

Zionsville Middle Schools Menu

2026-2027

Students may take 3-5 components to make a lunch meal.
Components are: Entrée (Meat/Meat Alternate and Grain), 1-2 Vegetables, 1-2 Fruits, and a Milk. All meals must include at least 1 Fruit or Vegetable.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Choice of 1 Entrée: • Calzone MSW • Fruit & Yogurt Parfait MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Corn • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Applesauce • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	3 Choice of 1 Entrée: • French Toast Sticks MESW w/Pork Sausage Patties • Cereal Bowl w/Pork Sausage Patties • Fruit & Yogurt Parfait MSW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Tri-Taters • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Fruit Cocktail • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	4 Choice of 1 Entrée: • Breaded MSW or Spicy Chicken SW on Bun W • Chef Salad MEW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • BBQ Baked Beans • Relish Boat • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Peaches • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M	5 	6 Choice of 1 Entrée: • Bosco Breadsticks MW • Chef Salad MEW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Peas • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Pineapple • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M
9 Choice of 1 Entrée: • Cheese Quesadilla MSW • Fruit & Yogurt Parfait MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Corn • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Peaches • Dried Fruits • 100% Fruit Juice Slushy Choice of 1 Milk: • Milk Variety M	10 Choice of 1 Entrée: • General Tso's Chicken MSW over Rice • Fruit & Yogurt Parfait MSW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Broccoli • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Applesauce • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	11 Choice of 1 Entrée: • Mac and Cheese MEW with Garlic Knot SW • Chef Salad MEW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Peas and Carrots • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M	12 Choice of 1 Entrée: • All Beef Cheeseburger MS or Hamburger on Bun W • Chef Salad MEW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • BBQ Baked Beans • Relish Boat • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Pineapple • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M	13 Choice of 1 Entrée: • Ripper's Pizza MSW • Chef Salad MEW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • California Blend • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M

Allergen Legend:

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

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

Pricing

1 Student Lunch	$2.85
1 Student Reduced Lunch	$0.40
Lunch Entrée Only	$2.40
Adult Purchases	A la Carte
Milk	$0.65

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

This institution is an equal opportunity provider.

16	17	18	19	20
Choice of 1 Entrée: • Rotini in Meat Sauce EW w/ Garlic Toast MSW • Fruit & Yogurt Parfait MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Green Beans • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Applesauce • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	Choice of 1 Entrée: • Soft Pretzel W w/ Cheese M • Fruit & Yogurt Parfait MSW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Peas • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Mandarin Oranges • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	Choice of 1 Entrée: • Walking Taco with Fritos • Chef Salad MEW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Refried Beans M • Fiesta Relish Boats • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Pineapple • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M	Choice of 1 Entrée: • Chicken Tenders MSW w/WG Dinner Roll W • Chef Salad MEW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Mashed Potatoes M • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Peaches • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M	Choice of 1 Entrée: • Deep Dish Pizza MSW • Chef Salad MEW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Carrots • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M
23	24	25	26	27
Choice of 1 Entrée: • French Toast Sticks MESW w/Pork Sausage Patties • Cereal Bowl w/Pork Sausage Patties • Fruit & Yogurt Parfait MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Tri-Taters • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Applesauce • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	Choice of 1 Entrée: • Calzone MSW • Fruit & Yogurt Parfait MSW • Deli Meat Sandwich MSW • Bagel and Yogurt MW • Protein Pack M GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Corn • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Fruit Cocktail • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M			

Allergen Legend:

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

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

Pricing

1 Student Lunch	$2.85
1 Student Reduced Lunch	$0.40
Lunch Entrée Only	$2.40
Adult Purchases	A la Carte
Milk	$0.65

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

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!

Menus Subject to Change
10-19-26

This institution is an equal opportunity provider.

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
Pizza, Calzone	1 ea	370	45	600	3.00	2.70	300.00	6.00	20.00	36.00	16.00	8.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	30.16	8.73	54.16	3.82	0.55
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	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
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
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
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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

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
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
Cereal, Lucky Charms	Bowl	210	0	440	5.00	5.40	150.00	12.00	5.00	45.00	2.00	0.00
Cereal, RS Cocoa Puffs	Bowl	220	0	230	3.00	5.40	150.00	12.00	3.00	47.00	3.00	0.00
Cereal, RS Cinnamon Toast	bowl	210	0	320	7.00	4.50	100.00	11.00	3.00	44.00	6.00	0.00
CEREAL, TRIX RS	BOWL	220	0	320	3.00	4.50	100.00	12.00	3.00	47.00	3.00	0.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	30.16	8.73	54.16	3.82	0.55
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tri-Taters	2 ea	220	0	630	2.00	1.08	0.00	0.00	3.00	31.00	9.00	1.50
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
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
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	14.00	0.00	30.00	0.00	0.00

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
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
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	2.00	2.00	3.00	16.00	3.00
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	1.98	0.00	2.97	15.82	2.47

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
Breadstick, Bosco 6"	2 ea	316	34	491	4.14	2.16	428.48	2.00	21.28	34.14	11.14	5.71
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*4.33	18.95	34.21	16.71	6.97
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Peas, Steamed 1/2 cup	1/2 cup	76	0	98	4.08	1.39	19.96	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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
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
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	2.00	2.00	3.00	16.00	3.00
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	1.98	0.00	2.97	15.82	2.47
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
Pizza, Cheese Quesadilla	1 slice	302	15	665	4.03	0.00	302.05	4.03	16.11	34.23	11.07	3.02
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	30.16	8.73	54.16	3.82	0.55
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	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
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
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
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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
Sour Cream, pkt	1 ea	60	20	10	0.00	0.00	20.00	1.00	1.00	1.00	5.00	3.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00

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
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
Rice	1/2 cup	109	2	55	0.69	0.49	1.90	0.38	2.06	22.75	1.07	0.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	30.16	8.73	54.16	3.82	0.55
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli, Steamed	1/2 cup	39	0	17	3.33	1.20	22.23	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
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
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
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Wed - 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
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*4.33	18.95	34.21	16.71	6.97
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	2.00	2.00	3.00	16.00	3.00
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	1.98	0.00	2.97	15.82	2.47

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
Cheeseburger	1 ea	360	59	605	2.22	2.68	150.00	4.50	22.24	29.01	17.74	6.98
Hamburger w/bun	1 ea	320	51	465	2.22	2.68	50.00	4.00	18.74	28.01	14.74	5.23
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*4.33	18.95	34.21	16.71	6.97
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
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
Apple, Whole	1 EACH	95	0	2	4.37	0.22	10.92	18.91	0.47	25.13	0.31	0.05
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	2.00	2.00	3.00	16.00	3.00
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	1.98	0.00	2.97	15.82	2.47

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
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*4.33	18.95	34.21	16.71	6.97
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
California Blend Veg 1/2C	1/2 cup	23	0	18	1.78	0.32	0.00	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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	2.00	2.00	3.00	16.00	3.00
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	1.98	0.00	2.97	15.82	2.47

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
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
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	30.16	8.73	54.16	3.82	0.55
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	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
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
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
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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

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
Pretzel, 5oz soft	1 ea	337	0	238	5.95	3.57	39.68	*N/A*	11.90	69.44	1.98	0.00
Cheese, Queso (nacho)	4 oz	244	58	822	0.00	0.06	415.34	0.00	14.00	2.00	20.00	11.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	30.16	8.73	54.16	3.82	0.55
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	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
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
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
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
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
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Wed - 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
Walking Taco	1 EA	385	57	586	3.17	2.34	39.89	0.00	18.38	26.34	23.19	5.16
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*4.33	18.95	34.21	16.71	6.97
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Refried Beans	1/2 cup	166	8	196	8.81	1.85	112.98	0.19	10.31	24.13	2.74	1.50
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
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
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	2.00	2.00	3.00	16.00	3.00
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	1.98	0.00	2.97	15.82	2.47
Sour Cream, pkt	1 ea	60	20	10	0.00	0.00	20.00	1.00	1.00	1.00	5.00	3.00
Taco Sauce, 9g	1 pkt	5	0	95	0.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00

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
Chicken Tenders	3 ea	184	34	416	0.97	1.04	19.33	0.00	14.50	10.63	8.70	1.45
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
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	2.00	2.00	3.00	16.00	3.00
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	1.98	0.00	2.97	15.82	2.47
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

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
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
Chef Salad	1 ea	363	211	565	4.95	3.83	507.16	*4.33	18.95	34.21	16.71	6.97
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carrots, Steamed	1/2 cup	38	0	62	2.99	0.40	32.66	4.32	0.71	8.30	0.42	0.04
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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, Caesar 1.5 oz	1 ea	160	15	450	0.00	0.00	40.00	2.00	2.00	3.00	16.00	3.00
Dressing, Italian Golden1.5 o	1 pkt	129	0	682	0.00	0.00	0.00	3.96	0.00	5.93	1.98	1.48
Dressing, Ranch 1.5 oz	1 pkt	148	15	366	0.00	0.00	0.00	1.98	0.00	2.97	15.82	2.47

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
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
Cereal, Lucky Charms	Bowl	210	0	440	5.00	5.40	150.00	12.00	5.00	45.00	2.00	0.00
Cereal, RS Cocoa Puffs	Bowl	220	0	230	3.00	5.40	150.00	12.00	3.00	47.00	3.00	0.00
Cereal, RS Cinnamon Toast	bowl	210	0	320	7.00	4.50	100.00	11.00	3.00	44.00	6.00	0.00
CEREAL, TRIX RS	BOWL	220	0	320	3.00	4.50	100.00	12.00	3.00	47.00	3.00	0.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	30.16	8.73	54.16	3.82	0.55
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tri-Taters	2 ea	220	0	630	2.00	1.08	0.00	0.00	3.00	31.00	9.00	1.50
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
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
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
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
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	14.00	0.00	30.00	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
Pizza, Calzone	1 ea	370	45	600	3.00	2.70	300.00	6.00	20.00	36.00	16.00	8.00
F&Y Parfait Berries MS/Elem	Parfait cup	282	5	160	3.21	0.98	160.91	30.16	8.73	54.16	3.82	0.55
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
Turkey American Sub	1 ea	293	49	906	4.00	1.90	140.00	2.50	29.15	32.00	5.54	2.27
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
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
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 Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	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
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
L/O	_____	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
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
Milk, TruMoo, FF Strwbry, 8	1 each	110	5	125	0.00	0.00	300.00	18.00	8.00	19.00	0.00	0.00
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

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.