



# Zionsville High School Menu

2026-2027

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

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

**Breakfast Served Daily Before Start of School. After School Snack Served M-TH.**

|                                 | MONDAY                                                                       | TUESDAY                                                                                 | WEDNESDAY                                                                   | THURSDAY                                                                     | FRIDAY                                                                       |
|---------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Entrée Stations:</b>         | <b>9/28</b>                                                                  | <b>9/29</b>                                                                             | <b>9/30</b>                                                                 | <b>1</b>                                                                     | <b>2</b>                                                                     |
| Classic                         | Mac and Cheese <sup>MEW</sup> w/<br>Garlic Knot <sup>SW</sup>                | General Tso's Chicken <sup>MSW</sup><br>or Teriyaki Chicken <sup>MSW</sup><br>over Rice | Nacho Bar <sup>M</sup>                                                      | Pancakes <sup>MEW</sup> w/ Pork<br>Sausage Patties                           | All Beef Hot Dog or<br>Coney Dog on a Bun <sup>W</sup>                       |
| Grab n Go                       | Bosco Breadsticks <sup>MW</sup>                                              | Cheese Quesadilla <sup>MSW</sup>                                                        | Corn Dog Nuggets <sup>SWE</sup>                                             | Breaded Mozz Sticks <sup>MW</sup>                                            | Cheese Stuffed<br>Breadsticks <sup>MESW</sup>                                |
| Pizza                           | Calzone <sup>MSW</sup>                                                       | Rippers Pizza <sup>MSW</sup>                                                            | Cheese <sup>MSW</sup> or Meat<br>Lovers <sup>MW</sup> Pizza Slices          | Deep Dish Pizza <sup>MSW</sup>                                               | Cheese <sup>MSW</sup> or Meat<br>Lovers <sup>MW</sup> Pizza Slices           |
| Chicken Favorites               | Breaded <sup>MSW</sup> or Spicy<br>Chicken <sup>SW</sup> on Bun <sup>W</sup> |                                                                                         | Chicken Nuggets <sup>MSW</sup> w/<br>WG Dinner Roll <sup>W</sup>            | Breaded <sup>MSW</sup> or Spicy<br>Chicken <sup>SW</sup> on Bun <sup>W</sup> | Breaded <sup>MSW</sup> or Spicy<br>Chicken <sup>SW</sup> on Bun <sup>W</sup> |
| Sandwiches,<br>Salads and Wraps | Deli Meat Sandwich?<br>Egg Salad Sandwich <sup>EW</sup>                      | Deli Meat Sandwich?                                                                     | Chef Salad <sup>MEW</sup><br>Premium Specialty<br>Salads?<br>Premium Wraps? | Chef Salad <sup>MEW</sup><br>Premium Specialty<br>Salads?<br>Premium Wraps?  | Chef Salad <sup>MEW</sup><br>Premium Specialty<br>Salads?<br>Premium Wraps?  |
| <b>Hot Vegetable</b>            | Steamed Peas                                                                 | Steamed Broccoli                                                                        | Fiesta Black Beans                                                          | Potato Wedges <sup>W</sup>                                                   | Steamed Corn                                                                 |

|                                 |                                                                              |                                                         |                                                                             |                                                                              |                                                                              |
|---------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Entrée Stations:</b>         | <b>5</b>                                                                     | <b>6</b>                                                | <b>7</b>                                                                    | <b>8</b>                                                                     | <b>9</b>                                                                     |
| Classic                         | 3 Cheese Cavatappi <sup>MEW</sup><br>w/ Garlic Knot <sup>SW</sup>            | PSAT Gr 9-11<br>E-Day Gr 12                             | Nacho Bar <sup>M</sup>                                                      | Chicken Chunks <sup>MW</sup> w/<br>Biscuit <sup>MW</sup>                     | Beef Cheeseburger <sup>MS</sup><br>or Hamburger on Bun <sup>W</sup>          |
| Grab n Go                       | Bosco Breadsticks <sup>MW</sup>                                              | Limited variety of cold<br>and hot entrées<br>available | Corn Dog Nuggets <sup>SWE</sup>                                             | Breaded Mozz Sticks <sup>MW</sup>                                            | Cheese Stuffed<br>Breadsticks <sup>MESW</sup>                                |
| Pizza                           | Calzone <sup>MSW</sup>                                                       |                                                         | Cheese <sup>MSW</sup> or Meat<br>Lovers <sup>MW</sup> Pizza Slices          | Deep Dish Pizza <sup>MSW</sup>                                               | Cheese <sup>MSW</sup> or Meat<br>Lovers <sup>MW</sup> Pizza Slices           |
| Chicken Favorites               | Breaded <sup>MSW</sup> or Spicy<br>Chicken <sup>SW</sup> on Bun <sup>W</sup> |                                                         | Chicken Nuggets <sup>MSW</sup> w/<br>WG Dinner Roll <sup>W</sup>            | Breaded <sup>MSW</sup> or Spicy<br>Chicken <sup>SW</sup> on Bun <sup>W</sup> | Breaded <sup>MSW</sup> or Spicy<br>Chicken <sup>SW</sup> on Bun <sup>W</sup> |
| Sandwiches,<br>Salads and Wraps | Deli Meat Sandwich?<br>Egg Salad Sandwich <sup>EW</sup>                      |                                                         | Chef Salad <sup>MEW</sup><br>Premium Specialty<br>Salads?<br>Premium Wraps? | Chef Salad <sup>MEW</sup><br>Premium Specialty<br>Salads?<br>Premium Wraps?  | Chef Salad <sup>MEW</sup><br>Premium Specialty<br>Salads?<br>Premium Wraps?  |
| <b>Hot Vegetable</b>            | Green Beans                                                                  |                                                         | Fiesta Black Beans                                                          | Mashed Potatoes <sup>M</sup>                                                 | BBQ Baked Beans                                                              |

## Offered Daily:

- Entrées – PB&J Sandwich <sup>PW</sup>  
Protein Pack <sup>M GF</sup>  
Premium Fruit and Yogurt Parfait <sup>MSW</sup> (Mon – Thurs)
- Assorted Fresh Fruit, Canned Fruit, Dried Fruit and Fruit Juices
- Assorted Fresh Vegetables, Vegetable Juice, and Salsa Cups
- Variety of Milk <sup>M</sup>

## Allergen Legend:

W – Contains Wheat  
S – Contains Soy  
M – Contains Milk/Dairy  
E – Contains Eggs  
SS – Contains Sesame  
GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)

SF – Contains Shellfish  
T – Contains Tree Nuts  
P – Contains Peanuts  
F – Contains Fish  
? – Varies by Item, Ask Staff

## Pricing

|                       |            |
|-----------------------|------------|
| Student Lunch         | \$2.85     |
| Student Reduced Lunch | \$0.40     |
| Premium Lunch         | \$3.35     |
| Premium Reduced Lunch | \$0.40     |
| Adult Purchases       | A la Carte |
| Milk                  | \$0.65     |

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

Note- All premium entrées are a lunch meal with fruit or vegetable included.

This institution is an equal opportunity provider.

|                              |                                                                                    |                                                                |                                                                          |                                                                                                                                                    |                                                                           |
|------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
|                              | 12                                                                                 | 13                                                             | 14                                                                       | 15                                                                                                                                                 | 16                                                                        |
|                              |  |                                                                |                                                                          |                                                                                                                                                    |                                                                           |
| <b>Entrée Stations:</b>      | 19                                                                                 | 20                                                             | 21                                                                       | 22                                                                                                                                                 | 23                                                                        |
| Classic                      | Rotini in Meat Sauce <sup>MSW</sup><br>w/ NY Garlic Toast <sup>MSW</sup>           | Potstickers <sup>SW SS</sup> w/<br>Fried Rice <sup>SW SS</sup> | Walking Tacos                                                            | French Toast Sticks <sup>MESW</sup> w/ Pork Sausage Patties<br> | Soft Pretzel <sup>W</sup> w/<br>Cheese Sauce <sup>M</sup>                 |
| Grab n Go                    | Bosco Breadsticks <sup>MSW</sup>                                                   | Cheese Quesadilla <sup>MSW</sup>                               | Corn Dog Nuggets <sup>SWE</sup>                                          | Breaded Mozz Sticks <sup>MSW</sup>                                                                                                                 | Cheese Stuffed Breadsticks <sup>MESW</sup>                                |
| Pizza                        | Calzone <sup>MSW</sup>                                                             | Rippers Pizza <sup>MSW</sup>                                   | Cheese <sup>MSW</sup> or Meat Lovers <sup>MSW</sup> Pizza Slices         | Deep Dish Pizza <sup>MSW</sup>                                                                                                                     | Cheese <sup>MSW</sup> or Meat Lovers <sup>MSW</sup> Pizza Slices          |
| Chicken Favorites            | Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup>          | Chicken Nuggets <sup>MSW</sup> w/ WG Dinner Roll <sup>W</sup>  | Chicken Nuggets <sup>MSW</sup> w/ WG Dinner Roll <sup>W</sup>            | Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup>                                                                          | Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup> |
| Sandwiches, Salads and Wraps | Deli Meat Sandwich? <sup>E</sup><br>Egg Salad Sandwich <sup>EW</sup>               | Deli Meat Sandwich?                                            | Chef Salad <sup>MEW</sup><br>Premium Specialty Salads?<br>Premium Wraps? | Chef Salad <sup>MEW</sup><br>Premium Specialty Salads?<br>Premium Wraps?                                                                           | Chef Salad <sup>MEW</sup><br>Premium Specialty Salads?<br>Premium Wraps?  |
| <b>Hot Vegetable</b>         | Green Beans                                                                        | California Blend                                               | Refried Beans                                                            | Tri-Tater                                                                                                                                          | Steamed Corn                                                              |

|                              |                                                                           |                                                                                   |                                                                          |                                                                           |                                                                           |
|------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Entrée Stations:</b>      | 26                                                                        | 27                                                                                | 28                                                                       | 29                                                                        | 30                                                                        |
| Classic                      | Mac and Cheese <sup>MEW</sup> w/ Garlic Knot <sup>SW</sup>                | General Tso's Chicken <sup>MSW</sup> or Teriyaki Chicken <sup>MSW</sup> over Rice | Nacho Bar <sup>M</sup>                                                   | Pancakes <sup>MEW</sup> w/ Pork Sausage Patties                           | All Beef Hot Dog or Coney Dog on a Bun <sup>W</sup>                       |
| Grab n Go                    | Bosco Breadsticks <sup>MSW</sup>                                          | Cheese Quesadilla <sup>MSW</sup>                                                  | Corn Dog Nuggets <sup>SWE</sup>                                          | Breaded Mozz Sticks <sup>MSW</sup>                                        | Cheese Stuffed Breadsticks <sup>MESW</sup>                                |
| Pizza                        | Calzone <sup>MSW</sup>                                                    | Rippers Pizza <sup>MSW</sup>                                                      | Cheese <sup>MSW</sup> or Meat Lovers <sup>MSW</sup> Pizza Slices         | Deep Dish Pizza <sup>MSW</sup>                                            | Cheese <sup>MSW</sup> or Meat Lovers <sup>MSW</sup> Pizza Slices          |
| Chicken Favorites            | Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup> |                                                                                   | Chicken Nuggets <sup>MSW</sup> w/ WG Dinner Roll <sup>W</sup>            | Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup> | Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup> |
| Sandwiches, Salads and Wraps | Deli Meat Sandwich? <sup>E</sup><br>Egg Salad Sandwich <sup>EW</sup>      | Deli Meat Sandwich?                                                               | Chef Salad <sup>MEW</sup><br>Premium Specialty Salads?<br>Premium Wraps? | Chef Salad <sup>MEW</sup><br>Premium Specialty Salads?<br>Premium Wraps?  | Chef Salad <sup>MEW</sup><br>Premium Specialty Salads?<br>Premium Wraps?  |
| <b>Hot Vegetable</b>         | Steamed Peas                                                              | Steamed Broccoli                                                                  | Fiesta Black Beans                                                       | Potato Wedges <sup>W</sup>                                                | Steamed Corn                                                              |

**Offered Daily:**

- Entrées – PB&J Sandwich <sup>PW</sup>  
Protein Pack <sup>M GF</sup>  
Premium Fruit and Yogurt Parfait <sup>MSW</sup> (Mon – Thurs)
- Assorted Fresh Fruit, Canned Fruit, Dried Fruit and Fruit Juices
- Assorted Fresh Vegetables, Vegetable Juice, and Salsa Cups
- Variety of Milk <sup>M</sup>

**Allergen Legend:**

W – Contains Wheat  
S – Contains Soy  
M – Contains Milk/Dairy  
E – Contains Eggs  
SS – Contains Sesame  
GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)

SF – Contains Shellfish  
T – Contains Tree Nuts  
P – Contains Peanuts  
F – Contains Fish  
? – Varies by Item, Ask Staff



**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.

This institution is an equal opportunity provider.

Menus Subject to Change  
9-18-26

| 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| 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    |
| Breadstick, Bosco 6"          | 2 ea            | 316  | 34        | 491     | 4.14    | 2.16    | 428.48   | 2.00           | 21.28   | 34.14  | 11.14   | 5.71    |
| Pizza, Calzone                | 1 ea            | 370  | 45        | 600     | 3.00    | 2.70    | 300.00   | 6.00           | 20.00   | 36.00  | 16.00   | 8.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Sub Sand, Italian sub bun     | 1 sub           | 367  | 78        | 1163    | 4.00    | 3.00    | 156.60   | 3.00           | 23.00   | 34.00  | 14.50   | 5.50    |
| Ham and Cheese Sub            | 1 ea            | 310  | 68        | 920     | 4.00    | 2.62    | 140.00   | 2.50           | 24.50   | 33.00  | 9.50    | 3.25    |
| Egg Salad Sandwich            | 1 EA            | 343  | 232       | 578     | 2.22    | 2.92    | 350.61   | *3.45          | 14.09   | 28.15  | 20.59   | 3.63    |
| F&Y Parfait Berries HS        | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW          | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,      | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| 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    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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, Sliced                 | 1/2 cup         | 67   | 0         | 6       | 2.22    | 0.40    | 22.24    | 12.23          | 0.00    | 16.68  | 0.00    | 0.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Watermelon          | package         | 110  | 0         | 0       | 2.00    | 0.00    | 0.00     | 24.00          | 0.00    | 27.00  | 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    |
| 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    |
| 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 |
| 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 |

| 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 |
|-----------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Chicken Poppers             | 12 ea           | 184  | 34        | 415     | 0.97    | 1.04    | 19.32    | 0.00           | 14.49   | 10.63  | 8.69    | 1.45    |
| General Tso's Sauce         | 2 oz            | 87   | 0         | 433     | 0.00    | 0.00    | 12.15    | 16.20          | 0.00    | 18.22  | 2.02    | 0.20    |
| Teriyaki Sauce              | 2 oz            | 100  | 0         | 386     | 0.28    | 0.00    | 19.84    | 20.92          | 0.80    | 24.49  | 0.02    | 0.00    |
| Rice                        | 1/2 cup         | 109  | 2         | 55      | 0.69    | 0.49    | 1.90     | 0.38           | 2.06    | 22.75  | 1.07    | 0.00    |
| Pizza, Cheese Quesadilla    | 1 slice         | 302  | 15        | 665     | 4.03    | 0.00    | 302.05   | 4.03           | 16.11   | 34.23  | 11.07   | 3.02    |
| Pizza, Rippers Cheese       | Slice           | 261  | 25        | 522     | 3.01    | 1.81    | 250.88   | 3.01           | 14.05   | 30.11  | 10.04   | 4.52    |
| Pizza, Rippers Pepperoni    | Slice           | 271  | 30        | 602     | 3.01    | 1.81    | 200.70   | 3.01           | 15.05   | 30.11  | 11.04   | 5.02    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Sub Sand, Italian sub bun   | 1 sub           | 367  | 78        | 1163    | 4.00    | 3.00    | 156.60   | 3.00           | 23.00   | 34.00  | 14.50   | 5.50    |
| Ham and Cheese Sub          | 1 ea            | 310  | 68        | 920     | 4.00    | 2.62    | 140.00   | 2.50           | 24.50   | 33.00  | 9.50    | 3.25    |
| F&Y Parfait Berries Bkfst   | Parfait cup     | 244  | 3         | 107     | 2.28    | 0.80    | 115.49   | 33.66          | 6.23    | 50.28  | 2.55    | 0.36    |
| PROTEIN PACK SUNFLOW        | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,    | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Broccoli, Steamed           | 1/2 cup         | 39   | 0         | 17      | 3.33    | 1.20    | 22.23    | 1.11           | 3.33    | 6.74   | 0.00    | 0.00    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup        | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup       | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry        | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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    |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt | 190 | 0  | 290 | 0.00 | 0.00 | 0.00  | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt | 15  | 0  | 720 | 0.00 | 0.00 | 0.00  | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt | 59  | 0  | 208 | 0.99 | 0.00 | 19.78 | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| BBQ Sauce Cups                | 1 ea  | 55  | 0  | 220 | 0.00 | 0.00 | 0.00  | 12.60 | 0.00 | 14.17 | 0.00  | 0.00 |
| Honey                         | 1 ea  | 25  | 0  | 0   | 0.00 | 0.00 | 0.00  | 7.00  | 0.00 | 7.00  | 0.00  | 0.00 |
| Honey Mustard Dipping Cup     | 1 ea  | 40  | 0  | 160 | 0.00 | 0.00 | 0.00  | 7.00  | 0.00 | 8.00  | 0.50  | 0.00 |
| Taco Sauce, 9g                | 1 pkt | 5   | 0  | 95  | 0.00 | 0.00 | 0.00  | 0.00  | 0.00 | 1.00  | 0.00  | 0.00 |
| Sour Cream, pkt               | 1 ea  | 60  | 20 | 10  | 0.00 | 0.00 | 20.00 | 1.00  | 1.00 | 1.00  | 5.00  | 3.00 |

| 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Taco Filling, Beef           | svg             | 146  | 58        | 339     | 1.18    | 2.36    | 20.07    | 0.00           | 16.53   | 2.36   | 8.27    | 3.19    |
| Chicken Fajita Strips        | 3 oz            | 140  | 80        | 400     | 0.00    | 0.72    | 0.00     | 0.00           | 17.00   | 2.00   | 7.00    | 2.00    |
| Cheese, Queso 2 oz           | 2 oz            | 122  | 29        | 411     | 0.00    | 0.03    | 207.67   | 0.00           | 7.00    | 1.00   | 10.00   | 5.50    |
| Chips, Tortilla Bulk         | 1.5 oz          | 213  | 0         | 160     | 3.05    | 0.46    | 45.74    | 0.00           | 3.05    | 28.97  | 9.15    | 0.76    |
| Corn Dog Nuggets             | 6 ea            | 270  | 40        | 410     | 5.00    | 1.80    | 150.00   | 5.00           | 10.00   | 30.00  | 12.00   | 3.50    |
| Pizza, Meatlovers            | Slice           | 350  | 40        | 791     | 4.00    | 2.70    | 350.30   | 3.00           | 21.02   | 29.03  | 16.01   | 8.01    |
| Pizza, Big Daddy Cheese      | 1 slice         | 372  | 33        | 409     | 3.72    | 2.51    | 232.36   | 6.51           | 17.66   | 39.97  | 14.87   | 6.51    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Chicken Nuggets              | 5 ea            | 169  | 35        | 417     | 0.99    | 1.07    | 19.88    | 0.00           | 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| F&Y Parfait Berries Bkfst    | Parfait cup     | 244  | 3         | 107     | 2.28    | 0.80    | 115.49   | 33.66          | 6.23    | 50.28  | 2.55    | 0.36    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Black Beans w/Corn           | 4.69 oz         | 123  | 0         | 471     | 5.12    | 1.84    | 40.96    | 1.02           | 7.17    | 22.53  | 0.51    | 0.00    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup         | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| Peaches, Sliced              | 1/2 cup         | 60   | 0         | 5       | 0.99    | 0.36    | 11.93    | 10.94          | 0.00    | 12.93  | 0.00    | 0.00    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt   | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt   | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt   | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| Salsa                         | 2 oz    | 20  | 0  | 91  | 0.00 | 0.00 | 221.52 | 2.01  | 0.00 | 4.03  | 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 |
| Jalapeno Pepper Slices        | 1 OZ    | 5   | 0  | 300 | 1.07 | 0.00 | 21.43  | 0.00  | 0.00 | 1.07  | 0.00  | 0.00 |
| Olives, Ripe, Sliced          | 1 oz    | 38  | 0  | 228 | 0.00 | 0.68 | 0.00   | 0.00  | 0.00 | 1.90  | 3.80  | 0.95 |
| Lettuce, Shredded             | 1/2 CUP | 4   | 0  | 3   | 0.38 | 0.13 | 5.67   | 0.62  | 0.28 | 0.94  | 0.04  | 0.01 |
| BBQ Sauce Cups                | 1 ea    | 55  | 0  | 220 | 0.00 | 0.00 | 0.00   | 12.60 | 0.00 | 14.17 | 0.00  | 0.00 |
| Honey                         | 1 ea    | 25  | 0  | 0   | 0.00 | 0.00 | 0.00   | 7.00  | 0.00 | 7.00  | 0.00  | 0.00 |
| Honey Mustard Dipping Cup     | 1 ea    | 40  | 0  | 160 | 0.00 | 0.00 | 0.00   | 7.00  | 0.00 | 8.00  | 0.50  | 0.00 |

| 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Pancake, WG                  | 2 ea            | 133  | 3         | 247     | 2.67    | 1.20    | 53.36    | 6.00           | 4.00    | 25.35  | 2.00    | 0.33    |
| Sausage, Pork Patties 2 m/m  | 2 ea            | 240  | 52        | 346     | 0.00    | 0.00    | 26.00    | 0.00           | 12.00   | 2.00   | 20.00   | 7.60    |
| Breaded Mozzarella Sticks    | 6 ea            | 376  | 15        | 529     | 3.05    | 1.47    | 572.57   | 3.05           | 20.34   | 27.46  | 20.34   | 5.09    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| F&Y Parfait Berries HS       | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Potato, Wedges, McCain       | 5# BAG          | 121  | 0         | 375     | 1.01    | 0.30    | 10.12    | 1.01           | 1.01    | 18.22  | 6.07    | 1.01    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Relish Boat                  | 1 svg           | 12   | 0         | 118     | 0.85    | 0.23    | 17.61    | *1.24          | 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    |
| 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    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt  | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt  | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt  | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| Syrup, Pancake                | 1 PKT  | 120 | 0  | 20  | 0.00 | 0.00 | 0.00   | 14.00 | 0.00 | 30.00 | 0.00  | 0.00 |
| Marinara Sauce Cups           | PC     | 15  | 0  | 132 | 0.00 | 0.00 | 0.00   | 2.03  | 0.00 | 4.05  | 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| 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    |
| Coney Dog                    | 1 ea            | 432  | 54        | 1035    | 5.06    | 3.02    | 141.96   | *8.89          | 16.91   | 35.94  | 26.09   | 11.34   |
| Cheese Stuffed Breadstick    | 2 sticks        | 290  | 30        | 410     | 2.00    | 1.80    | 300.00   | 4.00           | 19.00   | 28.00  | 11.00   | 6.00    |
| Pizza, Meatlovers            | Slice           | 350  | 40        | 791     | 4.00    | 2.70    | 350.30   | 3.00           | 21.02   | 29.03  | 16.01   | 8.01    |
| Pizza, Big Daddy Cheese      | 1 slice         | 372  | 33        | 409     | 3.72    | 2.51    | 232.36   | 6.51           | 17.66   | 39.97  | 14.87   | 6.51    |
| Pizza, 16" BBQ Chicken       | slice           | 389  | 45        | 609     | 3.00    | 1.80    | 249.64   | 19.97          | 19.97   | 41.94  | 15.98   | 6.99    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Corn, Steamed 1/2 C          | 1/2 cup         | 86   | 0         | 3       | 1.91    | 0.38    | 3.63     | 2.27           | 2.74    | 19.92  | 0.71    | 0.11    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Relish Boat                  | 1 svg           | 12   | 0         | 118     | 0.85    | 0.23    | 17.61    | *1.24          | 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    |
| 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    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |

| 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| 3 Cheese Cavatappi            | 6 oz            | 321  | 47        | 806     | 2.00    | 1.00    | 384.00   | 4.00           | 16.00   | 27.00  | 16.00   | 9.10    |
| Garlic Knot WG                | 1 ea            | 170  | 0         | 190     | 3.00    | 1.80    | 0.00     | 3.00           | 5.00    | 27.00  | 6.00    | 1.50    |
| Breadstick, Bosco 6"          | 2 ea            | 316  | 34        | 491     | 4.14    | 2.16    | 428.48   | 2.00           | 21.28   | 34.14  | 11.14   | 5.71    |
| Pizza, Calzone                | 1 ea            | 370  | 45        | 600     | 3.00    | 2.70    | 300.00   | 6.00           | 20.00   | 36.00  | 16.00   | 8.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Sub Sand, Italian sub bun     | 1 sub           | 367  | 78        | 1163    | 4.00    | 3.00    | 156.60   | 3.00           | 23.00   | 34.00  | 14.50   | 5.50    |
| Ham and Cheese Sub            | 1 ea            | 310  | 68        | 920     | 4.00    | 2.62    | 140.00   | 2.50           | 24.50   | 33.00  | 9.50    | 3.25    |
| Egg Salad Sandwich            | 1 EA            | 343  | 232       | 578     | 2.22    | 2.92    | 350.61   | *3.45          | 14.09   | 28.15  | 20.59   | 3.63    |
| F&Y Parfait Berries HS        | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW          | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,      | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Green Beans 1/2 C             | 1/2 cup         | 30   | 0         | 146     | 1.06    | 0.00    | 21.37    | 3.20           | 1.06    | 7.01   | 0.00    | 0.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| Peaches, Diced                | 1/2 CUP         | 68   | 0         | 6       | 1.14    | 0.41    | 0.00     | 14.82          | 0.00    | 15.96  | 0.00    | 0.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry          | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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    |
| 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    |
| 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 |
| 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 |

| 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 |
|-----------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Chicken Poppers             | 12 ea           | 184  | 34        | 415     | 0.97    | 1.04    | 19.32    | 0.00           | 14.49   | 10.63  | 8.69    | 1.45    |
| General Tso's Sauce         | 2 oz            | 87   | 0         | 433     | 0.00    | 0.00    | 12.15    | 16.20          | 0.00    | 18.22  | 2.02    | 0.20    |
| Teriyaki Sauce              | 2 oz            | 100  | 0         | 386     | 0.28    | 0.00    | 19.84    | 20.92          | 0.80    | 24.49  | 0.02    | 0.00    |
| Rice                        | 1/2 cup         | 109  | 2         | 55      | 0.69    | 0.49    | 1.90     | 0.38           | 2.06    | 22.75  | 1.07    | 0.00    |
| Pizza, Cheese Quesadilla    | 1 slice         | 302  | 15        | 665     | 4.03    | 0.00    | 302.05   | 4.03           | 16.11   | 34.23  | 11.07   | 3.02    |
| Pizza, Rippers Cheese       | Slice           | 261  | 25        | 522     | 3.01    | 1.81    | 250.88   | 3.01           | 14.05   | 30.11  | 10.04   | 4.52    |
| Pizza, Rippers Pepperoni    | Slice           | 271  | 30        | 602     | 3.01    | 1.81    | 200.70   | 3.01           | 15.05   | 30.11  | 11.04   | 5.02    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Sub Sand, Italian sub bun   | 1 sub           | 367  | 78        | 1163    | 4.00    | 3.00    | 156.60   | 3.00           | 23.00   | 34.00  | 14.50   | 5.50    |
| Ham and Cheese Sub          | 1 ea            | 310  | 68        | 920     | 4.00    | 2.62    | 140.00   | 2.50           | 24.50   | 33.00  | 9.50    | 3.25    |
| F&Y Parfait Berries Bkfst   | Parfait cup     | 244  | 3         | 107     | 2.28    | 0.80    | 115.49   | 33.66          | 6.23    | 50.28  | 2.55    | 0.36    |
| PROTEIN PACK SUNFLOW        | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,    | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Broccoli, Steamed           | 1/2 cup         | 39   | 0         | 17      | 3.33    | 1.20    | 22.23    | 1.11           | 3.33    | 6.74   | 0.00    | 0.00    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup        | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup       | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry        | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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    |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt | 190 | 0  | 290 | 0.00 | 0.00 | 0.00  | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt | 15  | 0  | 720 | 0.00 | 0.00 | 0.00  | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt | 59  | 0  | 208 | 0.99 | 0.00 | 19.78 | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| BBQ Sauce Cups                | 1 ea  | 55  | 0  | 220 | 0.00 | 0.00 | 0.00  | 12.60 | 0.00 | 14.17 | 0.00  | 0.00 |
| Honey                         | 1 ea  | 25  | 0  | 0   | 0.00 | 0.00 | 0.00  | 7.00  | 0.00 | 7.00  | 0.00  | 0.00 |
| Honey Mustard Dipping Cup     | 1 ea  | 40  | 0  | 160 | 0.00 | 0.00 | 0.00  | 7.00  | 0.00 | 8.00  | 0.50  | 0.00 |
| Taco Sauce, 9g                | 1 pkt | 5   | 0  | 95  | 0.00 | 0.00 | 0.00  | 0.00  | 0.00 | 1.00  | 0.00  | 0.00 |
| Sour Cream, pkt               | 1 ea  | 60  | 20 | 10  | 0.00 | 0.00 | 20.00 | 1.00  | 1.00 | 1.00  | 5.00  | 3.00 |

| 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Taco Filling, Beef           | svg             | 146  | 58        | 339     | 1.18    | 2.36    | 20.07    | 0.00           | 16.53   | 2.36   | 8.27    | 3.19    |
| Chicken Fajita Strips        | 3 oz            | 140  | 80        | 400     | 0.00    | 0.72    | 0.00     | 0.00           | 17.00   | 2.00   | 7.00    | 2.00    |
| Cheese, Queso 2 oz           | 2 oz            | 122  | 29        | 411     | 0.00    | 0.03    | 207.67   | 0.00           | 7.00    | 1.00   | 10.00   | 5.50    |
| Chips, Tortilla Bulk         | 1.5 oz          | 213  | 0         | 160     | 3.05    | 0.46    | 45.74    | 0.00           | 3.05    | 28.97  | 9.15    | 0.76    |
| Corn Dog Nuggets             | 6 ea            | 270  | 40        | 410     | 5.00    | 1.80    | 150.00   | 5.00           | 10.00   | 30.00  | 12.00   | 3.50    |
| Pizza, Meatlovers            | Slice           | 350  | 40        | 791     | 4.00    | 2.70    | 350.30   | 3.00           | 21.02   | 29.03  | 16.01   | 8.01    |
| Pizza, Big Daddy Cheese      | 1 slice         | 372  | 33        | 409     | 3.72    | 2.51    | 232.36   | 6.51           | 17.66   | 39.97  | 14.87   | 6.51    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Chicken Nuggets              | 5 ea            | 169  | 35        | 417     | 0.99    | 1.07    | 19.88    | 0.00           | 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| F&Y Parfait Berries Bkfst    | Parfait cup     | 244  | 3         | 107     | 2.28    | 0.80    | 115.49   | 33.66          | 6.23    | 50.28  | 2.55    | 0.36    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Black Beans w/Corn           | 4.69 oz         | 123  | 0         | 471     | 5.12    | 1.84    | 40.96    | 1.02           | 7.17    | 22.53  | 0.51    | 0.00    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup         | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt   | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt   | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt   | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| Salsa                         | 2 oz    | 20  | 0  | 91  | 0.00 | 0.00 | 221.52 | 2.01  | 0.00 | 4.03  | 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 |
| Jalapeno Pepper Slices        | 1 OZ    | 5   | 0  | 300 | 1.07 | 0.00 | 21.43  | 0.00  | 0.00 | 1.07  | 0.00  | 0.00 |
| Olives, Ripe, Sliced          | 1 oz    | 38  | 0  | 228 | 0.00 | 0.68 | 0.00   | 0.00  | 0.00 | 1.90  | 3.80  | 0.95 |
| Lettuce, Shredded             | 1/2 CUP | 4   | 0  | 3   | 0.38 | 0.13 | 5.67   | 0.62  | 0.28 | 0.94  | 0.04  | 0.01 |
| BBQ Sauce Cups                | 1 ea    | 55  | 0  | 220 | 0.00 | 0.00 | 0.00   | 12.60 | 0.00 | 14.17 | 0.00  | 0.00 |
| Honey                         | 1 ea    | 25  | 0  | 0   | 0.00 | 0.00 | 0.00   | 7.00  | 0.00 | 7.00  | 0.00  | 0.00 |
| Honey Mustard Dipping Cup     | 1 ea    | 40  | 0  | 160 | 0.00 | 0.00 | 0.00   | 7.00  | 0.00 | 8.00  | 0.50  | 0.00 |

| 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 Chunks               | 4 oz            | 191  | 60        | 472     | 1.00    | 1.00    | 19.07    | 0.00           | 20.07   | 13.05  | 7.03    | 1.00    |
| Biscuit, Buttermilk          | 1 ea            | 220  | 0         | 590     | 1.00    | 1.44    | 20.00    | 2.00           | 4.00    | 27.00  | 10.00   | 6.00    |
| Breaded Mozzarella Sticks    | 6 ea            | 376  | 15        | 529     | 3.05    | 1.47    | 572.57   | 3.05           | 20.34   | 27.46  | 20.34   | 5.09    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| F&Y Parfait Berries HS       | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Relish Boat                  | 1 svg           | 12   | 0         | 118     | 0.85    | 0.23    | 17.61    | *1.24          | 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    |
| 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    |
| 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    |
| Fruit Cocktail               | 1/2 cup         | 60   | 0         | 5       | 1.01    | 0.30    | 8.05     | 11.07          | 0.00    | 14.08  | 0.00    | 0.00    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt  | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt  | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt  | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| Butter, Whipped Cup           | 1 ea   | 35  | 10 | 30  | 0.00 | 0.00 | 0.00   | 0.00  | 0.00 | 0.00  | 4.00  | 2.50 |
| Marinara Sauce Cups           | PC     | 15  | 0  | 132 | 0.00 | 0.00 | 0.00   | 2.03  | 0.00 | 4.05  | 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Hamburger w/bun              | 1 ea            | 320  | 51        | 465     | 2.22    | 2.68    | 50.00    | 4.00           | 18.74   | 28.01  | 14.74   | 5.23    |
| Cheeseburger                 | 1 ea            | 360  | 59        | 605     | 2.22    | 2.68    | 150.00   | 4.50           | 22.24   | 29.01  | 17.74   | 6.98    |
| Cheese Stuffed Breadstick    | 2 sticks        | 290  | 30        | 410     | 2.00    | 1.80    | 300.00   | 4.00           | 19.00   | 28.00  | 11.00   | 6.00    |
| Pizza, Meatlovers            | Slice           | 350  | 40        | 791     | 4.00    | 2.70    | 350.30   | 3.00           | 21.02   | 29.03  | 16.01   | 8.01    |
| Pizza, Big Daddy Cheese      | 1 slice         | 372  | 33        | 409     | 3.72    | 2.51    | 232.36   | 6.51           | 17.66   | 39.97  | 14.87   | 6.51    |
| Pizza, 16" BBQ Chicken       | slice           | 389  | 45        | 609     | 3.00    | 1.80    | 249.64   | 19.97          | 19.97   | 41.94  | 15.98   | 6.99    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| BBQ Baked Beans (Bush's)     | 1/2 cup         | 179  | 0         | 664     | 5.40    | 2.03    | 57.75    | 17.08          | 7.56    | 36.77  | 0.54    | 0.00    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Relish Boat                  | 1 svg           | 12   | 0         | 118     | 0.85    | 0.23    | 17.61    | *1.24          | 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    |
| 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    |
| 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, Sliced                | 1/2 cup         | 67   | 0         | 6       | 2.22    | 0.40    | 22.24    | 12.23          | 0.00    | 16.68  | 0.00    | 0.00    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |

| 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| 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    |
| Breadstick, Bosco 6"          | 2 ea            | 316  | 34        | 491     | 4.14    | 2.16    | 428.48   | 2.00           | 21.28   | 34.14  | 11.14   | 5.71    |
| Pizza, Calzone                | 1 ea            | 370  | 45        | 600     | 3.00    | 2.70    | 300.00   | 6.00           | 20.00   | 36.00  | 16.00   | 8.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Sub Sand, Italian sub bun     | 1 sub           | 367  | 78        | 1163    | 4.00    | 3.00    | 156.60   | 3.00           | 23.00   | 34.00  | 14.50   | 5.50    |
| Ham and Cheese Sub            | 1 ea            | 310  | 68        | 920     | 4.00    | 2.62    | 140.00   | 2.50           | 24.50   | 33.00  | 9.50    | 3.25    |
| Egg Salad Sandwich            | 1 EA            | 343  | 232       | 578     | 2.22    | 2.92    | 350.61   | *3.45          | 14.09   | 28.15  | 20.59   | 3.63    |
| F&Y Parfait Berries HS        | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW          | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,      | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Green Beans 1/2 C             | 1/2 cup         | 30   | 0         | 146     | 1.06    | 0.00    | 21.37    | 3.20           | 1.06    | 7.01   | 0.00    | 0.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| Fruit Cocktail                | 1/2 cup         | 60   | 0         | 5       | 1.01    | 0.30    | 8.05     | 11.07          | 0.00    | 14.08  | 0.00    | 0.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry          | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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    |
| 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    |
| 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 |
| 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 |

| 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 |
|-----------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Dumpling-Chicken and Veg 6  | 6 per serving   | 240  | 35        | 550     | 2.00    | 3.00    | 35.00    | 3.00           | 17.00   | 31.00  | 7.00    | 0.50    |
| Fried Rice                  | 1/2 cup         | 189  | 0         | 459     | 2.03    | 0.62    | 11.00    | 1.99           | 4.01    | 38.77  | 1.97    | 0.00    |
| Pizza, Cheese Quesadilla    | 1 slice         | 302  | 15        | 665     | 4.03    | 0.00    | 302.05   | 4.03           | 16.11   | 34.23  | 11.07   | 3.02    |
| Pizza, Rippers Cheese       | Slice           | 261  | 25        | 522     | 3.01    | 1.81    | 250.88   | 3.01           | 14.05   | 30.11  | 10.04   | 4.52    |
| Pizza, Rippers Pepperoni    | Slice           | 271  | 30        | 602     | 3.01    | 1.81    | 200.70   | 3.01           | 15.05   | 30.11  | 11.04   | 5.02    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Chicken Nuggets             | 5 ea            | 169  | 35        | 417     | 0.99    | 1.07    | 19.88    | 0.00           | 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    |
| Sub Sand, Italian sub bun   | 1 sub           | 367  | 78        | 1163    | 4.00    | 3.00    | 156.60   | 3.00           | 23.00   | 34.00  | 14.50   | 5.50    |
| Ham and Cheese Sub          | 1 ea            | 310  | 68        | 920     | 4.00    | 2.62    | 140.00   | 2.50           | 24.50   | 33.00  | 9.50    | 3.25    |
| F&Y Parfait Berries HS      | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW        | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,    | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| 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    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup        | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| Peaches, Diced              | 1/2 CUP         | 68   | 0         | 6       | 1.14    | 0.41    | 0.00     | 14.82          | 0.00    | 15.96  | 0.00    | 0.00    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup       | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry        | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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    |
| 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 |
| Sweet and Sauce Sauce PC  | 1 OZ  | 46 | 0  | 172 | 0.00 | 0.00 | 0.00  | 10.12 | 0.00 | 11.14 | 0.00 | 0.00 |
| BBQ Sauce Cups            | 1 ea  | 55 | 0  | 220 | 0.00 | 0.00 | 0.00  | 12.60 | 0.00 | 14.17 | 0.00 | 0.00 |
| Honey                     | 1 ea  | 25 | 0  | 0   | 0.00 | 0.00 | 0.00  | 7.00  | 0.00 | 7.00  | 0.00 | 0.00 |
| Honey Mustard Dipping Cup | 1 ea  | 40 | 0  | 160 | 0.00 | 0.00 | 0.00  | 7.00  | 0.00 | 8.00  | 0.50 | 0.00 |
| Taco Sauce, 9g            | 1 pkt | 5  | 0  | 95  | 0.00 | 0.00 | 0.00  | 0.00  | 0.00 | 1.00  | 0.00 | 0.00 |
| Sour Cream, pkt           | 1 ea  | 60 | 20 | 10  | 0.00 | 0.00 | 20.00 | 1.00  | 1.00 | 1.00  | 5.00 | 3.00 |

| 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Walking Taco                 | 1 EA            | 385  | 57        | 586     | 3.17    | 2.34    | 39.89    | 0.00           | 18.38   | 26.34  | 23.19   | 5.16    |
| Corn Dog Nuggets             | 6 ea            | 270  | 40        | 410     | 5.00    | 1.80    | 150.00   | 5.00           | 10.00   | 30.00  | 12.00   | 3.50    |
| Pizza, Meatlovers            | Slice           | 350  | 40        | 791     | 4.00    | 2.70    | 350.30   | 3.00           | 21.02   | 29.03  | 16.01   | 8.01    |
| Pizza, Big Daddy Cheese      | 1 slice         | 372  | 33        | 409     | 3.72    | 2.51    | 232.36   | 6.51           | 17.66   | 39.97  | 14.87   | 6.51    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Chicken Nuggets              | 5 ea            | 169  | 35        | 417     | 0.99    | 1.07    | 19.88    | 0.00           | 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| F&Y Parfait Berries HS       | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Refried Beans                | 1/2 cup         | 166  | 8         | 196     | 8.81    | 1.85    | 112.98   | 0.19           | 10.31   | 24.13  | 2.74    | 1.50    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Fiesta Relish Boat           | 1 boat          | 135  | 30        | 282     | 0.43    | 0.51    | 421.55   | 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    |
| 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    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt  | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt  | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt  | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 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 |
| Hot Sauce Pkt                 | 1 pkt  | 2   | 0  | 92  | 0.00 | 1.98 | 0.00   | 0.00  | 0.00 | 0.00  | 0.00  | 0.00 |
| Taco Sauce, 9g                | 1 pkt  | 5   | 0  | 95  | 0.00 | 0.00 | 0.00   | 0.00  | 0.00 | 1.00  | 0.00  | 0.00 |
| BBQ Sauce Cups                | 1 ea   | 55  | 0  | 220 | 0.00 | 0.00 | 0.00   | 12.60 | 0.00 | 14.17 | 0.00  | 0.00 |
| Honey                         | 1 ea   | 25  | 0  | 0   | 0.00 | 0.00 | 0.00   | 7.00  | 0.00 | 7.00  | 0.00  | 0.00 |
| Honey Mustard Dipping Cup     | 1 ea   | 40  | 0  | 160 | 0.00 | 0.00 | 0.00   | 7.00  | 0.00 | 8.00  | 0.50  | 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| 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 Patties 2 m/m  | 2 ea            | 240  | 52        | 346     | 0.00    | 0.00    | 26.00    | 0.00           | 12.00   | 2.00   | 20.00   | 7.60    |
| Breaded Mozzarella Sticks    | 6 ea            | 376  | 15        | 529     | 3.05    | 1.47    | 572.57   | 3.05           | 20.34   | 27.46  | 20.34   | 5.09    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| F&Y Parfait Berries HS       | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Tri-Taters                   | 2 ea            | 220  | 0         | 630     | 2.00    | 1.08    | 0.00     | 0.00           | 3.00    | 31.00  | 9.00    | 1.50    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Relish Boat                  | 1 svg           | 12   | 0         | 118     | 0.85    | 0.23    | 17.61    | *1.24          | 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    |
| 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    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt  | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt  | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt  | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| Syrup, Pancake                | 1 PKT  | 120 | 0  | 20  | 0.00 | 0.00 | 0.00   | 14.00 | 0.00 | 30.00 | 0.00  | 0.00 |
| Marinara Sauce Cups           | PC     | 15  | 0  | 132 | 0.00 | 0.00 | 0.00   | 2.03  | 0.00 | 4.05  | 0.00  | 0.00 |

| 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,Cheddar Sauce LOL     | 6 oz            | 260  | 60        | 800     | 0.00    | 0.00    | 300.00   | 0.00           | 14.00   | 10.00  | 18.00   | 12.00   |
| Cheese Stuffed Breadstick    | 2 sticks        | 290  | 30        | 410     | 2.00    | 1.80    | 300.00   | 4.00           | 19.00   | 28.00  | 11.00   | 6.00    |
| Pizza, Meatlovers            | Slice           | 350  | 40        | 791     | 4.00    | 2.70    | 350.30   | 3.00           | 21.02   | 29.03  | 16.01   | 8.01    |
| Pizza, Big Daddy Cheese      | 1 slice         | 372  | 33        | 409     | 3.72    | 2.51    | 232.36   | 6.51           | 17.66   | 39.97  | 14.87   | 6.51    |
| Pizza, 16" BBQ Chicken       | slice           | 389  | 45        | 609     | 3.00    | 1.80    | 249.64   | 19.97          | 19.97   | 41.94  | 15.98   | 6.99    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Corn, Steamed 1/2 C          | 1/2 cup         | 86   | 0         | 3       | 1.91    | 0.38    | 3.63     | 2.27           | 2.74    | 19.92  | 0.71    | 0.11    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Relish Boat                  | 1 svg           | 12   | 0         | 118     | 0.85    | 0.23    | 17.61    | *1.24          | 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    |
| 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    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt  | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt  | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt  | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| Marinara Sauce Cups           | PC     | 15  | 0  | 132 | 0.00 | 0.00 | 0.00   | 2.03  | 0.00 | 4.05  | 0.00  | 0.00 |

| 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 |
|-------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| 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    |
| Breadstick, Bosco 6"          | 2 ea            | 316  | 34        | 491     | 4.14    | 2.16    | 428.48   | 2.00           | 21.28   | 34.14  | 11.14   | 5.71    |
| Pizza, Calzone                | 1 ea            | 370  | 45        | 600     | 3.00    | 2.70    | 300.00   | 6.00           | 20.00   | 36.00  | 16.00   | 8.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Sub Sand, Italian sub bun     | 1 sub           | 367  | 78        | 1163    | 4.00    | 3.00    | 156.60   | 3.00           | 23.00   | 34.00  | 14.50   | 5.50    |
| Ham and Cheese Sub            | 1 ea            | 310  | 68        | 920     | 4.00    | 2.62    | 140.00   | 2.50           | 24.50   | 33.00  | 9.50    | 3.25    |
| Egg Salad Sandwich            | 1 EA            | 343  | 232       | 578     | 2.22    | 2.92    | 350.61   | *3.45          | 14.09   | 28.15  | 20.59   | 3.63    |
| F&Y Parfait Berries HS        | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW          | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,      | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| 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    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup          | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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, Sliced                 | 1/2 cup         | 67   | 0         | 6       | 2.22    | 0.40    | 22.24    | 12.23          | 0.00    | 16.68  | 0.00    | 0.00    |
| L/O                           |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup         | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Watermelon          | package         | 110  | 0         | 0       | 2.00    | 0.00    | 0.00     | 24.00          | 0.00    | 27.00  | 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    |
| 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    |
| 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 |
| 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 |

| 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 |
|-----------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Chicken Poppers             | 12 ea           | 184  | 34        | 415     | 0.97    | 1.04    | 19.32    | 0.00           | 14.49   | 10.63  | 8.69    | 1.45    |
| General Tso's Sauce         | 2 oz            | 87   | 0         | 433     | 0.00    | 0.00    | 12.15    | 16.20          | 0.00    | 18.22  | 2.02    | 0.20    |
| Teriyaki Sauce              | 2 oz            | 100  | 0         | 386     | 0.28    | 0.00    | 19.84    | 20.92          | 0.80    | 24.49  | 0.02    | 0.00    |
| Rice                        | 1/2 cup         | 109  | 2         | 55      | 0.69    | 0.49    | 1.90     | 0.38           | 2.06    | 22.75  | 1.07    | 0.00    |
| Pizza, Cheese Quesadilla    | 1 slice         | 302  | 15        | 665     | 4.03    | 0.00    | 302.05   | 4.03           | 16.11   | 34.23  | 11.07   | 3.02    |
| Pizza, Rippers Cheese       | Slice           | 261  | 25        | 522     | 3.01    | 1.81    | 250.88   | 3.01           | 14.05   | 30.11  | 10.04   | 4.52    |
| Pizza, Rippers Pepperoni    | Slice           | 271  | 30        | 602     | 3.01    | 1.81    | 200.70   | 3.01           | 15.05   | 30.11  | 11.04   | 5.02    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Sub Sand, Italian sub bun   | 1 sub           | 367  | 78        | 1163    | 4.00    | 3.00    | 156.60   | 3.00           | 23.00   | 34.00  | 14.50   | 5.50    |
| Ham and Cheese Sub          | 1 ea            | 310  | 68        | 920     | 4.00    | 2.62    | 140.00   | 2.50           | 24.50   | 33.00  | 9.50    | 3.25    |
| F&Y Parfait Berries Bkfst   | Parfait cup     | 244  | 3         | 107     | 2.28    | 0.80    | 115.49   | 33.66          | 6.23    | 50.28  | 2.55    | 0.36    |
| PROTEIN PACK SUNFLOW        | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,    | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Broccoli, Steamed           | 1/2 cup         | 39   | 0         | 17      | 3.33    | 1.20    | 22.23    | 1.11           | 3.33    | 6.74   | 0.00    | 0.00    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup        | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup       | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry        | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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    |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt | 190 | 0  | 290 | 0.00 | 0.00 | 0.00  | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt | 15  | 0  | 720 | 0.00 | 0.00 | 0.00  | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt | 59  | 0  | 208 | 0.99 | 0.00 | 19.78 | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| BBQ Sauce Cups                | 1 ea  | 55  | 0  | 220 | 0.00 | 0.00 | 0.00  | 12.60 | 0.00 | 14.17 | 0.00  | 0.00 |
| Honey                         | 1 ea  | 25  | 0  | 0   | 0.00 | 0.00 | 0.00  | 7.00  | 0.00 | 7.00  | 0.00  | 0.00 |
| Honey Mustard Dipping Cup     | 1 ea  | 40  | 0  | 160 | 0.00 | 0.00 | 0.00  | 7.00  | 0.00 | 8.00  | 0.50  | 0.00 |
| Taco Sauce, 9g                | 1 pkt | 5   | 0  | 95  | 0.00 | 0.00 | 0.00  | 0.00  | 0.00 | 1.00  | 0.00  | 0.00 |
| Sour Cream, pkt               | 1 ea  | 60  | 20 | 10  | 0.00 | 0.00 | 20.00 | 1.00  | 1.00 | 1.00  | 5.00  | 3.00 |

| 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 |
|-----------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Taco Filling, Beef          | svg             | 146  | 58        | 339     | 1.18    | 2.36    | 20.07    | 0.00           | 16.53   | 2.36   | 8.27    | 3.19    |
| Chicken Fajita Strips       | 3 oz            | 140  | 80        | 400     | 0.00    | 0.72    | 0.00     | 0.00           | 17.00   | 2.00   | 7.00    | 2.00    |
| Cheese, Queso 2 oz          | 2 oz            | 122  | 29        | 411     | 0.00    | 0.03    | 207.67   | 0.00           | 7.00    | 1.00   | 10.00   | 5.50    |
| Chips, Tortilla Bulk        | 1.5 oz          | 213  | 0         | 160     | 3.05    | 0.46    | 45.74    | 0.00           | 3.05    | 28.97  | 9.15    | 0.76    |
| Corn Dog Nuggets            | 6 ea            | 270  | 40        | 410     | 5.00    | 1.80    | 150.00   | 5.00           | 10.00   | 30.00  | 12.00   | 3.50    |
| Pizza, Meatlovers           | Slice           | 350  | 40        | 791     | 4.00    | 2.70    | 350.30   | 3.00           | 21.02   | 29.03  | 16.01   | 8.01    |
| Pizza, Big Daddy Cheese     | 1 slice         | 372  | 33        | 409     | 3.72    | 2.51    | 232.36   | 6.51           | 17.66   | 39.97  | 14.87   | 6.51    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Chicken Nuggets             | 5 ea            | 169  | 35        | 417     | 0.99    | 1.07    | 19.88    | 0.00           | 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    |
| Chef Salad                  | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Spicy Chicken  | 1 ea            | 380  | 40        | 699     | 5.95    | 3.53    | 261.60   | *3.22          | 20.28   | 39.10  | 15.66   | 6.31    |
| Chef Salad Caesar Brd. Chic | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10" | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"    | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"            | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"   | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club           | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| F&Y Parfait Berries Bkfst   | Parfait cup     | 244  | 3         | 107     | 2.28    | 0.80    | 115.49   | 33.66          | 6.23    | 50.28  | 2.55    | 0.36    |
| PROTEIN PACK SUNFLOW        | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,    | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Black Beans w/Corn          | 4.69 oz         | 123  | 0         | 471     | 5.12    | 1.84    | 40.96    | 1.02           | 7.17    | 22.53  | 0.51    | 0.00    |
| 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    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Baby Carrots 1/2 cup        | 1/2 cup         | 26   | 0         | 57      | 2.14    | 0.66    | 23.59    | 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    |
| 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    |
| 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    |
| Peaches, Sliced             | 1/2 cup         | 60   | 0         | 5       | 0.99    | 0.36    | 11.93    | 10.94          | 0.00    | 12.93  | 0.00    | 0.00    |
| L/O                         |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup       | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry        | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt   | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt   | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt   | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| Salsa                         | 2 oz    | 20  | 0  | 91  | 0.00 | 0.00 | 221.52 | 2.01  | 0.00 | 4.03  | 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 |
| Jalapeno Pepper Slices        | 1 OZ    | 5   | 0  | 300 | 1.07 | 0.00 | 21.43  | 0.00  | 0.00 | 1.07  | 0.00  | 0.00 |
| Olives, Ripe, Sliced          | 1 oz    | 38  | 0  | 228 | 0.00 | 0.68 | 0.00   | 0.00  | 0.00 | 1.90  | 3.80  | 0.95 |
| Lettuce, Shredded             | 1/2 CUP | 4   | 0  | 3   | 0.38 | 0.13 | 5.67   | 0.62  | 0.28 | 0.94  | 0.04  | 0.01 |
| BBQ Sauce Cups                | 1 ea    | 55  | 0  | 220 | 0.00 | 0.00 | 0.00   | 12.60 | 0.00 | 14.17 | 0.00  | 0.00 |
| Honey                         | 1 ea    | 25  | 0  | 0   | 0.00 | 0.00 | 0.00   | 7.00  | 0.00 | 7.00  | 0.00  | 0.00 |
| Honey Mustard Dipping Cup     | 1 ea    | 40  | 0  | 160 | 0.00 | 0.00 | 0.00   | 7.00  | 0.00 | 8.00  | 0.50  | 0.00 |

| 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| Pancake, WG                  | 2 ea            | 133  | 3         | 247     | 2.67    | 1.20    | 53.36    | 6.00           | 4.00    | 25.35  | 2.00    | 0.33    |
| Sausage, Pork Patties 2 m/m  | 2 ea            | 240  | 52        | 346     | 0.00    | 0.00    | 26.00    | 0.00           | 12.00   | 2.00   | 20.00   | 7.60    |
| Breaded Mozzarella Sticks    | 6 ea            | 376  | 15        | 529     | 3.05    | 1.47    | 572.57   | 3.05           | 20.34   | 27.46  | 20.34   | 5.09    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| F&Y Parfait Berries HS       | Parfait cup     | 439  | 7         | 214     | 4.75    | 1.46    | 222.76   | 54.79          | 12.05   | 87.92  | 5.09    | 0.73    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Potato, Wedges, McCain       | 5# BAG          | 121  | 0         | 375     | 1.01    | 0.30    | 10.12    | 1.01           | 1.01    | 18.22  | 6.07    | 1.01    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Relish Boat                  | 1 svg           | 12   | 0         | 118     | 0.85    | 0.23    | 17.61    | *1.24          | 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    |
| 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    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |
| Dressing, French Honey 1.5    | 1 pkt  | 190 | 0  | 290 | 0.00 | 0.00 | 0.00   | 12.00 | 0.00 | 13.00 | 15.00 | 2.50 |
| Dressing, Italian Light 1.5oz | 1 pkt  | 15  | 0  | 720 | 0.00 | 0.00 | 0.00   | 2.00  | 0.00 | 2.00  | 1.00  | 0.00 |
| Dressing, Ranch Light 1.5 oz  | 1 pkt  | 59  | 0  | 208 | 0.99 | 0.00 | 19.78  | 3.96  | 0.99 | 8.90  | 1.98  | 0.00 |
| Syrup, Pancake                | 1 PKT  | 120 | 0  | 20  | 0.00 | 0.00 | 0.00   | 14.00 | 0.00 | 30.00 | 0.00  | 0.00 |
| Marinara Sauce Cups           | PC     | 15  | 0  | 132 | 0.00 | 0.00 | 0.00   | 2.03  | 0.00 | 4.05  | 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 |
|------------------------------|-----------------|------|-----------|---------|---------|---------|----------|----------------|---------|--------|---------|---------|
| 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    |
| Coney Dog                    | 1 ea            | 432  | 54        | 1035    | 5.06    | 3.02    | 141.96   | *8.89          | 16.91   | 35.94  | 26.09   | 11.34   |
| Cheese Stuffed Breadstick    | 2 sticks        | 290  | 30        | 410     | 2.00    | 1.80    | 300.00   | 4.00           | 19.00   | 28.00  | 11.00   | 6.00    |
| Pizza, Meatlovers            | Slice           | 350  | 40        | 791     | 4.00    | 2.70    | 350.30   | 3.00           | 21.02   | 29.03  | 16.01   | 8.01    |
| Pizza, Big Daddy Cheese      | 1 slice         | 372  | 33        | 409     | 3.72    | 2.51    | 232.36   | 6.51           | 17.66   | 39.97  | 14.87   | 6.51    |
| Pizza, 16" BBQ Chicken       | slice           | 389  | 45        | 609     | 3.00    | 1.80    | 249.64   | 19.97          | 19.97   | 41.94  | 15.98   | 6.99    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| 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    |
| Chef Salad                   | 1 ea            | 363  | 211       | 565     | 4.95    | 3.83    | 507.16   | *4.33          | 18.95   | 34.21  | 16.71   | 6.97    |
| Chef Salad w/Grilled Chicken | 1 ea            | 377  | 139       | 585     | 4.95    | 3.52    | 379.38   | *3.78          | 22.90   | 34.06  | 15.96   | 6.95    |
| Chef Salad Caesar Brd. Chic  | 1 ea            | 309  | 40        | 656     | 3.99    | 2.05    | 272.87   | 2.01           | 19.65   | 23.70  | 14.10   | 5.97    |
| Wrap, Brd Spicy Chicken 10"  | 1 EA            | 482  | 49        | 1081    | 3.13    | 3.24    | 261.15   | *2.81          | 21.39   | 49.22  | 21.17   | 8.73    |
| Wrap, Chicken Caesar 10"     | 1 EA            | 540  | 40        | 1195    | 2.65    | 2.64    | 311.34   | 3.41           | 24.78   | 43.89  | 28.21   | 10.19   |
| Wrap, Veggie 10"             | 1 EA            | 493  | 54        | 1081    | 2.53    | 2.65    | 433.66   | *3.91          | 20.17   | 45.49  | 24.24   | 12.51   |
| Wrap, Buffalo Chicken 10"    | 1 ea            | 402  | 33        | 1588    | 2.47    | 2.65    | 237.36   | 2.52           | 21.28   | 41.84  | 15.19   | 6.81    |
| Wrap, Turkey Club            | 1 EA            | 534  | 93        | 1909    | 2.13    | 2.95    | 125.21   | *3.89          | 29.38   | 51.62  | 22.72   | 8.31    |
| PROTEIN PACK SUNFLOW         | PACK            | 519  | 15        | 633     | 6.00    | 1.44    | 217.53   | 1.00           | 15.91   | 30.00  | 38.93   | 6.96    |
| PB&J Sand Make Your Own,     | 1 EA            | 624  | 0         | 530     | 6.00    | 1.76    | 379.77   | 33.06          | 19.99   | 71.23  | 33.98   | 7.00    |
| Corn, Steamed 1/2 C          | 1/2 cup         | 86   | 0         | 3       | 1.91    | 0.38    | 3.63     | 2.27           | 2.74    | 19.92  | 0.71    | 0.11    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Relish Boat                  | 1 svg           | 12   | 0         | 118     | 0.85    | 0.23    | 17.61    | *1.24          | 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    |
| 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    |
| 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    |
| L/O                          |                 | 0    | 0         | 0       | 0.00    | 0.00    | 0.00     | 0.00           | 0.00    | 0.00   | 0.00    | 0.00    |
| Apples, Fresh 1/2 cup        | 1 ea            | 37   | 0         | 1       | 1.66    | 0.09    | 4.23     | 7.30           | 0.19    | 9.71   | 0.12    | 0.02    |
| 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    |
| Craisins, Strawberry         | package         | 90   | 0         | 0       | 10.00   | 0.00    | 0.00     | 12.00          | 0.00    | 28.00  | 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    |
| 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 |
| 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 |

\*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.