28	34.14	11.14	5.71
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	*9	5.81	2.27	2.74	19.92	0.71	0.11
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	21.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	*N/A*	*N/A*	11.07	0.00	14.08	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	*N/A*	0.00	2.03	0.00	4.05	0.00	0.00

Tue - 04/28/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle, Eggoji	2 ea	169	0	209	3.98	3.59	199.26	*N/A*	*N/A*	4.98	3.98	27.90	4.98	1.49
Omelet, Colby Cheese	1 Each	119	164	298	0.00	1.43	79.38	*N/A*	*N/A*	0.00	6.95	0.99	9.92	3.47
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Emoticons, Potatoes	4 ea	123	0	82	2.05	0.74	0.00	*N/A*	0.00	0.00	2.05	19.50	4.10	0.51
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	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	*N/A*	4.10	14.82	0.00	15.96	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	*N/A*	0.00	14.00	0.00	30.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	0.00	0.00

Wed - 04/29/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sandwich Breaded	1 ea	340	35	660	4.00	2.88	80.00	*N/A*	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	*N/A*	21.00	4.00	22.00	41.00	11.00	2.00
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
PEAS & CARROTS Steamed	0.5 cup	66	0	15	4.03	1.09	20.16	*N/A*	0.00	4.03	3.02	12.22	0.00	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*1	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	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	*N/A*	1.39	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	0.00	0.00	1.00	8.00	1.50

Thu - 04/30/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE 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
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
Refried Beans	1/2 cup	166	8	196	8.81	1.85	112.98	*0	*0.00	0.19	10.31	24.13	2.74	1.50
Fiesta Relish Boat	1 boat	135	30	282	0.43	0.51	421.55	*N/A*	*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	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	*N/A*	0.00	18.98	0.00	20.98	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00
Jalapeno Pepper Slices	1 OZ	5	0	300	1.07	0.00	21.43	*N/A*	9.64	0.00	0.00	1.07	0.00	0.00
Salsa	2 oz	20	0	91	0.00	0.00	221.52	*N/A*	*N/A*	2.01	0.00	4.03	0.00	0.00
Lettuce, Shredded	1/2 CUP	4	0	3	0.38	0.13	5.67	*N/A*	0.88	0.62	0.28	0.94	0.04	0.01
Olives, Ripe, Sliced	1 oz	38	0	228	0.00	0.68	0.00	*N/A*	0.00	0.00	0.00	1.90	3.80	0.95
Sour Cream, pkt	1 ea	60	20	10	0.00	0.00	20.00	*N/A*	0.00	1.00	1.00	1.00	5.00	3.00

Fri - 05/01/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RAE Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 4x6 Cheese	1 Each	336	41	435	3.00	2.34	420.00	*N/A*	9.00	6.00	20.00	27.00	16.00	8.00
Pizza, 4x6 Pepperoni	1 Each	368	49	667	3.00	2.70	320.00	*N/A*	0.00	6.00	20.00	27.00	20.00	10.00
Grilled Cheese Sandwich	1 ea	300	30	720	2.00	2.16	440.00	*N/A*	24.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	*N/A*	0.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	*N/A*	0.00	0.00	6.91	0.00	5.93	3.46
California Blend Veg 1/2C	1/2 cup	23	0	18	1.78	0.32	0.00	*N/A*	0.00	1.78	1.78	4.69	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*N/A*	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	*N/A*	28.90	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0	25.97	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0	23.85	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	14	2.01	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	*N/A*	13.97	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	4	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	*140	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	*N/A*	0.00	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	*N/A*	*N/A*	2.96	0.00	5.92	0.00	0.00
Pineapple, Tidbit	1/2 cup	73	0	0	1.04	0.38	0.00	*N/A*	12.53	15.66	1.04	16.71	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*N/A*	27.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	4	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	11	51.07	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	0	0.99	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	*N/A*	0.00	24.00	0.00	27.00	0.00	0.00
Milk, 1/2 Pint 1% White	1 ea	100	15	120	0.00	0.00	200.00	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.00	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	*N/A*	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	*N/A*	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	*N/A*	0.00	1.00	0.00	1.00	5.00	1.00

\*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.