



# Zionsville Middle School (ZMS) Menu

2025-2026

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

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

**Breakfast Served**

ZMS 8:25 – 8:40 ZWMS 8:30 – 8:45

**After School Snack Served Mon. – Thur.**

ZMS 3:50 – 4:05 ZWMS 3:45 – 4:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>French Bread Pizza <sup>MSW</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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>Applesauce</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>5</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Cheese Quesadilla <sup>MSW</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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>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>6</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Chicken Tenders <sup>MSW</sup></li> <li>w/WG Dinner Roll <sup>W SS</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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>Mashed Potatoes <sup>M</sup></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>	<p>7</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Breaded Pork Tenderloin <sup>SW</sup> on a Bun <sup>W</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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>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>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>	<p>8</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Meatball Sub <sup>MSW SS</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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>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>11</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Ripper's Pizza <sup>MSW</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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>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 Slushy</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>12</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Chicken Poppers <sup>MSW W/</sup> Biscuit <sup>MW</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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 Broccoli</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>Applesauce</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>13</p> <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>Chef Salad <sup>MEW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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>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>Fruit Cocktail</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>14</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Cheese Stuffed Breadsticks <sup>MESW</sup></li> <li>Custom Salad Bar</li> <li>Chef Salad <sup>MEW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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 &amp; Carrots</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>	<p>15</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Mac and Cheese <sup>MEW</sup> with Garlic Knot <sup>SW</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></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>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>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>

**Allergen Legend:**



- W – Contains Wheat
- S – Contains Soy
- M – Contains Milk/Dairy
- E – Contains Eggs
- SS – Contains Sesame
- GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)
- SF – Contains Shellfish
- T – Contains Tree Nuts
- P – Contains Peanuts
- F – Contains Fish

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

Custom Salad Bar: Choose a base of Romaine and Iceberg Blend. Add up to 2 meat/meat alternates, up to 4 vegetable toppings and a choice of grain item. An assortment of salad dressing will be available. (Allergens vary by item. Ask Food Service Staff.)

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

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

<p>18</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Deep Dish Pizza <sup>MSW</sup></li> <li>• Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Bagel and Yogurt <sup>MW</sup></li> <li>• Protein Pack <sup>M GF</sup></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>• 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>19</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• French Toast Sticks <sup>MESW</sup> w/Pork Sausage Patties</li> <li>• Cereal Bowls w/Pork Sausage Patties</li> <li>• Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Deli Meat Sandwich <sup>MSW SS</sup></li> <li>• Bagel and Yogurt <sup>MW</sup></li> <li>• Protein Pack <sup>M GF</sup></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>• Tri-Taters</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>20</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• All Beef Coney Dog on a Bun <sup>W</sup></li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Deli Meat Sandwich <sup>MSW SS</sup></li> <li>• Bagel and Yogurt <sup>MW</sup></li> <li>• Protein Pack <sup>M GF</sup></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>• Emoticon Potatoes</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>• 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>	<p>21</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Bosco Breadsticks <sup>MW</sup></li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Deli Meat Sandwich <sup>MSW SS</sup></li> <li>• Bagel and Yogurt <sup>MW</sup></li> <li>• Protein Pack <sup>M GF</sup></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 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>22</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Bagel and Yogurt <sup>MW</sup></li> <li>• Protein Pack <sup>M GF</sup></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>• 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>• 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>25</p> 	<p>26</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Pizza Variety <sup>MSW</sup></li> <li>• Deli Meat Sandwich <sup>MSW SS</sup></li> <li>• Protein Pack <sup>M GF</sup></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 Broccoli</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>• Applesauce</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>27</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Cook's Choice</li> <li>• Deli Meat Sandwich <sup>MSW SS</sup></li> <li>• Protein Pack <sup>M GF</sup></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>• Assorted Vegetables</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 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>28</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Cook's Choice</li> <li>• Deli Meat Sandwich <sup>MSW SS</sup></li> <li>• Protein Pack <sup>M GF</sup></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>• Mixed Vegetables</li> <li>• Assorted Vegetables</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 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>29</p> 

**Allergen Legend:**

- |                         |                         |
|-------------------------|-------------------------|
| W – Contains Wheat      | SF – Contains Shellfish |
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| 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**

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

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

Custom Salad Bar: Start with a base of Romaine and Iceberg Blend. Add up to 2 meat/meat alternates, up to 4 vegetable toppings and a choice of grain item. An assortment of salad dressing will be available. (Allergens vary by item. Ask Food Service Staff.)

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

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

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 - 05/04/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, French Bread	1 ea	350	35	490	3.00	1.80	249.87	*N/A*	0.00	9.99	18.99	34.98	14.99	7.00
Pizza, Garlic French Bread	1 ea	350	35	490	3.00	1.80	249.87	*N/A*	0.00	9.99	18.99	34.98	14.99	7.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Carrots, Steamed	1/2 cup	38	0	62	2.99	0.40	32.66	*644	2.27	4.32	0.71	8.30	0.42	0.04
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	21.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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

Tue - 05/05/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Cheese Quesadilla	1 slice	302	15	665	4.03	0.00	302.05	*N/A*	1.21	4.03	16.11	34.23	11.07	3.02
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
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Refried Beans	1/2 cup	166	8	196	8.81	1.85	112.98	*0	*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
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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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
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

Wed - 05/06/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Tenders	3 ea	184	34	416	0.97	1.04	19.33	*N/A*	0.00	0.00	14.50	10.63	8.70	1.45
Roll, Whole Grain Dinner	1 ea	90	0	130	2.00	1.08	40.00	*N/A*	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	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	*N/A*	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	*N/A*	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	*N/A*	0.00	1.98	0.00	2.97	15.82	2.47
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*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

BBQ Sauce Cups	1 ea	55	0	220	0.00	0.00	0.00	*N/A*	2.83	12.60	0.00	14.17	0.00	0.00
Honey	1 ea	25	0	0	0.00	0.00	0.00	*N/A*	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	*N/A*	0.00	7.00	0.00	8.00	0.50	0.00

Thu - 05/07/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pork Tenderloin Sandwich	1 ea	471	53	678	4.94	3.55	60.00	*N/A*	0.00	4.97	22.53	46.50	21.44	5.83
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peas, Steamed 1/2 cup	1/2 cup	76	0	98	4.08	1.39	19.96	*93	16.33	4.54	4.74	13.49	0.36	0.06
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
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	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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 - 05/08/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Meatball Sub	1 EA	366	48	721	3.32	3.76	599.57	*N/A*	*2.58	8.87	23.16	41.71	12.11	4.77
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	*9	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	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	*N/A*	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	*N/A*	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	*N/A*	0.00	1.98	0.00	2.97	15.82	2.47

Mon - 05/11/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	*N/A*	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	*N/A*	0.00	3.01	15.05	30.11	11.04	5.02
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
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
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
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
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
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
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	*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
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
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
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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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 - 05/12/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total 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
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	7.12	6.36	20.41	34.64	13.01	4.07
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli, Steamed	1/2 cup	39	0	17	3.33	1.20	22.23	*N/A*	0.00	1.11	3.33	6.74	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	21.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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
BBQ Sauce, PC	1 pkt	22	0	140	0.00	0.00	0.00	*N/A*	0.00	4.31	0.00	5.39	0.00	0.00

Wed - 05/13/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total 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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	*N/A*	0.00	17.08	7.56	36.77	0.54	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*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
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	*N/A*	*N/A*	11.07	0.00	14.08	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	*N/A*	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	*N/A*	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	*N/A*	0.00	1.98	0.00	2.97	15.82	2.47



Thu - 05/14/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total 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	*N/A*	0.00	4.00	19.00	28.00	11.00	6.00
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PEAS & 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
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	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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
Salad Bar Salad	1 Each	22	0	11	2.20	0.79	44.04	*N/A*	0.00	0.00	0.00	4.40	0.00	0.00
Salad Bar Peas	1 TSP	2	0	3	0.13	0.04	0.61	3	0.50	0.14	0.15	0.38	0.01	0.00
Salad Bar Broccoli	Floret	2	0	2	0.14	0.04	2.59	*N/A*	4.91	*N/A*	0.16	0.37	0.02	0.00
Salad Bar Carrot Matchstix	1 tbsp	2	0	5	0.38	0.03	1.51	*N/A*	0.45	*N/A*	0.08	0.53	0.00	0.00

Salad Bar Cauliflower	floret	3	0	4	0.26	0.05	2.86	0	6.27	0.25	0.25	0.65	0.04	0.02
Salad Bar Celery	tsp.	0	0	2	0.03	0.00	0.84	0	0.07	0.03	0.01	0.06	0.00	0.00
Salad Bar Cucumber Slice	1 slice	2	0	0	0.07	0.04	2.24	1	0.39	0.23	0.09	0.51	0.02	0.01
Salad Bar Tomatoes	1 each	3	0	1	0.20	0.05	1.70	*N/A*	2.33	0.45	0.15	0.66	0.03	0.00
Salad Bar Brd. Chicken	Patty (1 oz)	60	12	140	0.33	0.36	6.67	*N/A*	0.00	0.00	5.00	3.67	2.67	0.50
Salad Bar Cheese	1 oz	110	30	190	0.00	0.36	200.00	*N/A*	0.00	0.00	6.00	1.00	9.00	6.00
Salad Bar Egg	Half	39	94	31	0.00	0.60	127.78	*N/A*	0.00	0.56	3.33	0.56	2.78	0.83
Salad Bar Turkey, Govt	1.53 oz	56	28	269	0.00	0.36	0.00	*N/A*	0.00	0.00	9.00	1.00	2.00	1.00
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
Pretzel Rods, WG 2	2 each	140	0	450	3.00	1.44	0.08	*0	0.00	0.00	5.00	29.00	1.00	0.00
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	*N/A*	0.00	1.98	0.00	2.97	15.82	2.47
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	1.00	0.00
DRESSING, BALSAMIC OLI	PKG	99	0	366	0.00	0.00	0.00	*N/A*	0.00	2.97	0.00	3.96	7.91	0.99
Dressing, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	*N/A*	0.00	2.00	2.00	3.00	16.00	3.00
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	*N/A*	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Raspberry Vinaigr	PKG	45	0	114	0.00	0.00	0.00	*N/A*	0.00	9.89	0.00	10.88	0.00	0.00

Fri - 05/15/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Mac and Cheese	6 oz	290	44	704	1.91	0.95	348.57	*N/A*	0.00	2.86	15.24	24.76	14.28	8.29
Garlic Knot WG	1 ea	170	0	190	3.00	1.80	0.00	*N/A*	0.00	3.00	5.00	27.00	6.00	1.50
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
California Blend Veg 1/2C	1/2 cup	23	0	18	1.78	0.32	0.00	*N/A*	0.00	1.78	1.78	4.69	0.00	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	*N/A*	0.00	1.98	0.00	2.97	15.82	2.47
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	1.00	0.00
DRESSING, BALSAMIC OLI	PKG	99	0	366	0.00	0.00	0.00	*N/A*	0.00	2.97	0.00	3.96	7.91	0.99
Dressing, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	*N/A*	0.00	2.00	2.00	3.00	16.00	3.00
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	*N/A*	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Golden 1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	*N/A*	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch Light 1.5 oz	1 pkt	59	0	208	0.99	0.00	19.78	*N/A*	0.00	3.96	0.99	8.90	1.98	0.00
Dressing, Raspberry Vinaigr	PKG	45	0	114	0.00	0.00	0.00	*N/A*	0.00	9.89	0.00	10.88	0.00	0.00



Mon - 05/18/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, 5" Cheese	1 each	310	30	440	3.00	1.80	200.00	*N/A*	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	*N/A*	0.00	8.00	17.00	33.00	13.00	5.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	*9	5.81	2.27	2.74	19.92	0.71	0.11
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	*N/A*	21.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	*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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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

Tue - 05/19/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total 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
Cereal, Honey Cheerios	1 ea	210	0	340	5.00	4.50	100.00	*N/A*	6.00	12.00	6.00	44.00	3.00	0.00
Cereal, Lucky Charms	Bowl	210	0	440	5.00	5.40	150.00	*N/A*	22.00	12.00	5.00	45.00	2.00	0.00
Cereal, RS Cinnamon Toast	bowl	210	0	320	7.00	4.50	100.00	*N/A*	16.00	11.00	3.00	44.00	6.00	0.00
Cereal, RS Cocoa Puffs	Bowl	220	0	230	3.00	5.40	150.00	*N/A*	25.00	12.00	3.00	47.00	3.00	0.00
CEREAL, TRIX RS	BOWL	220	0	320	3.00	4.50	100.00	*N/A*	19.00	12.00	3.00	47.00	3.00	0.00
Sausage, Pork Patties 2 m/m	2 ea	240	52	346	0.00	0.00	26.00	*N/A*	0.00	0.00	12.00	2.00	20.00	7.60
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	*N/A*	0.61	30.16	8.73	54.16	3.82	0.55
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, Italian sub bun	1 sub	361	78	1143	2.47	3.32	182.35	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	7.12	6.36	20.41	34.64	13.01	4.07
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tri-Taters	2 ea	220	0	630	2.00	1.08	0.00	*N/A*	0.00	0.00	3.00	31.00	9.00	1.50
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
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	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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
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

Wed - 05/20/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total 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
Coney Sauce	2 oz	65	5	316	1.86	1.00	0.00	*N/A*	0.00	0.00	1.86	7.44	2.79	0.93
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Emoticons, Potatoes	4 ea	123	0	82	2.05	0.74	0.00	*N/A*	0.00	0.00	2.05	19.50	4.10	0.51
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	*N/A*	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	*N/A*	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	*N/A*	0.00	1.98	0.00	2.97	15.82	2.47
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	*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
								*N/A*						

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
Pickle Relish, pkt	1 pkt	5	0	60	0.00	0.00	0.00		0.00	2.00	0.00	2.00	0.00	0.00

Thu - 05/21/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total 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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	*0	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	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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

Fri - 05/22/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	mcg RAE Vit-A	Mg Vit-C	G Total 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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	*N/A*	0.00	17.08	7.56	36.77	0.54	0.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*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
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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	*N/A*	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	*N/A*	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Italian Light 1.5oz	1 pkt	15	0	720	0.00	0.00	0.00	*N/A*	0.00	2.00	0.00	2.00	1.00	0.00
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	*N/A*	0.00	1.98	0.00	2.97	15.82	2.47

Tue - 05/26/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Rippers Cheese	Slice	261	25	522	3.01	1.81	250.88	*N/A*	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	*N/A*	0.00	3.01	15.05	30.11	11.04	5.02
Pizza, 5" Cheese	1 each	310	30	440	3.00	1.80	200.00	*N/A*	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	*N/A*	0.00	8.00	17.00	33.00	13.00	5.00
Pizza, French Bread	1 ea	350	35	490	3.00	1.80	249.87	*N/A*	0.00	9.99	18.99	34.98	14.99	7.00
Pizza, Garlic French Bread	1 ea	350	35	490	3.00	1.80	249.87	*N/A*	0.00	9.99	18.99	34.98	14.99	7.00
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
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
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	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	*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
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	*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
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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

Wed - 05/27/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	*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
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	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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
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
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
Dressing, French Honey 1.5	1 pkt	190	0	290	0.00	0.00	0.00	*N/A*	0.00	12.00	0.00	13.00	15.00	2.50
Dressing, Italian Golden 1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	*N/A*	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	*N/A*	0.00	1.98	0.00	2.97	15.82	2.47

Thu - 05/28/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	mcg RAE Vit-A	Mg Vit-C	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*1	14.29	*4.33	18.95	34.21	16.71	6.97
Ham and Cheese Sub	1 ea	304	68	899	2.47	2.94	165.75	*N/A*	6.00	5.43	23.25	34.06	9.64	3.25
Sub Sand, traditional sub bun	1 ea	332	65	968	2.47	3.34	230.85	*N/A*	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	*N/A*	0.00	5.93	21.75	35.06	14.64	5.50
Turkey American Sub	1 ea	287	49	886	2.47	2.22	165.75	*N/A*	6.00	5.43	27.90	33.06	5.68	2.27
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	*N/A*	0.00	14.00	16.91	40.00	6.93	3.46
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	*N/A*	0.00	1.00	15.91	30.00	38.93	6.96
PB&J Sandwich	1 EA	624	0	440	6.00	2.52	379.77	*N/A*	0.00	33.06	19.99	71.23	33.98	7.00
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Vegetables 1/2 C	1/2 cup	54	0	27	3.20	0.77	21.35	*N/A*	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	*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
L/O		0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	*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
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.30	11.52	1	42.34	3.52	0.48	5.53	0.22	0.01
CLEMENTINES,RAW	2 fruits	70	*N/A*	1	2.52	0.21	44.40	*N/A*	72.22	13.59	1.26	17.79	0.22	*N/A*
Kiwi	1.5 ea	63	0	3	3.11	0.32	35.19	4	95.94	9.30	1.18	15.17	0.54	0.03
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
Milk, 1/2 pint 1% Strawberry	1 carton	140	10	105	0.00	0.00	250.00	*N/A*	0.00	22.00	8.00	22.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	*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

\*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.