

Carb Count
Middle and High Breakfast and Lunch
October 2023

Monday, October 2, 2023
Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Concha CAR1403 Contains Egg, Gluten, Milk, Soy, Wheat	200	6	1.5	0	5	90	34	2	8	(M)	5
Mini Pancake-SR1190- Contains Egg, Gluten, Milk, Soy, Wheat	210	6	1	0	10	310	35	4	11	(M)	4
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten	420	24	13	0	50	760	34	1	1	(M)	18
Alfredo Pasta- CAR2124- Contains milk, wheat, gluten	332.849	13.88	7.145	0	37.505	766.554	36.02	1.479	7.39	0	17.731
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Fruit & Yogurt Parfait with String Cheese - CAR1284- Contains milk, gluten, Soy	390.6	12.9	5.067	0	16.9	385	55.5	4.17	30	20	12.3

Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8

1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Big Daddy's Pizza - SR2081 - Contains Gluten, Milk, Soy, Wheat	400	16	7	0	35	440	43	4	7	1	19
Turkey Hot Dog-CAR1101 Contains Gluten, Wheat	261.498	11.612	3.031	0	60.749	553.246	28.01	3	4	(M)	13.1
Seasoned French Fries - CAR1926 (1/2 c.)	131.62	6.08	1.01	0	0	344.24	17.21	2.02	0	(M)	2.02
Grilled Cheese Sandwich- CAR2279- IW- Contains milk, wheat, soy, gluten.	279.75	9.68	5.39	0	30.37	599.36	31.58	3	6.5	0(M)	18.66
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday, October 4, 2023
Breakfast

Menu Item	Calories (Kcal)			Trans Fat	Chol (mg)			Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
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Entrée/Combo; May Choose: 1												
Pancake on Stick - SR2494 - Contains Egg, Gluten, Soy, Wheat	200	10	2.5	0	25	310	17	3	4	(M)	7	
UBR -SR1976 Contains Egg, Gluten, Milk, Soy, Wheat	270	8	3	0	5	180	44	5	18	18	5	
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584	
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2	
Meat/MA; May Choose: 1												
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6	
Fruit Juice; May Choose: 1												
100% Orange Juice - SR 1295 (4oz)	60	0	0	0	0	0	14	0	12	0	0	
Fruit; May Choose: 1												
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239	
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8	
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10	
Lunch												
Entrée/Combo; May Choose: 1												
Chicken Corn Dog- CAR1452- Contains egg, wheat, soy, gluten.	240	8	2.5	0	40	390	30	5	5	0	9	
Bean Tacos on Soft Shell - CAR1938 - Contains Wheat, Soy, Gluten,Milk	440	15.5	8	0	30	590	54	8	3	0	17	
Spicy Chicken Sandwich -CAR1083 Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1	17	
Fruit; May Choose: 1												
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286	
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0	
Vegetable; May Choose: 1												
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446	
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4	

Cheese Lasagna Roll up- SR3374- Contains milk, wheat, gluten.	295	7.8	3	0	5	373	39.7	3	11.4	0	16
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Garden Burger, G6-12 - 4.0 Bun - CAR1306 - Contains Egg, Gluten, Milk, Soy, Wheat	290	10.5	1.5	0	0	680	33	6	5	0(M)	20
Turkey & Cheese Sub Sandwich- CAR1993- Contains milk, wheat, gluten.	350	13	6.25	0	50	870	34	5	2	4.006	24.5
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Cherry Tomato - SR3522 (1/2 c)	13.41	0.149	0.021	0	0	3.725	2.898	0.894	1.959	0	0.656
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Friday, October 6, 2023
Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Strawberry Mini Bagel - SR1188 - Contains Gluten, Milk, Wheat	177.537	4.761	1.794	0.138	7.452	154.974	33.67	1.932	10.557	9.66	4.623
Cinnamon Bun-SR2926 Contains Egg, Gluten, Milk, Soy, Wheat	240	7	3	0	5	280	40	3	16	16	5
Cinnamon Chex (SR2336)	116.816	2.632	0.252	0	0	173.04	22.84	1.4	5.768	5.628	1.372
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6

Fruit Juice; May Choose: 1												
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)		0.00
Fruit; May Choose: 1												
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)		1.286
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)		8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)		10
Lunch												
Entrée/Combo; May Choose: 1												
Teriyaki Chicken - CAR1038 - Contains Gluten, Wheat, Soy	229	7.1	2.2	0	77.4	640	26.2	.1	22.6	22.2		16
Soba Noodles WG - SR3439 - Contains Gluten, Wheat, Soy	250	1.5	0	0	0	250	49	3	1	1		9

Cheeseburger, All Beef- CAR1080- Contains milk, wheat, gluten.	355.563	20.044	8.778	0	50.125	461.188	27	3	4	(M)		17.544
Mozzarella Stuffed Breadsticks - SR1625 - Contains Gluten, Wheat,Egg,Milk,Soy	290	11	6	0	30	500	28	2	5	1		19
Fruit; May Choose: 1												
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0		0.902
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)		0
Vegetable; May Choose: 1												
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0		0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0		7.668
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)		8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)		10

Tuesday, October 10, 2023

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Sausage Breakfast Burrito-SR1358-Contains Egg, Gluten, Milk, Soy, Wheat	236	10.15	3.73	0	64	318.5	27	4	.7	0	11
Chocolate Chip Mini Loaf - CAR1226 - contains Egg, Milk, Soy, Wheat Gluten	160	4.5	1	0	0	105	26	1	14	(M)	3
Cinnamon Toast Crunch (SR1164) Contains Gluten, Soy, Wheat	157.52	3.28	0.36	0.04	0	122	29.52	2.92	8.48	8.2	2.44
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Orange Juice - SR 1295 (4oz)	60	0	0	0	0	0	14	0	12	0	0
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1148 - Contains Gluten, Soy, Wheat	380	16.5	3	0	25	720	43	6	5	0(M)	18
Protein Pack -CAR1159 Contains Gluten, Milk, Soy, Wheat	539.953	24	5.5	0	15	595	65.98	6.999	28.99	(M)	17
Chicken Quesadilla - CAR2153 - Contains Gluten, Milk,Wheat,Soy	373	18	10	0	69	750	36	1	1	0	20.76
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.7	1.399	20.98	6.993	0

Vegetable; May Choose: 1											
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday, October 11, 2023
Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Mini Donut Powdered WG - CAR1456 - Contains Egg, Gluten, Milk, Soy, Wheat	270	11	4.5	0	0	290	41	2	19	19	4
Lemon Bread-SR2440 Contains Egg, Gluten, Milk, Soy, Wheat	261	8	1.5	0	0	240	45	2	24	23	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584

Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Lunch											
Entrée/Combo; May Choose: 1											
Cheesy Pull Apart Cheese & Garlic - CAR2298 - Contains Gluten, Milk, Wheat	300	13	6	0	30	520	32	2	5	3	14
Homemade Grilled Cheese - CAR1144 - Contains Gluten, Wheat, Milk	322	16.2	9.1	0	40.5	665	26	2	4	0	18.2
Tomato Soup - SR1114- Contains wheat, gluten.	37	.5	.23	0	0	189	7	.46	4.6	0	.46
Chicken Teriyaki Rice Bowl -SR3984 Contains Gluten, Soy, Wheat	433	15	3	0	107	827	48	4.5	15	13	29
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Thursday, October 12, 2023
Breakfast

Menu Item	Calories (Kcal)			Trans Fat	Chol (mg)			Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Frudel - SR1747 - Contains Gluten, Milk, Wheat	174.98	4.875	0.78	0.065	0.325	216.38	30.42	1.885	8.775	7.995	3.835
Benefit Bar-CAR1298 Contains Egg, Gluten, Milk, Soy, Wheat	290	9	3	0	20	200	48	3	23	(M)	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											

Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Friday, October 13, 2023
Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Sausage Breakfast Pizza- SR2977 Contains Gluten, Milk, Soy, Wheat	240.103	8.003	2.501	0	15.006	340.145	31.01	3.001	4.002	2.001	11.005
Pop Tart CAR2289 Contains Gluten, Soy, Wheat Processed in a facility that also processes Egg, Milk	370	6	2	0	0	400	76	6	31	(M)	5
Cinnamon Toast Crunch (SR1164) Contains Gluten, Soy, Wheat	157.52	3.28	0.36	0.04	0	122	29.52	2.92	8.48	8.2	2.44
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Hot Ham & Cheese on a Bun- CAR1034- Contains milk, wheat, gluten.	291.125	12.588	6.056	0	47.75	682.375	28	3	5	0	18.088
Bean & Cheese Burrito - CAR1378 Contains Gluten, Milk, Wheat	320.855	8.79	3.54	0	14.94	475.082	44.16	8.17	1.75	0	16.71

100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheese Lasagna Roll up- SR3374- Contains milk, wheat, gluten.	295	7.8	3	0	5	373	39.7	3	11.4	0	16
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Garden Burger, G6-12 - 4.0 Bun - CAR1306 - Contains Egg, Gluten, Milk, Soy, Wheat	290	10.5	1.5	0	0	680	33	6	5	0(M)	20
Turkey & Cheese Sub Sandwich- CAR1993- Contains milk, wheat, gluten.	350	13	6.25	0	50	870	34	5	2	4.006	24.5
Fruit; May Choose: 1											
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Vegetable; May Choose: 1											
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Corn -CAR1029 1/2 cup	91.765	1.311	0	0	0	6.555	17.04	2.622	3.933	(M)	1.311
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Friday October 20, 2023
Breakfast

Menu Item	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carb	Total Fiber	Total Sugars	Added Sugars	Protein
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	(Kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	
Entrée/Combo; May Choose: 1												
Strawberry Mini Bagel - SR1188 - Contains Gluten, Milk, Wheat	177.537	4.761	1.794	0.138	7.452	154.974	33.67	1.932	10.557	9.66	4.623	
Cinnamon Bun-SR2926 Contains Egg, Gluten, Milk, Soy, Wheat	240	7	3	0	5	280	40	3	16	16	5	
Golden Grahams (SR2432) Contains Gluten, Wheat	105.364	0.896	0.112	0	0	212.296	23.77	1.232	8.4	8.4	1.512	
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2	
Meat/MA; May Choose: 1												
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6	
Fruit Juice; May Choose: 1												
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00	
Fruit; May Choose: 1												
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286	
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8	

1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10	
Lunch												
Entrée/Combo; May Choose: 1												
Teriyaki Chicken - CAR1038 - Contains Gluten, Wheat, Soy	229	7.1	2.2	0	77.4	640	26.2	.1	22.6	22.2	16	
Soba Noodles WG - SR3439 - Contains Gluten, Wheat, Soy	250	1.5	0	0	0	250	49	3	1	1	9	
Cheeseburger, All Beef- CAR1080- Contains milk, wheat, gluten.	355.563	20.044	8.778	0	50.125	461.188	27	3	4	(M)	17.544	
Mozzarella Stuffed Breadsticks - SR1625 - Contains Gluten, Wheat,Egg,Milk,Soy	290	11	6	0	30	500	28	2	5	1	19	
Fruit; May Choose: 1												
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902	
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0	

Entrée/Combo; May Choose: 1											
Sweet & Sour Veggie Nuggets - SR2479 - Contains Gluten,Wheat,Soy	301	9.2	1.3	0	0	456	41.6	5.2	17.2	16	17.9
Brown Rice - SR1098 -	117.19	0.689	0	0	0	2.023	25.50	1.379	0	0(M)	2.757
Peanut Butter & Jelly Sandwich- CAR1024- Contains milk, wheat, gluten, peanuts, tree nuts, egg, soy	439	18	2.67	0	0	423	62.63	4.27	32	0	11.57
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Bean & Cheese Chimi Nada- CAR2313- Contains milk, wheat, gluten, Soy	240	6	1	0	0	470	40	7	2	0	10
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.34	4.256	4.256	0	7.448
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Tuesday, October 24, 2023
Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Sausage Breakfast Burrito-SR1358-Contains Egg, Gluten, Milk, Soy, Wheat	236	10.15	3.73	0	64	318.5	27	4	.7	0	11
Chocolate Chip Mini Loaf - CAR1226 - contains Egg, Milk, Soy, Wheat Gluten	160	4.5	1	0	0	105	26	1	14	(M)	3

Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1148 - Contains Gluten, Soy, Wheat	380	16.5	3	0	25	720	43	6	5	0(M)	18
Protein Pack -CAR1159 Contains Gluten, Milk, Soy, Wheat	539.953	24	5.5	0	15	595	65.98	6.999	28.99	(M)	17
Chicken Quesadilla - CAR2153 - Contains Gluten, Milk,Wheat,Soy	373	18	10	0	69	750	36	1	1	0	20.76
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Cherry Tomato - SR3522 (1/2 c)	13.41	0.149	0.021	0	0	3.725	2.898	0.894	1.959	0	0.656
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8

1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
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Wednesday, October 25, 2023
Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Mini Donut Powdered WG - CAR1456 - Contains Egg, Gluten, Milk, Soy, Wheat	270	11	4.5	0	0	290	41	2	19	19	4
Lemon Bread-SR2440 Contains Egg, Gluten, Milk, Soy, Wheat	261	8	1.5	0	0	240	45	2	24	23	5
Cinnamon Chex (SR2336)	116.816	2.632	0.252	0	0	173.04	22.84	1.4	5.768	5.628	1.372
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											

Cheesy Pull Apart Cheese & Garlic - CAR2298 - Contains Gluten, Milk, Wheat	300	13	6	0	30	520	32	2	5	3	14
Homemade Grilled Cheese - CAR1144 - Contains Gluten, Wheat, Milk	322	16.2	9.1	0	40.5	665	26	2	4	0	18.2

Sausage Breakfast Pizza- SR2977 Contains Gluten, Milk, Soy, Wheat	240.103	8.003	2.501	0	15.006	340.145	31.01	3.001	4.002	2.001	11.005
Pop Tart CAR2289 Contains Gluten, Soy, Wheat Processed in a facility that also processes Egg, Milk	370	6	2	0	0	400	76	6	31	(M)	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584

Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Hot Ham & Cheese on a Bun- CAR1034- Contains milk, wheat, gluten.	291.125	12.588	6.056	0	47.75	682.375	28	3	5	0	18.088
Bean & Cheese Burrito - CAR1378 Contains Gluten, Milk, Wheat	320.855	8.79	3.54	0	14.94	475.082	44.16	8.17	1.75	0	16.71
Chicken & Waffles - SR1425- Contains milk, wheat, soy, gluten.	345	17.5	3	0	25	615	32.5	5.5	4.5	0	16
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0	7.668

Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Monday, October 30, 2023
Breakfast

Menu Item	Calories (Kcal)			Trans Fat	Chol (mg)			Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Concha CAR1403 Contains Egg, Gluten, Milk, Soy, Wheat	200	6	1.5	0	5	90	34	2	8	(M)	5
Mini Pancake-SR1190- Contains Egg, Gluten, Milk, Soy, Wheat	210	6	1	0	10	310	35	4	11	(M)	4
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten	420	24	13	0	50	760	34	1	1	(M)	18
Alfredo Pasta- CAR2124- Contains milk, wheat, gluten	332.849	13.88	7.145	0	37.505	766.554	36.02	1.479	7.39	0	17.731

Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Fruit & Yogurt Parfait with String Cheese - CAR1284- Contains milk, gluten, Soy	390.6	12.9	5.067	0	16.9	385	55.5	4.17	30	20	12.3
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0

Vegetable; May Choose: 1											
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.34	4.256	4.256	0	7.448
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Tuesday, October 31, 2023
Breakfast

Menu Item	Calories (Kcal)			Trans Fat	Chol (mg)			Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Yogurt Cup 4oz - CAR1036 - Contains Milk	60	10	1.5	0	5	70	12	0	9	8	4
Cinnamon Bug Bites Crackers - SR3037 - Contains Wheat, Soy, Gluten	120	3.5	1	0	0	115	21	1	8	8	2
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6

Fruit Juice; May Choose: 1												
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)		0.00
Fruit; May Choose: 1												
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)		1.286
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)		8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)		10
Lunch												
Entrée/Combo; May Choose: 1												
Big Daddy's Pizza - SR2081 - Contains Gluten, Milk, Soy, Wheat	400	16	7	0	35	440	43	4	7	1		19
Turkey Hot Dog-CAR1101 Contains Gluten, Wheat	261.498	11.612	3.031	0	60.749	553.246	28.01	3	4	(M)		13.1
Seasoned French Fries - CAR1926 (1/2 c.)	131.62	6.08	1.01	0	0	344.24	17.21	2.02	0	(M)		2.02
Grilled Cheese Sandwich- CAR2279- IW- Contains milk, wheat, soy, gluten.	279.75	9.68	5.39	0	30.37	599.36	31.58	3	6.5	0(M)		18.66
Halloween Cookie WG - Contains wheat, gluten, eggs	130	4.5	1	0	10	100	22	1	11	6		2
Fruit; May Choose: 1												
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0		0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993		0

Vegetable; May Choose: 1												
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0		0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0		0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.34	4.256	4.256	0		7.448
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)		8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)		10

