

Trailside Elementary School Menu

2026-2027

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

Breakfast Served Daily from 7:45 am to 8:00 am.

International Week: 11/16 – 11/20 with main entrees inspired by the country listed.

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

Allergen Legend:

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

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

Pricing

1 Student Lunch	$2.65
1 Student Reduced Lunch	$0.40
Lunch Entrée Only	$2.30
Adult Purchases	A la Carte
Milk	$0.65

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

This institution is an equal opportunity provider.

16	17	18	19	20
China Choice of 1 Entrée: • Egg Roll MESW w/ Fried Rice SW SS • Fruit & Yogurt Parfait MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Broccoli • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Pineapple • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	**Italy** Choice of 1 Entrée: • 3 Cheese Cavatappi MEW w/ Breadstick MW • Fruit & Yogurt Parfait MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Green Beans • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Mandarin Oranges • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	**Spain** Choice of 1 Entrée: • Arroz Con Pollo (Spanish Rice and Chicken) w/ Queso M • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Fiesta Black Beans • 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	**Vietnam** Choice of 1 Entrée: • Meatball Banh Mi MEW • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Corn • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 or 2 Fruits: • Applesauce • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: • Milk Variety M	**England** Choice of 1 Entrée: • Fish and Chips (Breaded Fish Sticks FMW w/ French Fries) • WG Dinner Roll W • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • French Fries • 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
23	24	25	26	27
Choice of 1 Entrée: • Bosco Breadsticks MW • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Green Beans • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Pineapple • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety M	Choice of 1 Entrée: • Mini Corn Dogs SWE • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • PB&J Sandwich PW Choice of 1 or 2 Vegetables: • Steamed Peas and Carrots • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Pears • Dried Fruits • 100% Fruit Juice Slushie Choice of 1 Milk: • Milk Variety M			

Allergen Legend:

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

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Adult Purchases	A la Carte
Milk	$0.65

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

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

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

This institution is an equal opportunity provider.

Menus Subject to Change
10-28-26

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
Breadstick, Bosco 6"	2 ea	316	34	491	4.14	2.16	428.48	2.00	21.28	34.14	11.14	5.71
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
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	3.20	1.06	7.01	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	2.03	0.00	4.05	0.00	0.00

Tue - 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
Corn Dog Nuggets	6 ea	270	40	410	5.00	1.80	150.00	5.00	10.00	30.00	12.00	3.50
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
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
PEAS & CARROTS Steame	0.5 cup	66	0	15	4.03	1.09	20.16	4.03	3.02	12.22	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	2.00	0.72	40.00	15.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Cher	1 cup	70	0	5	3.00	0.72	*N/A*	15.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Wate	1 cup	100	0	10	3.00	1.44	40.00	19.00	0.00	25.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03

Wed - 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
Cheeseburger	1 ea	360	59	605	2.22	2.68	150.00	4.50	22.24	29.01	17.74	6.98
Hamburger w/bun	1 ea	320	51	465	2.22	2.68	50.00	4.00	18.74	28.01	14.74	5.23
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	17.08	7.56	36.77	0.54	0.00
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*1.24	0.59	2.67	0.12	0.02
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

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
Chicken Nuggets	5 ea	169	35	417	0.99	1.07	19.88	0.00	14.91	10.93	8.94	1.49
Bread, Wheat Dinner Roll	1 EACH	70	0	115	1.00	0.70	20.00	1.00	3.00	13.00	1.00	0.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	2.27	2.74	19.92	0.71	0.11
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50
BBQ Sauce, PC	1 pkt	22	0	140	0.00	0.00	0.00	4.31	0.00	5.39	0.00	0.00

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
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
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
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
BBQ Baked Beans (Bush's)	1/2 cup	179	0	664	5.40	2.03	57.75	17.08	7.56	36.77	0.54	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pickle Relish, pkt	1 pkt	5	0	60	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00

Tue - 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
Pizza Cheese Crunchers	4 pieces	430	35	780	5.00	2.50	430.00	4.00	20.00	42.00	20.00	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
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Carrots, Steamed	1/2 cup	38	0	62	2.99	0.40	32.66	4.32	0.71	8.30	0.42	0.04
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	2.03	0.00	4.05	0.00	0.00

Wed - 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
French Toast Sticks, WG	3 sticks	260	10	290	2.00	0.72	20.00	14.00	6.00	42.00	8.00	1.00
Sausage, Pork Patty	1 ea	120	26	173	0.00	0.00	13.00	0.00	6.00	1.00	10.00	3.80
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Tri-Taters	2 ea	220	0	630	2.00	1.08	0.00	0.00	3.00	31.00	9.00	1.50
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	14.00	0.00	30.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00

Thu - 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
Chicken Sandwich Breaded	1 ea	330	35	680	3.00	2.58	70.00	4.00	21.00	39.00	10.00	1.50
Chicken Sand Spicy	1 ea	340	35	650	4.00	3.30	70.00	4.00	22.00	40.00	11.00	2.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Peas, Steamed 1/2 cup	1/2 cup	76	0	98	4.08	1.39	19.96	4.54	4.74	13.49	0.36	0.06
Relish Boat	1 svg	12	0	118	0.85	0.23	17.61	*1.24	0.59	2.67	0.12	0.02
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Apple, Whole	1 EACH	95	0	2	4.37	0.22	10.92	18.91	0.47	25.13	0.31	0.05
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Fri - 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, Queso (nacho)	4 oz	244	58	822	0.00	0.06	415.34	0.00	14.00	2.00	20.00	11.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
California Blend Veg 1/2C	1/2 cup	23	0	18	1.78	0.32	0.00	1.78	1.78	4.69	0.00	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00

Mon - 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
Egg Roll	1 ea	160	35	390	3.00	1.60	40.00	2.00	10.00	19.00	5.00	1.00
Fried Rice	1/2 cup	189	0	459	2.03	0.62	11.00	1.99	4.01	38.77	1.97	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
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Broccoli, Steamed	1/2 cup	39	0	17	3.33	1.20	22.23	1.11	3.33	6.74	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
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

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
3 Cheese Cavitappi	6 oz	321	47	806	2.00	1.00	384.00	4.00	16.00	27.00	16.00	9.10
Breadstick, Garlic Parmesan	1 EACH	90	0	180	1.00	*N/A*	*N/A*	2.00	3.00	14.00	2.00	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
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	3.20	1.06	7.01	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	25.59	1.16	26.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Syrup, Pancake	1 PKT	120	0	20	0.00	0.00	0.00	14.00	0.00	30.00	0.00	0.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00

Wed - 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
Arroz Con Pollo	1 EACH	273	81	498	0.77	1.28	140.58	1.54	19.32	29.83	8.06	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
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
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
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packets	1 pkt	0	0	65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

Thu - 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
Meatballs, Beef	4 ea	129	40	288	0.00	1.07	19.86	0.00	12.91	3.97	6.95	2.98
Bun, White Wheat Sub Hing	1 EACH	170	0	300	4.00	1.90	40.00	2.00	7.00	31.00	1.50	0.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Corn, Steamed 1/2 C	1/2 cup	86	0	3	1.91	0.38	3.63	2.27	2.74	19.92	0.71	0.11
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Mayonnaise Packet	1 ea	80	5	80	0.00	0.00	0.00	0.00	0.00	1.00	8.00	1.50

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
Fish Sticks Baja Style	1 each	231	45	490	2.03	1.30	20.34	0.00	16.05	18.98	10.99	0.99
Bread, Wheat Dinner Roll	1 EACH	70	0	115	1.00	0.70	20.00	1.00	3.00	13.00	1.00	0.00
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Potato, Fry 3/8" Straight	3 oz	110	0	40	1.00	0.30	10.01	1.00	1.00	20.01	3.50	0.00
Baby Carrots 1/2 cup	1/2 cup	26	0	57	2.14	0.66	23.59	3.51	0.47	6.07	0.10	0.02
Broccoli,raw: fresh 1/2 C	1/2 cup	11	0	11	0.84	0.24	15.23	*N/A*	0.91	2.15	0.12	0.01
Broccoli and Cauliflower Fres	1.44 oz = 1/2 c	11	0	12	0.87	0.22	13.04	*0.36	0.90	2.19	0.12	0.03
Cauliflower, Raw 1/2 cup	1/2 cup / 1.7oz	12	0	15	0.99	0.21	10.89	0.95	0.95	2.46	0.14	0.06
Celery Sticks	6 sticks	9	0	52	1.04	0.13	25.92	0.87	0.45	1.92	0.11	0.03
Cherry Tomatoes 1/2 cup	1/2 cup=6ea	18	0	5	1.22	0.28	10.20	2.68	0.90	3.97	0.20	0.03
Cucumber Slices	1/2 Cup	11	0	1	0.37	0.21	11.79	1.23	0.48	2.68	0.08	0.03
Garden Fresh Vegetables 1/	1/2 c	28	0	33	1.99	0.57	30.36	*1.72	1.54	5.97	0.24	0.05
Mixed Greens Salad	1 cup	12	0	6	1.25	0.45	24.92	0.00	0.00	2.49	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Dressing, French 12g	1 pkt	50	0	100	0.00	0.00	0.00	2.00	0.00	3.00	4.50	0.50
Dressing, Italian FF 12g	1 pkt	5	0	110	0.00	0.00	0.00	1.00	0.00	1.00	0.00	0.00
Dressing, Ranch 12g	1 pkt	50	5	105	0.00	0.00	0.00	1.00	0.00	1.00	5.00	1.00
Ketchup, Packets	1 ea	10	0	25	0.00	0.00	0.00	2.00	0.00	2.00	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
Breadstick, Bosco 6"	2 ea	316	34	491	4.14	2.16	428.48	2.00	21.28	34.14	11.14	5.71
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
Green Beans 1/2 C	1/2 cup	30	0	146	1.06	0.00	21.37	3.20	1.06	7.01	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03
Marinara Sauce Cups	PC	15	0	132	0.00	0.00	0.00	2.03	0.00	4.05	0.00	0.00

Tue - 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
Corn Dog Nuggets	6 ea	270	40	410	5.00	1.80	150.00	5.00	10.00	30.00	12.00	3.50
Grilled Cheese Sandwich	1 ea	300	30	810	2.00	1.40	440.00	4.00	20.00	30.00	14.00	7.00
PROTEIN PACK SUNFLOW	PACK	519	15	633	6.00	1.44	217.53	1.00	15.91	30.00	38.93	6.96
Bagel & Yogurt w/ Cheese St	1 ea	279	20	428	4.00	1.80	337.53	14.00	16.91	40.00	6.93	3.46
PB&J Sandwich	1 EA	624	0	530	6.00	1.76	379.77	33.06	19.99	71.23	33.98	7.00
Sunflower Seeds, Salted	1 ea	200	0	135	4.00	1.44	20.00	1.00	7.00	8.00	17.00	2.50
Cheese, String Mozzarella	1 ea	79	15	198	0.00	0.00	197.53	0.00	6.91	0.00	5.93	3.46
PEAS & CARROTS Steame	0.5 cup	66	0	15	4.03	1.09	20.16	4.03	3.02	12.22	0.00	0.00
Juice, Sunset Sip	1 ea	40	0	30	0.00	0.36	0.00	9.00	0.00	11.00	0.00	0.00
Salsa Cups	3 oz	30	0	133	0.00	0.00	325.76	2.96	0.00	5.92	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Strawberry	package	90	0	0	10.00	0.00	0.00	12.00	0.00	28.00	0.00	0.00
Frozen Fruit Juice Cup, Berry	1 cup	70	0	5	2.00	0.72	40.00	15.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Cher	1 cup	70	0	5	3.00	0.72	*N/A*	15.00	0.00	19.00	0.00	0.00
Frozen Fruit Juice Cup, Wate	1 cup	100	0	10	3.00	1.44	40.00	19.00	0.00	25.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50
Cream Cheese 100/.75 oz	1 ea	52	15	81	0.00	0.00	14.82	1.48	0.74	1.48	5.19	2.96
Peanut Butter, PC	1 ea	121	0	91	2.03	0.36	11.14	2.03	4.05	5.06	10.12	2.03

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.