

Carb Count
Middle and High Breakfast and Lunch
September 2023

Friday, September 1, 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											
Chocolate Filled Crescent- SR3031 Contains Gluten, Milk, Wheat	208	7	1	0	0	237	32	2.34	9	7	5
Soft Baked Strawberry Oat Bar CAR2294 Contains Gluten, Soy, Wheat, Egg, Milk	280	9	1.5	0	0	400	76	6	31	(M)	5
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											
Chicken Quesadilla - CAR2153 - Contains Gluten, Milk,Wheat,Soy	373	18	10	0	69	750	36	1	1	0	20.76
Garden Salad -CAR2253 - Contains Milk	260	11	6	0	30	338	26.4	5.5	6	0	15.3
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
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											
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

Tuesday September 5, 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											
French Toast Sticks - CAR1910 - Contains Milk, Soy, Wheat	259	10	1.5	0	0	299	38	3	9	8	6
Mini Apple Cinnamon Loaf - CAR1194 - Contains Egg, Milk, Soy, Wheat	160	4.5	.5	0	2.5	110	27	1	15	0	3
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

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% 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											
California Grilled Cheese- CAR2201- Contains milk, wheat, gluten.	362	18	9	0	40	668	31	3	6	0	19
Chicken & Vegetable Dumpling - SR2605 - Contains Wheat, Soy, Gluten, Sesame	240	7	.5	0	35	550	31	4	3	0	17
Veggie Fried Rice - CAR1803 - Contains Sesame, Gluten, Soy, Wheat	73	.5	0	0	0	184	15	.7	1	0	1.7
Protein Pack -CAR1159 Contains Gluten, Milk, Soy, Wheat	539.953	24	5.5	0	15	595	65.98	6.999	28.99	(M)	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

Entrée/Combo; May Choose: 1											
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
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
Big Daddy's Pepperoni Pizza - SR2084 - Contains Pork, Gluten, Milk, Soy, Wheat	435	19	8	0	43	555	43	4	7	1	20
Soft Pretzel with Cheese Sauce - SR1568 - Contains Milk, Wheat, Gluten	264	10	5	0	26.57	563	32	3	2	0	12.15
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, September 8, 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											
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
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											
Beef Macaroni & Cheese - CAR2283 - Contains Gluten, Wheat, Egg, Milk	290	15.44	8.2	0	46	661	22	1.58	2.37	0	15.45
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4

Cheesy Caesar Salad - CAR2272- Contains milk,egg, wheat, soy, gluten.	353	28	10	0	42	596	8.843	2.76	2	0	14.81
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
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

Monday, September 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 Pancake-SR1190- Contains Egg, Gluten, Milk, Soy, Wheat	210	6	1	0	10	310	35	4	11	(M)	4
Cinnamon Bun-SR2926 Contains Egg, Gluten, Milk, Soy, Wheat	240	7	3	0	5	280	40	3	16	16	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% 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											
Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten	420	24	13	0	50	760	34	1	1	(M)	18
Mozzarella Stuffed Breadsticks - SR1625 - Contains Gluten, Wheat,Egg,Milk,Soy	290	11	6	0	30	500	28	2	5	1	19
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
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

Tuesday, September 12, 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											
Egg & Cheese Muffin - CAR1050 - Contains Egg, Gluten, Milk, Wheat	225.563	10.044	3.778	0	125.125	436.188	22	3	2	0(M)	14.544
Pumpkin Bread-SR3015 Contains Egg, Gluten, Milk, Soy, Wheat	261	8	1.5	0	0	240	44	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											
Breaded Chicken with Mashed Potato- CAR1304- Contains milk, wheat, gluten	270	12.5	3.5	0	50	553	20	2	1	0	18
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Turkey & Cheese Sub Sandwich- CAR1993- Contains milk, wheat, gluten.	350	13	6.25	0	50	870	34	5	2	4.006	24.5
Protein Pack -CAR1159 Contains Gluten, Milk, Soy, Wheat	539.953	24	5.5	0	15	595	65.98	6.999	28.99	(M)	17
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

Wednesday, September 13, 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											
Mini Waffle-SR2443-Contains Egg, Gluten, Milk, Soy, Wheat	190.05	5.11	0.77	0.07	0.49	154.63	32.83	1.82	10.64	10.01	3.15
Bagel - SR1168 Contains Gluten, Wheat, Soy	170	1	0	0	0	310	35	4	3	3	6
Cream Cheese - CAR1468	70	7	4	0	20	115	1	0	1	(M)	1
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											
Pulled Chicken Taco- CAR1160- Contains Wheat, Gluten	273	8.8	3.1	0	.75	368	29	4	2	0	16
Spiced Black Beans - SR3362	125	0	0	0	0	146	24	6.27	1.045	0	7.3
Spicy Chicken Sandwich- CAR1083- Contains gluten, soy, wheat	370	15.5	3	0	20	630	42	5	5	1 (M)	17
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
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
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

Teriyaki Beef Dippers- CAR1761- Contains gluten, soy, wheat	150	9	4	.5	30	410	7	1	5	0	12
Brown Rice - SR1098 -	117.19	0.689	0	0	0	2.023	25.50	1.379	0	0(M)	2.757
Chicken Caesar Wrap -CAR1810 Contains Gluten, Milk, Soy, Wheat, Fish,Egg	471	25.52	7.69	0	57.7	722	38	5	3.67	0(M)	21.67
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											
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
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	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, September 15, 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											
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
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												
Chicken Corn Dog- CAR1452- Contains egg, wheat, soy, gluten.	240	8	2.5	0	40	390	30	5	5	0(M)		9
Sloppy Joe Sandwich - SR1409 - Contains wheat, soy, gluten	320	10.5	4	0	34	1355	41	4	15	9		15
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
Bean & Cheese Pupusa -CAR1511 Contains Milk	290	11	3.5	0	15	580	35	4	1	0		13
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
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
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

Monday, September 18, 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
Concha CAR1403 Contains Egg, Gluten, Milk, Soy, Wheat	200	6	1.5	0	5	90	34	2	8	(M)	5
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											
Protein Pack -CAR1159 Contains Gluten, Milk, Soy, Wheat	539.953	24	5.5	0	15	595	65.98	6.999	28.99	(M)	17
Big Daddy's Pizza - SR2081 - Contains Gluten, Milk, Soy, Wheat	400	16	7	0	35	440	43	4	7	1	19
Italian Baked Pasta -CAR1503 Contains Gluten, Wheat, Milk	449	17.5	8	0	30.4	554	51.6	6	8	0	22.1
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
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Tuesday, September 19, 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
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											
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
Hamburger, 4in - CAR1079 - Contains Gluten, Wheat	310	16.5	6.5	0	40	365	27	3	4	(M)	14
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
Greek Spiced Chicken Meatballs - SR2621 - Contains Gluten, Soy, Wheat	247	18	4	0	59	204	8	1.3	0	0	15
Brown Rice - SR1098 -	117.19	0.689	0	0	0	2.023	25.50	1.379	0	0(M)	2.757
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, September 20, 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 Chocolate WG - CAR1457 - Contains Egg, Gluten, Milk, Soy, Wheat	320.012	16.001	9	0	0	310.011	42.00	3	19.001	18.001	5
Lemon Bread- Contains Egg, Gluten, Milk, Soy, Wheat	261	8	1.5	0	0	240	44	2	24	23	5
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												
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
Pepperjack Cheese Enchiladas - CAR2243 - Contains Milk	382	23.5	13.44	0	57	826	25	4.5	2	0		18.82
Paremesan Chicken Burger -CAR 1642 Contains Gluten, Milk, Soy, Wheat	498	24	7	0	43	1188	48	6.8	7	(M)		25
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

Thursday September 21, 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											
Belgian Waffle and Sausage - CAR1674 - Contains Egg, Milk, Soy, Wheat	350	12	3	0	40	540	53	4	21	(M)	10
Mini Cinni SR1595 Contains Gluten, Milk, Wheat	240	8	1.5	0	0	270	40	3	14	13	4
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											
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
Southwest Pull Apart Cheesy Bread - CAR2299 - Contains Gluten, Milk, Wheat	300	13	6	0	30	580	33	2	5	3	14
Honey BBQ Glazed Pork Rib Sandwich - CAR1041 -contains milk,wheat, soy, gluten	350	14.5	5	0	45	940	39	4	13	0	17

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

Friday, September 22, 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											
Chocolate Filled Crescent- SR3031 Contains Gluten, Milk, Wheat	208	7	1	0	0	237	32	2.34	9	7	5
Soft Baked Strawberry Oat Bar CAR2294 Contains Gluten, Soy, Wheat, Egg, Milk	280	9	1.5	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% 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

Whole Grain Cinnamon Raisin Bagel - CAR1261 - Contains Wheat	170	1	0	0	0	260	35	3	2	0	6
Cream Cheese - CAR1468	70	7	4	0	20	115	1	0	1	(M)	1
Blueberry Muffin - SR1591 - Contains Egg, Gluten, Wheat, Soy	190	6	2	0	40	130	30	2	17	15	3
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
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											
Tater Tot Nachos with Black Beans & Cheese-CAR1186 Contains Milk	356	15	6	0	25	1034	37	6	1	0	14
Tortilla Chips - CAR1011 - Contains Milk,Soy	280	14	0	0	0	10	36	0	0	0	4
Mozzarella Stuffed Breadsticks - SR1625 - Contains Gluten, Wheat,Egg,Milk,Soy	290	11	6	0	30	500	28	2	5	1	19
Orange Chik'n Plant Based Nuggets - SR2816 Contains Wheat,Soy,Gluten	250	7	1	0	0	436	37	4	19	1	14
Whole Grain Biscuit - SR1598 Contains Gluten, Milk, Wheat	190	9	6	0	0	310	24	2	2	2	4
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

Tuesday, September 26, 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											
French Toast Sticks - CAR1910 - Contains Milk, Soy, Wheat	259	10	1.5	0	0	299	38	3	9	8	6
Mini Apple Cinnamon Loaf - CAR1194 - Contains Egg, Milk, Soy, Wheat	160	4.5	.5	0	2.5	110	27	1	15	0	3
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
Chicken Tenders (3pc serv) - CAR1124 - Contains Cluten, Soy, Wheat	260	15	2.5	0	25	390	16	3	1	1	15
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
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
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

Wednesday, September 27, 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% 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											
California Grilled Cheese- CAR2201- Contains milk, wheat, gluten.	362	18	9	0	40	668	31	3	6	0	19
Chicken & Vegetable Dumpling - SR2605 - Contains Wheat, Soy, Gluten, Sesame	240	7	.5	0	35	550	31	4	3	0	17
Veggie Fried Rice - CAR1803 - Contains Sesame, Gluten, Soy, Wheat	73	.5	0	0	0	184	15	.7	1	0	1.7
Protein Pack -CAR1159 Contains Gluten, Milk, Soy, Wheat	539.953	24	5.5	0	15	595	65.98	6.999	28.99	(M)	17
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

Thursday, September 28, 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 French Toast, Triple Berry - CAR2205 - Contains Egg, Milk, Soy, Wheat	172.74	5.538	.90	0	1.12	154	28.89	1.7	8.6	7.9	3
Mini Donut Chocolate WG - CAR1457 - Contains Egg, Gluten, Milk, Soy, Wheat	320.012	16.001	9	0	0	310.011	42.00	3	19.001	18.001	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											
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
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
Big Daddy's Pepperoni Pizza - SR2084 - Contains Pork, Gluten, Milk, Soy, Wheat	435	19	8	0	43	555	43	4	7	1	20

Soft Pretzel with Cheese Sauce - SR1568 - Contains Milk, Wheat, Gluten	264	10	5	0	26.57	563	32	3	2	0	12.15
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

Friday, September 29, 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
Cream Cheese - CAR1468	70	7	4	0	20	115	1	0	1	(M)	1
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											
Beef Macaroni & Cheese - CAR2283 - Contains Gluten, Wheat, Egg, Milk	290	15.44	8.2	0	46	661	22	1.58	2.37	0	15.45
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Cheesy Caesar Salad - CAR2272- Contains milk,egg, wheat, soy, gluten.	353	28	10	0	42	596	8.843	2.76	2	0	14.81
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
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