

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
Entrée Stations:	**2**	**3**	**4**	**5**	**6**
Classic	3 Cheese Cavatappi MEW w/ Garlic Knot SW	General Tso's Chicken MSW or Teriyaki Chicken MSW over Rice	Nacho Bar M	Mashed Potato Chicken Bowl MW w/ Biscuit MW (*Complete meal with vegetable included)	Beef Cheeseburger MS or Hamburger on Bun W
Grab n Go	Bosco Breadsticks MW	Cheese Quesadilla MSW	Corn Dog Nuggets SWE	Breaded Mozz Sticks MW	Cheese Stuffed Breadsticks MESW
Pizza	Calzone MSW	Rippers Pizza MSW	Cheese MSW or Meat Lovers MW Pizza Slices	Deep Dish Pizza MSW	Cheese MSW or Meat Lovers MW Pizza Slices
Chicken Favorites	Breaded MSW or Spicy Chicken SW on Bun W		Chicken Nuggets MSW w/ WG Dinner Roll W	Breaded MSW or Spicy Chicken SW on Bun W	Breaded MSW or Spicy Chicken SW on Bun W
Sandwiches, Salads and Wraps	Deli Meat Sandwich? Egg Salad Sandwich EW	Deli Meat Sandwich?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?
Hot Vegetable	Green Beans	Steamed Broccoli	Fiesta Black Beans	Steamed Corn	BBQ Baked Beans

Entrée Stations:	**9**	**10**	**11**	**12**	**13**
Classic	Rotini in Meat Sauce MW w/ NY Garlic Toast MSW	Potstickers SW SS w/ Fried Rice SW SS	Walking Tacos	French Toast Sticks MESW w/ Pork Sausage Patties	Soft Pretzel W w/ Cheese Sauce M
Grab n Go	Bosco Breadsticks MW	Cheese Quesadilla MSW	Corn Dog Nuggets SWE	Breaded Mozz Sticks MW	Cheese Stuffed Breadsticks MESW
Pizza	Calzone MSW	Rippers Pizza MSW	Cheese MSW or Meat Lovers MW Pizza Slices	Deep Dish Pizza MSW	Cheese MSW or Meat Lovers MW Pizza Slices
Chicken Favorites	Breaded MSW or Spicy Chicken SW on Bun W	Chicken Nuggets MSW w/ WG Dinner Roll W	Chicken Nuggets MSW w/ WG Dinner Roll W	Breaded MSW or Spicy Chicken SW on Bun W	Breaded MSW or Spicy Chicken SW on Bun W
Sandwiches, Salads and Wraps	Deli Meat Sandwich? Egg Salad Sandwich EW	Deli Meat Sandwich?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?
Hot Vegetable	Green Beans	California Blend	Refried Beans M	Tri-Tater	Steamed Corn

Offered Daily:

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

Allergen Legend:

W – Contains Wheat	SF – Contains Shellfish
S – Contains Soy	T – Contains Tree Nuts
M – Contains Milk/Dairy	P – Contains Peanuts
E – Contains Eggs	F – Contains Fish
SS – Contains Sesame	? – Varies by Item, Ask Staff

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

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.

Entrée Stations:	16	17	18	19	20
Classic	Mac and Cheese MEW w/ Garlic Knot SW	General Tso's Chicken MSW or Teriyaki Chicken MSW over Rice	Nacho Bar M	Pancakes MEW w/ Pork Sausage Patties	All Beef Hot Dog or Coney Dog on a Bun W
Grab n Go	Bosco Breadsticks MW	Cheese Quesadilla MSW	Corn Dog Nuggets SWE	Breaded Mozz Sticks MW	Cheese Stuffed Breadsticks MESW
Pizza	Calzone MSW	Rippers Pizza MSW	Cheese MSW or Meat Lovers MW Pizza Slices	Deep Dish Pizza MSW	Cheese MSW or Meat Lovers MW Pizza Slices
Chicken Favorites	Breaded MSW or Spicy Chicken SW on Bun W		Chicken Nuggets MSW w/ WG Dinner Roll W	Breaded MSW or Spicy Chicken SW on Bun W	Breaded MSW or Spicy Chicken SW on Bun W
Sandwiches, Salads and Wraps	Deli Meat Sandwich? Egg Salad Sandwich EW	Deli Meat Sandwich?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?	Chef Salad MEW Premium Specialty Salads? Premium Wraps?
Hot Vegetable	Steamed Peas	Steamed Broccoli	Fiesta Black Beans	Potato Wedges W	Steamed Corn

Entrée Stations:	23	24	25	26	27
Classic	3 Cheese Cavatappi MEW w/ Garlic Knot SW	Beef Cheeseburger MS or Hamburger on Bun W			
Grab n Go	Bosco Breadsticks MW	Cheese Quesadilla MSW			
Pizza	Calzone MSW	Rippers Pizza MSW			
Chicken Favorites	Breaded MSW or Spicy Chicken SW on Bun W	Chicken Nuggets MSW w/ WG Dinner Roll W			
Sandwiches, Salads and Wraps	Deli Meat Sandwich? Egg Salad Sandwich EW	Deli Meat Sandwich?			
Hot Vegetable	Green Beans	BBQ Baked Beans			

Offered Daily:

- Entrées – PB&J Sandwich PW
  Protein Pack M GF
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- Assorted Fresh Fruit, Canned Fruit, Dried Fruit and Fruit Juices
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SS – Contains Sesame	? – Varies by Item, Ask Staff

GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)
Please speak with your school's café manager to obtain a Special Dietary Needs Medical Form if your child requires a special menu or meal modification due to a disability or impairment.

Pricing

Student 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.

Visit the Food Service link at https://www.zcs.k12.in.us/departments/food-services to find info on:

- Contact names
- Meal assistance
- Nutritional / allergen information
- Cafeteria pricing
- School Pay and More

You can also learn about our **ZCS Family Portal** where you can view current balances, food purchase histories and MORE!

Mon - 11/02/2026	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
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 - 11/03/2026	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 - 11/04/2026	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	384	150	715	4.95	3.23	384.38	*3.78	25.61	34.15	15.94	6.64
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 Steame	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 - 11/05/2026	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
Mashed Potato Chicken Bow	1 each	389	90	1102	1.85	1.62	240.71	1.06	27.76	31.57	16.98	7.00
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	384	150	715	4.95	3.23	384.38	*3.78	25.61	34.15	15.94	6.64
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
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
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 - 11/06/2026	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
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	384	150	715	4.95	3.23	384.38	*3.78	25.61	34.15	15.94	6.64
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 - 11/09/2026	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
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 - 11/10/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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 - 11/11/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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	384	150	715	4.95	3.23	384.38	*3.78	25.61	34.15	15.94	6.64
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 Steame	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 - 11/12/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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	384	150	715	4.95	3.23	384.38	*3.78	25.61	34.15	15.94	6.64
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 - 11/13/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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	384	150	715	4.95	3.23	384.38	*3.78	25.61	34.15	15.94	6.64
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 - 11/16/2026	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 - 11/17/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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 - 11/18/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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 Steame	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 - 11/19/2026	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
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	384	150	715	4.95	3.23	384.38	*3.78	25.61	34.15	15.94	6.64
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 - 11/20/2026	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
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	384	150	715	4.95	3.23	384.38	*3.78	25.61	34.15	15.94	6.64
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 - 11/23/2026	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
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 - 11/24/2026	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
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
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
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
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
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

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.