

Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
1-Sep													
Egg Roll	280	14	0.2	1.08	300	3.6	14	4.5	24	610	3		Pork
Rice (1/2 c)	44.9	0.9	7.2		43.6	0.6	0.9	0.1	8.1	300.5	0.3		
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	526.9	25.2	15.43	1.2	1140.7	6.84	17.5	6.1	68	1055.5	5.3	15	
W.G. Corn Dog	270	10	0.06	0.15	0	0	15	4	22	730	1		Chicken
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	472	20.3	258.06	0.27	1297	3.82	17.6	5.5	57.9	875	3	15	
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.3	Cheese
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	494.69	24.47	346.55	0.85	1204.58	2733.43	20.71	12.75	56.52	1035.75	4.14	68.3	
2-Sep													
Hamburger	157	15.9	25.9	2.1	50.2	0	9.4	4.2	2.1	341.7	1.1		Beef
Hamburger Bun	110	5	0	2.6	0	0	4.2	1	21	51.2			
Baked Fries	183	2.5	0	0	0	0	5	1.5	31	15	1		
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	684.98	41.51	324.16	5.05	10269.35	50.89	21.6	8.34	96.92	594.88	8.13	15	
Fish Melt	225.3	15.6		0.4	154.8	0.4	11.7	3.4	14.6				Fish
Baked Fries	183	2.5	0	0	0	0	5	1.5	31	15	1		
Hamburger Bun	110	5	0	2.6	0	0	4.2	1	21	51.2			
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	753.28	41.21	298.26	3.35	10373.95	51.29	23.9	7.54	109.42	253.18	7.03	15	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source

Breakfast Wrap	190	10	98	1.48	365	0	10	4	16	490	0	190	Egg/Cheese
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	424.98	28.11	396.26	1.83	10584.15	50.89	13	5.64	58.82	676.98	6.03	205	
6-Sep													
Egg Roll	280	14	0.2	1.08	300	3.6	14	4.5	24	610	3		Pork
Rice (1/2 c)	44.9	0.9	7.2		43.6	0.6	0.9	0.1	8.1	300.5	0.3		
Apple Turnover	303	4.2	24	1.6	12	10	9.2	202	51	378	2.3		
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	827.9	28.1	31.44	2.69	355.78	15.22	26.6	208.1	119.1	1443.5	5.6	15	
Hot Dog	250	9	0.02	0.07	0	0	22	11	2	740	0		Beef
Potato Coins	120	2	8	0.4	0	18	6	1	18	170			
Hot Dog Bun	100	3	0	0	0	0	1.5	0	18	190			
Apple Turnover	303	4.2	24	1.6	12	10	9.2	202	51	378	2.3		
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	973	27.2	32.06	2.08	12.18	29.02	41.2	215.5	125	1633	2.3	15	
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Apple Turnover	303	4.2	24	1.6	12	10	9.2	202	51	378	2.3		
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	809.43	33.59	429.52	3.07	696.31	11.02	24.04	210.94	119.13	1773.73	3.74	49.02	
7-Sep													
Spaghetti Noodles	138	4	9	1.3	0	0	3	0.4	23.3	623			
Spaghetti Sauce	259	26.1	52	3.4	135	30.8	10.5	3	16.1	1082			Beef/Turkey
Roll	151	4.5	26	1.4	0	0	3.5	0.8	25.7	194			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	741	45.2	341.02	6.62	679.15	35.1	19.5	5.7	100.4	2050.5	1	15	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Chicken Burrito	300	18	60	4	1116	4	7	1.6	40	471	0		Chicken

Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	493	28.6	314.02	4.52	1660.15	8.3	9.5	3.1	75.3	622.5	1	15	
Cheese Quesadilla (2 ea)	395	17	380	4.2	575.7	5.6	17	8.8	42	840	5.6	42.2	Cheese
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	588	27.6	634.02	4.72	1119.85	9.9	19.5	10.3	77.3	991.5	6.6	57.2	
8-Sep													
W.G. Pepperoni Pizza	338	15.3	2.76	1.9	380	6	14.9	6.7	28	710	0.2		Pork/Cheese
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	540	25.6	260.76	2.02	1677	9.82	17.5	8.2	63.9	855	2.2	15	
Deli Turkey & Cheese Sand	158.19	5.38	78.24	1.88	0	0	2.45	0.61	28.03	271.5	1.19		Turkey/Cheese
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	360.19	15.68	86.27	2	797.1	2.64	5.05	2.11	63.93	416.5	3.19	15	
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.3	Cheese
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	494.69	24.47	346.55	0.85	1204.58	2733.43	20.71	12.75	56.52	1035.75	4.14	68.3	
9-Sep													
Hamburger	157	15.9	25.9	2.1	50.2	0	9.4	4.2	2.1	341.7	1.1		Beef
Hamburger Bun	110	5	0	2.6	0	0	4.2	1	21	51.2			
Baked Fries	183	2.5	0	0	0	0	5	1.5	31	15	1		
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	684.98	41.51	324.16	5.05	10269.35	50.89	21.6	8.34	96.92	594.88	8.13	15	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Fish Melt	225.3	15.6		0.4	154.8	0.4	11.7	3.4	14.6				Fish
Baked Fries	183	2.5	0	0	0	0	5	1.5	31	15	1		

Hamburger Bun	110	5	0	2.6	0	0	4.2	1	21	51.2			
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	753.28	41.21	298.26	3.35	10373.95	51.29	23.9	7.54	109.42	253.18	7.03	15	
Breakfast Wrap	190	10	98	1.48	365	0	10	4	16	490	0	190	Egg/Cheese
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	424.98	28.11	396.26	1.83	10584.15	50.89	13	5.64	58.82	676.98	6.03	205	
12-Sep													
Waffle Sticks	180	4	0.02	0.1	0.16	0	7	1.5	21	400			
Sausage	150	9	0.06	0.06	0	0	12	3.8	1.5	330	0		Pork
Applesauce Cup	110	0	0	0	0	0.9	0	0	27	0			
Cherry Turnover	312	3.7	26	1.8	124	1.7	9	2.1	53	341	1.6		
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	862	25.7	276.08	1.96	624.16	3.8	30.5	8.9	115.5	1201	1.6	15	
Wonder Bites	180	16.4	27	2.2	10	0	9.6	3.6	6.4	505			Beef
Mixed Vegetables (1/2 c)	49.5	1.5	0	0.2	10	1.5	0.5	0	12	3			
Applesauce Cup	110	0	0	0	0	0.9	0	0	27	0			
Cherry Turnover	312	3.7	26	1.8	124	1.7	9	2.1	53	341	1.6		
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	761.5	30.6	303	4.2	644	5.3	21.6	7.2	111.4	979	1.6	15	
Bean & Cheese Burrito	310	11	0.6	0.04			10	3	44	640	5	10	Beans
Applesauce Cup	110	0	0	0	0	0.9	0	0	27	0			
Cherry Turnover	312	3.7	26	1.8	124	1.7	9	2.1	53	341	1.6		
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	842	23.7	276.6	1.84	624	3.8	21.5	6.6	137	1111	6.6	25	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
13-Sep													
Sloppy Joes	260.61	20.47	30.95	2.26	277.96	2.44	0.67	4.55	14.37	606.86	0.24	82.07	Beef/Turkey
Green Beans (1/2 C)	20	1	0.02	0.02	0.02				5	95	1		

Hamburger Bun	273	5	0	2.6	0	0	4.2	1	51	51.2			
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Jell-O	70	1				15	0		17	90			
Fruit Leather	70	1	0	1.4	0	14	0	0	16	15	1	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	883.61	18	250.02	4.04	500.02	30.22	6.7	2.5	122	386.2	4	15	
Mini Corn Dogs	480	16	0.2	0.25	0	0	28	6	42	1120	0		Turkey
Green Beans (1/2 C)	20	1	0.02	0.02	0.02				5	95	1		
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Jell-O	70	1				15	0		17	90			
Fruit Leather	70	1	0	1.4	0	14	0	0	16	15	1	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	830	29	250.22	1.69	500.02	30.22	30.5	7.5	113	1455	4	15	
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Jell-O	70	1				15	0		17	90			
Fruit Leather	70	1	0	1.4	0	14	0	0	16	15	1	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	636.43	32.39	655.48	2.88	1184.13	30.22	14.84	8.94	98.13	1480.73	4.44	49.02	
14-Sep													
Lasagna	345	27.5	109	3.6	140	21.2	11.5	4.3	32.8	924	2.5		Beef/Turkey
Roll	151	4.5	26	1.4	0	0	3.5	0.8	25.7	194			
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	689	42.6	389.02	5.52	684.15	25.5	17.5	6.6	93.8	1269.5	3.5	15	
Bean & Cheese Burrito	310	11	0.6	0.04			10	3	44	640	5	10	Beans
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	503	21.6	254.62	0.56	544.15	4.3	12.5	4.5	79.3	791.5	6	25	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Chicken Nuggets	197.8	12.1	28.5	1.2	142.3	9.4	9.8	2.3	14.7	430.3	1.3		Chicken
Baked Tots	170	2	8	0.4	0	0	10	2.5	19	340	2	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	

1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	560.8	24.7	290.52	2.12	686.45	13.7	22.3	6.3	69	921.8	4.3	15	
15-Sep													
Chef Salad	309	18.64	191.9	1.4	933.6	11.2	20.4	7.8	13.5	1156	1.9	68	Ham, Turkey, Chee
Roll	151	4.5	26	1.4	0	0	3.5	0.8	25.7	194			
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	
Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Applesauce Bar	218	3.28	92	1.15	86	0.4	8.39	2.13	33.18	205	0.7	34	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	963	36.42	559.92	4.01	1669.6	13.7	34.79	12.23	124.88	1702.5	4.6	117	
Teriyaki Rice Bowl	255	20.2	43	3.4	0	0	10.5	3.7	49.53	805.5	0.3		Beef
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	
Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Applesauce Bar	218	3.28	92	1.15	86	0.4	8.39	2.13	33.18	205	0.7	34	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	758	33.48	385.02	4.61	736	2.5	21.39	7.33	135.21	1158	3	49	
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.3	Cheese
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	
Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Applesauce Bar	218	3.28	92	1.15	86	0.4	8.39	2.13	33.18	205	0.7	34	
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	795.69	27.45	430.57	1.94	643.58	2732.11	29	14.88	106.3	1243.25	4.84	102.3	
16-Sep													
Chicken Patty	270	12	0.1	0.1	0.02	0	20	5	10	480	2		Chicken
Baked Fries	183	2.5	0	0	0	0	7.5	2.5	31	300	2		
Hamburger Bun	273	5	0	2.6	0	0	4.2	1	51	51.2			
Pineapple Tidbits	60	0	0	0.4	0	15	0	0	15	10			
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	908	28.8	258.1	3.2	1297.02	18.8	34.3	10	122.9	981.2	4	15	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Fish Shapes	266	18.2	40	0.6	50	1.3	12	2.1	22.3	475	1		Fish
Baked Fries	183	2.5	0	0	0	0	7.5	2.5	31	300	2		
Pineapple Tidbits	60	0	0	0.4	0	15	0	0	15	10			
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	

	631	30	298	1.1	1347	20.1	22.1	6.1	84.2	925	3	15	
Cheese Quesadilla (2 ea)	395	17	380	4.2	575.7	5.6	17	8.8	42	840	5.6	42.2	Cheese
Pineapple Tidbits	60	0	0	0.4	0	15	0	0	15	10			
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	577	26.3	638	4.7	1872.7	24.4	19.6	10.3	72.9	990	5.6	57.2	
19-Sep													
W.G. Pepperoni Pizza	338	15.3	2.76	1.9	380	6	14.9	6.7	28	710	0.2		Pork/Chees
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	668	25.3	252.79	1.97	880.08	8.2	17.4	8.2	93	875	2.2	15	
French Toast	334	5	0.04	0.08	0	0	18	4	38	370	2		
Sausage	150	9	0.06	0.06	0	0	12	3.8	1.5	330	0		Pork
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	814	24	250.14	0.21	500.1	2.2	32.5	9.3	104.5	865	4	15	
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	636.43	30.39	655.51	1.53	1184.21	2.2	14.84	8.94	97.13	1405.73	3.44	49.02	
20-Sep													
Bean & Cheese Burrito	310	11	0.6	0.04			10	3	44	640	5	10	Beans
Fruit Leather	70	1	0	1.4	0	14	0	0	16	15	1	0	
Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Jell-O	70	1				15	0		17	90			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	605	22	250.6	1.44	650	31.1	12.5	4.5	100.5	882.5	6	25	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Deli Ham & Cheese Sand.	158.19	5.38	78.24	1.88	0	0	2.45	0.61	28.03	271.5	1.19	0	Ham & Chees
Fruit Leather	70	1	0	1.4	0	14	0	0	16	15	1	0	
Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Jell-O	70	1				15	0		17	90			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	453.19	16.38	328.24	3.28	650	31.1	4.95	2.11	84.53	514	2.19	15	

Soft Shell Taco w/R & Bean	318	13.5	77.3	3.7	55	5.5	6.8	1.8	50.88	695	4.1	24.2	Beef & Bean
Tortilla Shell 6"	70	1	0	0.0	0	0	1	0	14	0	1		
Fruit Leather	70	1	0	1.4	0	14	0	0	16	15	1	0	
Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Jell-O	70	1				15	0		17	90			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	683	25.5	327.3	5.1	705	36.6	10.3	3.3	121.38	937.5	6.1	39.2	
21-Sep													
Spaghetti Noodles	138	4	9	1.3	0	0	3	0.4	23.3	623			
Spaghetti Sauce	259	26.1	52	3.4	135	30.8	10.5	3	16.1	1082			Beef/Turkey
Roll	151	4.5	26	1.4	0	0	3.5	0.8	25.7	194			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	741	45.2	341.02	6.62	679.15	35.1	19.5	5.7	100.4	2050.5	1	15	
Hot Dog	250	9	0.02	0.07	0	0	22	11	2	740	0		Beef
Confetti Tots	157.95	2.32	19.85	0.3	11833.29	5.16	4.79	0.69	26.09	321.78	3.04	0	
Hot Dog Bun	100	3	0	0	0	0	1.5	0	18	190			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	700.95	24.92	23.92	0.89	11877.54	8.28	30.79	13.19	81.39	1403.28	4.04	15	
Cheese Quesadilla (2 ea)	395	17	380	4.2	575.7	5.6	17	8.8	42	840	5.6	42.2	Cheese
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	588	27.6	634.02	4.72	1119.85	9.9	19.5	10.3	77.3	991.5	6.6	57.2	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
22-Sep													
Egg Roll	280	14	0.2	1.08	300	3.6	14	4.5	24	610	3		Pork
Rice (1/2 c)	44.9	0.9	7.2		43.6	0.6	0.9	0.1	8.1	300.5	0.3		
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	526.9	25.2	15.43	1.2	1140.7	6.84	17.5	6.1	68	1055.5	5.3	15	

W.G. Corn Dog	270	10	0.06	0.15	0	0	15	4	22	730	1		Chicken
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	472	20.3	258.06	0.27	1297	3.82	17.6	5.5	57.9	875	3	15	
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.3	Cheese
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	494.69	24.47	346.55	0.85	1204.58	2733.43	20.71	12.75	56.52	1035.75	4.14	68.3	
23-Sep													
Hamburger	157	15.9	25.9	2.1	50.2	0	9.4	4.2	2.1	341.7	1.1		Beef
Hamburger Bun	110	5	0	2.6	0	0	4.2	1	21	51.2			
Confetti Tots	157.95	2.32	19.85	0.3	11833.29	5.16	4.79	0.69	26.09	321.78	3.04	0	
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	659.93	41.33	344.01	5.35	22102.64	56.05	21.39	7.53	92.01	901.66	10.17	15	
Fish Melt	225.3	15.6		0.4	154.8	0.4	11.7	3.4	14.6				Fish
Confetti Tots	157.95	2.32	19.85	0.3	11833.29	5.16	4.79	0.69	26.09	321.78	3.04	0	
Hamburger Bun	110	5	0	2.6	0	0	4.2	1	21	51.2			
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	728.23	41.03	318.11	3.65	22207.24	56.45	23.69	6.73	104.51	559.96	9.07	15	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Breakfast Wrap	190	10	98	1.48	365	0	10	4	16	490	0	190	Egg/Cheese
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	424.98	28.11	396.26	1.83	10584.15	50.89	13	5.64	58.82	676.98	6.03	205	
26-Sep													
Egg Roll	280	14	0.2	1.08	300	3.6	14	4.5	24	610	3		Pork

Rice (1/2 c)	44.9	0.9	7.2		43.6	0.6	0.9	0.1	8.1	300.5	0.3		
Apple Turnover	303	4.2	24	1.6	12	10	9.2	202	51	378	2.3		
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	827.9	28.1	31.44	2.69	355.78	15.22	26.6	208.1	119.1	1443.5	5.6	15	
Hot Dog	250	9	0.02	0.07	0	0	22	11	2	740	0		Beef
Confetti Tots	157.95	2.32	19.85	0.3	11833.29	5.16	4.79	0.69	26.09	321.78	3.04	0	
Hot Dog Bun	100	3	0	0	0	0	1.5	0	18	190			
Apple Turnover	303	4.2	24	1.6	12	10	9.2	202	51	378	2.3		
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	1010.95	27.52	43.91	1.98	11845.47	16.18	39.99	215.19	133.09	1784.78	5.34	15	
Toasted Cheese Sandwich	306.43	20.39	405.48	1.46	684.13	0	12.34	7.44	32.13	1240.73	1.44	34.02	Cheese
Apple Turnover	303	4.2	24	1.6	12	10	9.2	202	51	378	2.3		
Frozen Juice Cup	90	0	0.01	0.01	0.08	1	0	0	23	25	0		
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	809.43	33.59	429.52	3.07	696.31	11.02	24.04	210.94	119.13	1773.73	3.74	49.02	
27-Sep													
Spaghetti Noodles	138	4	9	1.3	0	0	3	0.4	23.3	623			
Spaghetti Sauce	259	26.1	52	3.4	135	30.8	10.5	3	16.1	1082			Beef/Turkey
Roll	151	4.5	26	1.4	0	0	3.5	0.8	25.7	194			
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	741	45.2	341.02	6.62	679.15	35.1	19.5	5.7	100.4	2050.5	1	15	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Chicken Burrito	300	18	60	4	1116	4	7	1.6	40	471	0		Chicken
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	493	28.6	314.02	4.52	1660.15	8.3	9.5	3.1	75.3	622.5	1	15	
Cheese Quesadilla (2 ea)	395	17	380	4.2	575.7	5.6	17	8.8	42	840	5.6	42.2	Cheese
Tossed Salad	15	1	0.02	0.02	0.15	0.1	0	0	4	15	1	0	
Sliced Peaches (3/8 c.)	68	0.6	4	0.5	44	3	0	0	18.3	6.5			

1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	588	27.6	634.02	4.72	1119.85	9.9	19.5	10.3	77.3	991.5	6.6	57.2	
28-Sep													
Waffle Sticks	180	4	0.02	0.1	0.16	0	7	1.5	21	400			
Sausage	150	9	0.06	0.06	0	0	12	3.8	1.5	330	0		Pork
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	532	23.3	258.08	0.28	1397.16	3.82	21.6	6.8	58.4	875	2	15	
Deli Turkey & Cheese Sand	158.19	5.38	78.24	1.88	0	0	2.45	0.61	28.03	271.5	1.19		Turkey/Cheese
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	360.19	15.68	336.24	2	1297	3.82	5.05	2.11	63.93	416.5	3.19	15	
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.3	Cheese
Sliced Pears (1/2 c.)	80	1	0	0.02	0	0.02	0	0	20	5	2		
Carrot Sticks	12	0.3	8	0.1	797	2.6	0.1	0	2.9	10			
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	494.69	24.47	596.52	0.85	1704.48	2734.61	20.71	12.75	56.52	1035.75	4.14	68.3	
29-Sep													
Teriyaki Rice Bowl	255	20.2	43	3.4	0	0	10.5	3.7	49.53	805.5	0.3		Beef
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	
Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Applesauce Bar	218	3.28	92	1.15	86	0.4	8.39	2.13	33.18	205	0.7	34	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	758	33.48	385.02	4.61	736	2.5	21.39	7.33	135.21	1158	3	49	
Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
Chef Salad	309	18.64	191.9	1.4	933.6	11.2	20.4	7.8	13.5	1156	1.9	68	Ham, Turkey, Chec
Roll	151	4.5	26	1.4	0	0	3.5	0.8	25.7	194			
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	
Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Applesauce Bar	218	3.28	92	1.15	86	0.4	8.39	2.13	33.18	205	0.7	34	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	963	36.42	559.92	4.01	1669.6	13.7	34.79	12.23	124.88	1702.5	4.6	117	
Veggies/Cheese/Roll	292.69	14.17	338.52	0.73	407.48	2730.79	18.11	11.25	20.62	890.75	2.14	53.3	Cheese
Raisins	130	1	0.02	0.06			0	0	29	10	2	0	

Mixed Fruit (3/8 c)	45	0	0	0	150	0.9	0	0	10.5	7.5			
Applesauce Bar	218	3.28	92	1.15	86	0.4	8.39	2.13	33.18	205	0.7	34	
1/2 Pint Milk 1% White	110	9	0.03	0	0.1	0.02	2.5	1.5	13	130	0	15	
	795.69	27.45	430.57	1.94	643.58	2732.11	29	14.88	106.3	1243.25	4.84	102.3	
30-Sep													
Hamburger	157	15.9	25.9	2.1	50.2	0	9.4	4.2	2.1	341.7	1.1		Beef
Hamburger Bun	110	5	0	2.6	0	0	4.2	1	21	51.2			
Confetti Tots	157.95	2.32	19.85	0.3	11833.29	5.16	4.79	0.69	26.09	321.78	3.04	0	
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	659.93	41.33	344.01	5.35	22102.64	56.05	21.39	7.53	92.01	901.66	10.17	15	
Fish Melt	225.3	15.6		0.4	154.8	0.4	11.7	3.4	14.6				Fish
Confetti Tots	157.95	2.32	19.85	0.3	11833.29	5.16	4.79	0.69	26.09	321.78	3.04	0	
Hamburger Bun	110	5	0	2.6	0	0	4.2	1	21	51.2			
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	728.23	41.03	318.11	3.65	22207.24	56.45	23.69	6.73	104.51	559.96	9.07	15	
Breakfast Wrap	190	10	98	1.48	365	0	10	4	16	490	0	190	Egg/Chees
Fresh Apple	85	0.03	10	0.3	7	7.9	0.5	0.1	21	0	3		
Veggie Tray	39.98	9.08	38.26	0.05	9712.15	41.79	0	0.04	8.82	56.98	3.03	0	
1/2 Pint Milk 1% White	110	9	250	0	500	1.2	2.5	1.5	13	130	0	15	
	424.98	28.11	396.26	1.83	10584.15	50.89	13	5.64	58.82	676.98	6.03	205	

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