



Zionsville Elementary School Menu

2026-2027

Students may take 3-5 components to make a lunch 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 Daily Before Start of School.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4 Choice of 1 Entrée: - Chicken Nuggets ^{MSW} w/ WG Dinner Roll ^W - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Corn 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Mandarin Oranges - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	5 Choice of 1 Entrée: - Bosco Breadsticks ^{MW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	6 Choice of 1 Entrée: - All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} 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: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	7 Choice of 1 Entrée: - Deep Dish Pizza ^{MSW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Broccoli - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M
10 Choice of 1 Entrée: - All Beef Hot Dog on Bun ^W - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - BBQ Baked Beans 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	11 Choice of 1 Entrée: - French Toast Sticks ^{MESW} w/Pork Sausage Patty - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Tri-Taters 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	12 Choice of 1 Entrée: - Pizza Cheese Crunchers ^{MW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Carrots - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	13 Choice of 1 Entrée: - Breaded Chicken Sandwich ^{MSW} on Bun ^W - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas - Relish Boat - Assorted Fresh Vegetables - Mixed Green Salad - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	14 Choice of 1 Entrée: - Soft Pretzel ^w w/ Cheese ^M - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - California Blend - Assorted Fresh Vegetables - Mixed Green Salad - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M

Allergen Legend:

W – Contains Wheat
S – Contains Soy
M – Contains Milk/Dairy
E – Contains Eggs
SS – Contains Sesame

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

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.

17	18	19	20	21
Choice of 1 Entrée: - Rotini in Meat Sauce ^{EW} w/ Garlic Toast ^{MSW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Waffles ^{MESW} w/Cheese Omelet ^{ME} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Emoticons 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Mandarin Oranges - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Chicken Poppers ^{MSW} w/ Biscuit ^{MW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Mashed Potatoes ^M - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Walking Taco - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Cheesy Refried Beans ^M - Fiesta Relish Boat ^M - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: 4X6 Pizza ^{MW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Corn - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M
24	25	26	27	28
Choice of 1 Entrée: - Bosco Breadsticks ^{MW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Mac and Cheese ^{MEW} with Garlic Knot ^{MSW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas and Carrots 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Dried Fruits 100% Fruit Juice Slushie Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} 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 ^M	Choice of 1 Entrée: - Chicken Nuggets ^{MSW} w/ WG Dinner Roll ^W - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Corn - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	Choice of 1 Entrée: - Deep Dish Pizza ^{MSW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - Bagel ^w and Yogurt ^M w/Sunflower Seeds - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Broccoli - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M

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Pricing

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Milk \$0.65
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Visit the Food Service link at <https://www.zcs.k12.in.us/departments/food-services> to 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!

**Stay Connected! Follow our Facebook page:
@ ZCS Food Service**

Tue - 08/04/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calc	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Nuggets	5 ea	169	35	417	0.99	1.07	19.88	0.00	14.91	10.93	8.94	1.49
Bread, Wheat Dinner Roll	1 EACH	70	0	115	1.00	0.70	20.00	1.00	3.00	13.00	1.00	0.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	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	2.27	2.74	19.92	0.71	0.11
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	25.59	1.16	26.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	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	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Wed - 08/05/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	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	2.00	21.28	34.14	11.14	5.71
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	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	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	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	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	2.03	0.00	4.05	0.00	0.00

Thu - 08/06/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	360	59	605	2.22	2.68	150.00	4.50	22.24	29.01	17.74	6.98
Hamburger w/bun	1 ea	320	51	465	2.22	2.68	50.00	4.00	18.74	28.01	14.74	5.23
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	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	17.08	7.56	36.77	0.54	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*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	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	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	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Fri - 08/07/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	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	9.00	16.00	31.00	13.00	6.00
Pizza, 5" Pepperoni	1 each	310	35	510	3.00	1.80	200.00	8.00	17.00	33.00	13.00	5.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Broccoli, Steamed	1/2 cup	39	0	17	3.33	1.20	22.23	1.11	3.33	6.74	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00

Mon - 08/10/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Hot Dog on Bun	1 ea	327	34	594	3.00	2.31	50.00	9.89	11.89	28.98	18.70	6.88
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	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	17.08	7.56	36.77	0.54	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	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	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pickle Relish, pkt	1 pkt	5	0	60	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00

Tue - 08/11/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	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	14.00	6.00	42.00	8.00	1.00
Sausage, Pork Patty	1 ea	120	26	173	0.00	0.00	13.00	0.00	6.00	1.00	10.00	3.80
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Tri-Taters	2 ea	220	0	630	2.00	1.08	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	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	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	2.00	0.00	2.00	0.00	0.00

Wed - 08/12/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total 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	4.00	20.00	42.00	20.00	8.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Carrots, Steamed	1/2 cup	38	0	62	2.99	0.40	32.66	4.32	0.71	8.30	0.42	0.04
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	2.03	0.00	4.05	0.00	0.00

Thu - 08/13/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sandwich Breaded	1 ea	330	35	680	3.00	2.58	70.00	4.00	21.00	39.00	10.00	1.50
Chicken Sand Spicy	1 ea	340	35	650	4.00	3.30	70.00	4.00	22.00	40.00	11.00	2.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	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	4.54	4.74	13.49	0.36	0.06
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*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	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	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	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Fri - 08/14/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total 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*	11.90	69.44	1.98	0.00
Cheese, Queso (nacho)	4 oz	244	58	822	0.00	0.06	415.34	0.00	14.00	2.00	20.00	11.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
California Blend Veg 1/2C	1/2 cup	23	0	18	1.78	0.32	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	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00

Mon - 08/17/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total 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*	6.05	19.15	27.22	16.13	6.15
NY Garlic Toast	1 EA	99	0	135	0.71	0.77	0.00	0.71	2.13	9.95	4.97	1.07
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	3.20	1.06	7.01	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	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	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Cheese, Parmesan pkt	1 pkt	13	4	31	0.00	0.00	323.75	0.00	0.00	0.88	0.88	0.44

Tue - 08/18/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle, Eggoji	2 ea	169	0	209	3.98	3.59	199.26	4.98	3.98	27.90	4.98	1.49
Omelet, Colby Cheese	1 Each	119	164	298	0.00	1.43	79.38	0.00	6.95	0.99	9.92	3.47
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Emoticons, Potatoes	4 ea	123	0	82	2.05	0.74	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	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	25.59	1.16	26.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	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	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	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	2.00	0.00	2.00	0.00	0.00

Wed - 08/19/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	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	0.00	14.49	10.63	8.69	1.45
Biscuit, Buttermilk	1 ea	220	0	590	1.00	1.44	20.00	2.00	4.00	27.00	10.00	6.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Mashed Potatoes, Idahoan	1/2 cup	67	0	290	0.84	0.25	19.86	0.00	1.69	14.34	0.42	0.00
Chicken Gravy	2 oz	21	0	151	0.00	0.00	1.78	1.06	0.00	3.19	0.53	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	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	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Thu - 08/20/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Walking Taco	1 EA	385	57	586	3.17	2.34	39.89	0.00	18.38	26.34	23.19	5.16
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Refried Beans	1/2 cup	166	8	196	8.81	1.85	112.98	0.19	10.31	24.13	2.74	1.50
Fiesta Relish Boat	1 boat	135	30	282	0.43	0.51	421.55	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	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	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	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	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	0.00	0.00	1.07	0.00	0.00
Sour Cream, pkt	1 ea	60	20	10	0.00	0.00	20.00	1.00	1.00	1.00	5.00	3.00

Fri - 08/21/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total 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	6.00	20.00	27.00	16.00	8.00
Pizza, 4x6 Pepperoni	1 Each	368	49	667	3.00	2.70	320.00	6.00	20.00	27.00	20.00	10.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	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	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	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00

Mon - 08/24/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	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	2.00	21.28	34.14	11.14	5.71
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	3.20	1.06	7.01	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	2.03	0.00	4.05	0.00	0.00

Tue - 08/25/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	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	2.86	15.24	24.76	14.28	8.29
Garlic Knot WG	1 ea	170	0	190	3.00	1.80	0.00	3.00	5.00	27.00	6.00	1.50
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	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	4.03	3.02	12.22	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	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	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03

Wed - 08/26/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger	1 ea	360	59	605	2.22	2.68	150.00	4.50	22.24	29.01	17.74	6.98
Hamburger w/bun	1 ea	320	51	465	2.22	2.68	50.00	4.00	18.74	28.01	14.74	5.23
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	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	17.08	7.56	36.77	0.54	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*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	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	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	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	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	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Thu - 08/27/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Nuggets	5 ea	169	35	417	0.99	1.07	19.88	0.00	14.91	10.93	8.94	1.49
Bread, Wheat Dinner Roll	1 EACH	70	0	115	1.00	0.70	20.00	1.00	3.00	13.00	1.00	0.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	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	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	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	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	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Fri - 08/28/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	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	9.00	16.00	31.00	13.00	6.00
Pizza, 5" Pepperoni	1 each	310	35	510	3.00	1.80	200.00	8.00	17.00	33.00	13.00	5.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	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	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Broccoli, Steamed	1/2 cup	39	0	17	3.33	1.20	22.23	1.11	3.33	6.74	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	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*	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	*0.36	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	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	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	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	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	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	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	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	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.