



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 from 7:45 am to 8:00 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/28 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	9/29 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	9/30 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	1 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	2 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
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 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	6 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	7 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	8 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} - 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	9 Choice of 1 Entrée: - Cereal Bowl ^{VARIES} w/Pork Sausage Patty - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Tri-Taters - Assorted Vegetables - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Assorted 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
 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
Lunch Entrée Only	\$2.30
Adult Purchases	A la Carte
Milk	\$0.65

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

				
12	13	14	15	16
19	20	21	22	23
Choice of 1 Entrée: - All Beef Hot Dog on Bun ^W - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - 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	Choice of 1 Entrée: - Pizza Cheese Crunchers ^{MW} - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Carrots 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: - French Toast Sticks ^{MESW} w/Pork Sausage Patty - Grilled Cheese ^{MSW} - Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Tri-Taters - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	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	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
26	27	28	29	30
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
			 Local Apples from Beasley's Orchard available today!	
				 All reimbursable meals include a Mini Rice Krispies Treat ^{MS}

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 **CSC Family Portal** where you can view current balances, food purchase histories and MORE!



Indiana Apple Crunch is an initiative with the Indiana Department of Education and Purdue University Extension. It celebrates healthy eating while supporting farm-to-school and local food purchasing across Indiana. October is also National Apple Month. Indiana orchards grow more than 100 apple varieties. In October, students can enjoy a fresh apple from Beasley's Orchard in Danville, Indiana with their lunch.

Mon - 09/28/2026	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
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 - 09/29/2026	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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 09/30/2026	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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 10/01/2026	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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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
Sour Cream, pkt	1 ea	60	20	10	0.00	0.00	20.00	1.00	1.00	1.00	5.00	3.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00

Fri - 10/02/2026	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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 10/05/2026	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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	2.03	0.00	4.05	0.00	0.00

Tue - 10/06/2026	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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	2.00	0.72	40.00	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*	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	19.00	0.00	25.00	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 - 10/07/2026	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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 10/08/2026	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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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
BBQ Sauce, PC	1 pkt	22	0	140	0.00	0.00	0.00	4.31	0.00	5.39	0.00	0.00

Fri - 10/09/2026	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
Cereal, Lucky Charms	Bowl	210	0	440	5.00	5.40	150.00	12.00	5.00	45.00	2.00	0.00
Cereal, RS Cinnamon Toast	bowl	210	0	320	7.00	4.50	100.00	11.00	3.00	44.00	6.00	0.00
Cereal, RS Cocoa Puffs	Bowl	220	0	230	3.00	5.40	150.00	12.00	3.00	47.00	3.00	0.00
CEREAL, TRIX RS	BOWL	220	0	320	3.00	4.50	100.00	12.00	3.00	47.00	3.00	0.00
Cereal, Honey Cheerios	1 ea	210	0	340	5.00	4.50	100.00	12.00	6.00	44.00	3.00	0.00
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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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

Mon - 10/19/2026	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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 10/20/2026	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
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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	2.03	0.00	4.05	0.00	0.00

Wed - 10/21/2026	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
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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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
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

Thu - 10/22/2026	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, Whole	1 EACH	95	0	2	4.37	0.22	10.92	18.91	0.47	25.13	0.31	0.05
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 10/23/2026	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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 10/26/2026	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
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, Pamesan pkt	1 pkt	13	4	31	0.00	0.00	323.75	0.00	0.00	0.88	0.88	0.44

Tue - 10/27/2026	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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 10/28/2026	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
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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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 - 10/29/2026	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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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
Sour Cream, pkt	1 ea	60	20	10	0.00	0.00	20.00	1.00	1.00	1.00	5.00	3.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00

Fri - 10/30/2026	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, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	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.