

Table of Contents

Please click the menu option below to jump to its carb menu listing.

Table of Contents

Pre K Breakfast.....	1
Breakfast in the Classroom (BIC) All Grades	2
K-5, K-8, 6-8 Breakfast.....	3
9-12 Breakfast	4
9-12 Breakfast pt. 2.....	5
Pre K Lunch.....	6
K-5, K-8 Lunch	7
K-5, K-8 Lunch pt. 2	8
K-5, K-8 Lunch pt. 3	9
6-8 Lunch.....	10
6-8 Lunch pt. 2	11
6-8 Lunch pt. 3	12
9-12 Lunch.....	13
9-12 Lunch pt. 2	14
9-12 Lunch pt. 3	15
APS Salad Bowl, Milk, & Condiments.....	16

Reimbursable Breakfast Menu for Pre-K

Cycle Week 1

	MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER	
Entrée:	M51274	Cinnamon French Toast	37	2	M51267	Blueberry Muffin	31	2	M50439	Cheerios	20	3	M52397	Country Chicken Biscuit	28	3	M50439	Cheerios	20	3
Fruit:	M50536	Fresh Apple Wedges	8	1	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0

Cycle Week 2

	MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER	
Entrée:	M50439	Cheerios	20	3	M51266	Banana Muffin	31	2	M50439	Cheerios	20	3	M54081	Cinnamon Pancakes	41	3	M53882	Egg & Cheese Sandwich	19	2
Fruit:	M50536	Fresh Apple Wedges	8	1	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0

Cycle Week 3

	MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER	
Entrée:	M50439	Cheerios	20	3	M52585	Berry French Toast	37	2	M51404	Sausage Breakfast Pizza	31	3	M50439	Cheerios	20	3	M51267	Blueberry Muffin	31	2
Fruit:	M50536	Fresh Apple Wedges	8	1	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0

Cycle Week 4

	MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER	
Entrée:	M50509	SW Egg & Cheese Slider	21	2	M51266	Banana Muffin	31	2	M52006	Turkey Sausage Sandwich	18	2	M50439	Cheerios	20	3	M52636	Maple Mini Waffles	38	3
Fruit:	M50536	Fresh Apple Wedges	8	1	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0

Cycle Week 5

	MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER	
Entrée:	M50439	Cheerios	20	3	M52577	Apple Cinnamon Muffin	30	2	M52585	Berry French Toast	37	2	M50439	Cheerios	20	3	M52006	Turkey Sausage Sandwich	18	2
Fruit:	M50536	Fresh Apple Wedges	8	1	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0

Breakfast in the Classroom (BIC) All Grades

Reimbursable Breakfast in the Classroom (BIC) Menu for K-5, K-8, 6-8, 9-12

Cycle Week 1																				
		MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER
Entrée:	M51274	Cinnamon French Toast	37	2	M51267	Blueberry Muffin	31	2	M52396	Fiesta Egg & Chs Sand.	20	2	M52397	Country Chicken Biscuit	28	3	M52554	Cherry Frudel	37	2
					M52697	Vanilla Yogurt	16	0												
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 2																				
		MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER
Entrée:	M52590	Blueberry Mini Waffles	37	3	M51266	Banana Muffin	31	2	M51240	Apple Frudel	36	2	M54081	Cinnamon Pancakes	41	3	M53882	Egg & Cheese Sandwich	19	2
					M52697	Vanilla Yogurt	16	0												
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 3																				
		MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER
Entrée:	M52397	Country Chicken Biscuit	28	3	M52585	Berry French Toast	37	2	M51404	Sausage Breakfast Pizza	31	3	M54926	Egg and Cheese Fundle	22	2	M51267	Blueberry Muffin	31	2
																	M52697	Vanilla Yogurt	16	0
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 4																				
		MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER
Entrée:	M50509	SW Egg & Cheese Slider	21	2	M51266	Banana Muffin	31	2	M52006	Turkey Sausage Sandwich	18	2	M51240	Apple Frudel	36	2	M52636	Maple Mini Waffles	38	3
					M52697	Vanilla Yogurt	16	0												
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 5																				
		MONDAY	CARB	FIBER		TUESDAY	CARB	FIBER		WEDNESDAY	CARB	FIBER		THURSDAY	CARB	FIBER		FRIDAY	CARB	FIBER
Entrée:	M52534	Oatmeal Raisin Bar	48	3	M52397	Country Chicken Biscuit	28	3	M52585	Berry French Toast	37	2	M51404	Sausage Breakfast Pizza	31	3	M52554	Cherry Frudel	37	2
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

K-5, K-8, 6-8 Breakfast

Reimbursable Breakfast Menu for Café & Grab and Go Options K-5, K-8, 6-8

Cycle Week 1																				
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	CARB	FIBER		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER					
Entrée 1:	M51274	Cinnamon French Toast	37	2	M53302	Turkey Pancake Wrap	17	3	M52396	Fiesta Egg & Chs Sand.	20	2	M52397	Country Chicken Biscuit	28	3	M52554	Cherry Frudel	37	2
Entrée 2:	M51278	Egg, Chs & Saus. Slider	22	2	M51267	Blueberry Muffin	31	2	M53705	Cinnamon Chex	22	1	M50067	Apple Orange Yog Smoothie	32	1	M52006	Turkey Sausage Sandwich	18	2
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M52697	Vanilla Yogurt	16	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 2																				
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	CARB	FIBER		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER					
Entrée 1:	M52590	Blueberry Mini Waffles	37	3	M51278	Egg, Cheese & Sausage Slider	22	2	M51240	Apple Frudel	36	2	M54081	Cinnamon Pancakes	41	3	M53882	Egg & Cheese Sandwich	19	2
Entrée 2:	M51435	Raisin Bran	27	4	M51266	Banana Muffin	31	2	M50439	Cheerios	20	3	M50300	Cinnamon Roll Yog Smoothie	34	2	M52534	Oatmeal Raisin Bar	48	3
Fresh Fruit:	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0
Canned Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Juice:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 3																				
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	CARB	FIBER		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER					
Entrée 1:	M52397	Country Chicken Biscuit	28	3	M52585	Berry French Toast	37	2	M51404	Sausage Breakfast Pizza	31	3	M54926	Egg and Cheese Fundle	22	2	M52396	Sand.	20	2
Entrée 2:	M53705	Cinnamon Chex	22	1	M53302	Turkey Pancake Wrap	17	3	M51435	Raisin Bran	27	4	M50067	Apple Orange Yog Smoothie	32	1	M51267	Blueberry Muffin	31	2
Fresh Fruit:	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0
Canned Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Juice:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 4																				
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	CARB	FIBER		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER					
Entrée 1:	M50509	SW Egg & Cheese Slider	21	2	M55176	Mini Corn Dogs	15	2	M52006	Turkey Sausage Sandwich	18	2	M51240	Apple Frudel	36	2	M52636	Maple Mini Waffles	38	3
Entrée 2:	M51435	Raisin Bran	27	4	M51266	Banana Muffin	31	2	M50439	Cheerios	20	3	M50300	Cinnamon Roll Yog Smoothie	34	2	M51404	Sausage Breakfast Pizza	31	3
Fresh Fruit:	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0
Canned Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Juice:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 5																				
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	CARB	FIBER		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER					
Entrée 1:	M52534	Oatmeal Raisin Bar	48	3	M52397	Country Chicken Biscuit	28	3	M52585	Berry French Toast	37	2	M51404	Sausage Breakfast Pizza	31	3	M52554	Cherry Frudel	37	2
Entrée 2:	M50439	Cheerios	20	3	M52577	Apple Cinnamon Muffin	30	2	M53705	Cinnamon Chex	22	1	M50067	Apple Orange Yog Smoothie	32	1	M52006	Turkey Sausage Sandwich	18	2
Fresh Fruit:	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0
Canned Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Juice:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

9-12 Breakfast

Reimbursable Breakfast Menu for Café & Grab and Go Options 9-12

Cycle Week 1																				
	MONDAY			TUE SDAY			WEDNE SDAY			THURSDAY			FRIDAY							
	CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER						
Entrée 1:	M51274	Cinnamon French Toast	37	2	M53302	Turkey Pancake Wrap	17	3	M52396	Fiesta Egg & Chs Sand.	20	2	M52397	Country Chicken Biscuit	28	3	M52554	Cherry Frudel	37	2
Entrée 2:	M51278	Egg, Chs & Saus. Slider	22	2	M51267	Blueberry Muffin	31	2	M53705	Cinnamon Chex	22	1	M50067	Apple Orange Yog Smoothie	32	1	M52006	Turkey Sausage Sandwich	18	2
					M52697	Vanilla Yogurt	16	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1				
Entrée 3:	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1
Daily Cereal	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4
Variety + Choice of Crackers or Yogurt	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3
	M50198	Maple Oatmeal	25	1	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2
	M50792	Strawberry Banana Yogurt	15	0	M50792	Strawberry Banana Yogurt	15	0	M50791	Raspberry Yogurt	15	0	M54379	Graham Crackers	16	1	M51295	Cherry Yogurt	15	0
	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1					M54379	Graham Crackers	16	1
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 2																				
	MONDAY			TUE SDAY			WEDNE SDAY			THURSDAY			FRIDAY							
	CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER						
Entrée 1:	M52590	Blueberry Mini Waffles	37	3	M51278	Egg, Cheese & Sausage Slider	22	2	M51240	Apple Frudel	36	2	M54081	Cinnamon Pancakes	41	3	M53882	Egg & Cheese Sandwich	19	2
Entrée 2:	M51435	Raisin Bran	27	4	M51266	Banana Muffin	31	2	M50439	Cheerios	20	3	M50300	Cinnamon Roll Smoothie	34	2	M52534	Oatmeal Raisin Bar	48	3
	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M52697	Vanilla Yogurt	16	0
Entrée 3:	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1
Daily Cereal	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4
Variety + Choice of Crackers or Yogurt	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3
	M50198	Maple Oatmeal	25	1	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2
	M50791	Raspberry Yogurt	15	0	M54379	Graham Crackers	16	1	M50791	Raspberry Yogurt	15	0	M54379	Graham Crackers	16	1	M51295	Cherry Yogurt	15	0
	M54379	Graham Crackers	16	1					M54379	Graham Crackers	16	1					M54379	Graham Crackers	16	1
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 3																				
	MONDAY			TUE SDAY			WEDNE SDAY			THURSDAY			FRIDAY							
	CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER						
Entrée 1:	M52397	Country Chicken Biscuit	28	3	M52585	Berry French Toast	37	2	M51404	Sausage Breakfast Pizza	31	3	M54926	Egg and Cheese Fundle	22	2	M52396	Fiesta Egg & Cheese Sand.	20	2
Entrée 2:	M53705	Cinnamon Chex	22	1	M53302	Turkey Pancake Wrap	17	3	M51435	Raisin Bran	27	4	M50067	Apple Orange Yog Smoothie	32	1	M51267	Blueberry Muffin	31	2
	M54379	Graham Crackers	16	1					M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M50792	Strawberry Banana Yogurt	15	0
Entrée 3:	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1
Daily Cereal	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4
Variety + Choice of Crackers or Yogurt	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3
	M50198	Maple Oatmeal	25	1	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2
	M50792	Strawberry Banana Yogurt	15	0	M54379	Graham Crackers	16	1	M50791	Raspberry Yogurt	15	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1
	M54379	Graham Crackers	16	1					M54379	Graham Crackers	16	1								
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

9-12 Breakfast pt. 2

Reimbursable Breakfast Menu for Café & Grab and Go Options 9-12

Cycle Week 4																				
		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
Entrée 1:	M50509	SW Egg & Cheese Slider	21	2	M55176	Mini Corn Dogs	15	2	M52006	Turkey Sausage Sandwich	18	2	M51240	Apple Frudel	36	2	M52636	Maple Mini Waffles	38	3
Entrée 2:	M51435	Raisin Bran	27	4	M51266	Banana Muffin	31	2	M50439	Cheerios	20	3	M50300	Cinnamon Roll Smoothie	34	2	M51404	Sausage Breakfast Pizza	31	3
	M54379	Graham Crackers	16	1	M50792	Strawberry Banana Yogurt	15	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1				
Entrée 3:	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1
Daily Cereal	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4
Variety +	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3
Choice of Crackers or Yogurt	M50198	Maple Oatmeal	25	1	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2
	M51295	Cherry Yogurt	15	0					M51295	Cherry Yogurt	15	0	M54379	Graham Crackers	16	1	M50792	Strawberry Banana Yogurt	15	0
	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1					M54379	Graham Crackers	16	1
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Cycle Week 5																				
		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
Entrée 1:	M52534	Oatmeal Raisin Bar	48	3	M52397	Country Chicken Biscuit	28	3	M52585	Berry French Toast	37	2	M51404	Sausage Breakfast Pizza	31	3	M52554	Cherry Frudel	37	2
Entrée 2:	M50439	Cheerios	20	3	M52577	Apple Cinnamon Muffin	30	2	M53705	Cinnamon Chex	22	1	M50067	Apple Orange Yog Smoothie	32	1	M52006	Turkey Sausage Sandwich	18	2
	M54379	Graham Crackers	16	1	M51295	Cherry Yogurt	15	0	M54379	Graham Crackers	16	1	M54379	Graham Crackers	16	1				
Entrée 3:	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1	M51435	Raisin Bran	27	1
Daily Cereal	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4	M50439	Cheerios	20	4
Variety +	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3	M53705	Cinnamon Chex	22	3
Choice of Crackers or Yogurt	M50198	Maple Oatmeal	25	1	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2	M50198	Maple Oatmeal	25	1	M55535	Grits with Margarine	22	2
	M50792	Strawberry Banana Yogurt	15	0	M54379	Graham Crackers	16	1	M50791	Raspberry Yogurt	15	0	M54379	Graham Crackers	16	1	M51295	Cherry Yogurt	15	0
	M54379	Graham Crackers	16	1					M54379	Graham Crackers	16	1					M54379	Graham Crackers	16	1
Fresh Fruit:	M50536	Fresh Apple Wedges	8	1	M50534	Fresh Orange Wedges	12	2	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50429	Fresh Cantaloupe	6	1
Canned Fruit:	M52274	Sliced Pears	18	2	M50192	Mixed Fruit	18	1	M53549	Applesauce	14	2	M50722	Raisins	34	2	M50785	Sliced Peaches	17	0
Juice:	M53365	Grape Juice	18	0	M50980	Fruit Juice	14	0	M50982	Orange Juice	12	0	M50980	Fruit Juice	14	0	M50979	Apple Juice	14	0

Pre K Lunch

PRE-K LUNCH

Cycle Week 1

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY										
		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER									
Entrée:	M50319	Oven Roasted Chicken	2	0	M51294	Rotini	20	3	M50995	Cheese Pizza	37	4	M51417	Hamburger	29	2	M51275	Chicken Chunk Bites	16	0
	M51680	Dinner Roll	28	3	M50754	Italian Meatsauce	16	4									M51680	Dinner Roll	28	3
Veggie:	M53553	Potato Wedges	18	2	M54861	Green Beans	4	2	M53082	Carrot Coins	3	1	M53153	Baked Beans	29	5	M53202	Steamed Kale	4	2
Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M53506	Fresh Apple Wedges	8	1	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1

Cycle Week 2

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY										
		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER									
Entrée:	M52859	Meatloaf	4	1	M52115	Chicken Chipotle Bowl	48	7	M51183	Breaded Fish Melt	44	4	M51204	C.Ham & Cheese Sub	32	3	M54124	Inside Out Penne Casserole	40	6
	M53950	Rosemary Sauce	5	0	M51680	Dinner Roll	28	3									M51680	Dinner Roll	28	3
	M51680	Dinner Roll	28	3																
Veggie:	M51045	Mashed Potatoes	15	1	M52770	Celery sticks	2	1	M50350	Cucumber Coins	3	0	M53965	Beans	34	5	M54868	Steamed Broccoli		
	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M53506	Fresh Apple Wedges	8	1	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1

Cycle Week 3

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER										
Entrée:	M50405	Salisbury Steak	4	1	M52610	Hot Dog	29	2	M51417	Hamburger	29	2	M53215	Sloppy Joe Sandwich	37	3	M53870	Pasta w/ Chicken Alfredo	27	3	
	M53950	Rosemary Sauce	5	0														M51680	Dinner Roll	28	3
	M53957	Parslied Noodles	20	3																	
Veggie:	M52635	Seasoned Peas			M52174	Sweet Potato Bites	27	2	M54861	Seasoned Green Beans	4	2	M52980	Charro Beans			M53202	Steamed Kale	4	2	
Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M53506	Fresh Apple Wedges	8	1	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1	

Cycle Week 4

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY										
		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER									
Entrée:	M51141	Cheese Quesadilla	31	4	M53447	Country Chicken Bowl	54	4	M51275	Chicken Chunk Bites	16	0	M53007	Roast Turkey	0	0	M52420	Cajun Meatball Stew	8	2
					M51680	Dinner Roll	28	3	M51680	Dinner Roll	28	3	M51444	w/ Sauce	6	0	M52193	Fluffy Rice	21	1
													M51680	Dinner Roll	28	3				
Veggie:	M51661	Cucumber Tomato Salad	7	1	M54723	Roasted Carrots	11	4		Campfire Beans	34	5	M51045	Mashed Potatoes	27	0	M54868	Steamed Broccoli	2	1
Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M53506	Fresh Apple Wedges	8	1	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1

Cycle Week 5

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER										
Entrée:	M50952	Spaghetti w/ Sauce	32	6	M54484	Potato Breaded Fish Nuggets	20	2	M50995	Cheese Pizza	37	4	M51446	Mexican Bowl	58	7	M53876	Sweet & Sour Oriental Chicken	18	2	
	M52418	& Meatballs	2	1									M51680	Dinner Roll	28	3	M52193	Fluffy Rice	21	1	
Veggie:	M54861	Seasoned Green Beans	4	2	M50186	Broccoli Bites	2	1	M25540	Zucchini Slices	2	0	M51680	M53964	Kickin Pinto Beans	25	5	M53220	Collard Greens	7	3
Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M53506	Fresh Apple Wedges	8	1	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1	

K-5 LUNCH, K-8 LUNCH

Cycle Week 1																				
		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
Entrée 1:	M50319	Oven Roasted Chicken	2	0	M51294	Rotini	20	3	M50995	Cheese Pizza	37	4	M51417	Hamburger	29	2	M52650	Veg Chili Topped Baked Potato	46	7
	M51680	Dinner Roll	28	3	M50754	Italian Meatsauce	16	4	M51132	Pepperoni Pizza	36	4	M50821	Cheeseburger	30	2	M51680	Dinner Roll	28	3
Entrée 2:	M51480	Baja Vegetarian Salad	26	7	M50030	Broccoli Vegetarian Flat Bread	37	5	M51430	Egg Chef Salad	4	1	M51140	Bean Quesadilla	43	7	M51275	Chicken Chunk Nuggets	16	0
	M51680	Dinner Roll	28	3					M51680	Dinner Roll	28	3					M51680	Dinner Roll	14	2
Entrée 3:	M51851	C. Ham & Cheese Sandwich	34	2	M52948	Breaded Chicken Caesar Sala	23	2	M53860	Chicken Salad Sandwich	34	2	M50883	All American Salad	6	1	M51737	Turkey & Cheese Melt	33	2
					M51680	Dinner Roll	28	3					M51680	Dinner Roll	28	3				
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato & onion - See "Daily Serve" for Nutritional Information																			
Hot Veggie:	M53553	Potato Wedges	18	2	M54861	Green Beans	4	2	M50194	Glazed Carrot Coins	21	3	M53153	Baked Beans	29	5	M53202	Steamed Kale	4	2
Cold Veggie:	M50186	Broccoli Bites	2	1	M52815	Red Pepper Strips	3	1	M52540	Zucchini Slices	2	1	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fruit Salad	13	2
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Blended Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0

Cycle Week 2																				
		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
Entrée 1:	M52859	Meatloaf	4	1	M52115	Chicken Chipotle Bowl	48	7	M50995	Cheese Pizza	37	4	M54576	Spicy Chicken Nachos	26	4	M51511	Inside Out Penne Casserole	54	8
	M53950	Rosemary Sauce	5	0	M51680	Dinner Roll	28	3	M51132	Pepperoni Pizza	36	4					M51680	Dinner Roll	28	3
	M51680	Dinner Roll	28	3																
Entrée 2:	M52944	Cheese & Fruit Plate	9	2	M50111	Veggie Burger	33	6	M51183	Breaded Fish Melt	44	4	M50895	Egg Salad Sandwich	34	2	M51275	Chicken Chunk Bites	16	0
	M52553	Cinnamon Tortilla Crisps	38	3													M51680	Dinner Roll	28	3
Entrée 3:	M52675	Hot Spicy Chicken Sandwich	39	3	M53268	Turkey & Cheese Sandwich	34	2	M2472	Buffalo Chicken Salad	16	2	M53878	C. Ham & Cheese Melt	33	2	M53865	Chicken Caesar Salad	13	2
									M51680	Dinner Roll	28	3					M51680	Dinner Roll	28	3
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato & onion - See "Daily Serve" for Nutritional Information																			
Hot Veggie:	M53175	Mashed Potatoes	15	1	M53522	Seasoned Acorn Squash	9	3	M53901	Roasted Cauliflower	3	1	M53965	Chipotle Campfire Beans	34	5	M54868	Broccoli	2	1
Cold Veggie:	M51945	Three Bean Salad	25	7	M52770	Celery sticks	2	1	M50350	Cucumber Coins	3	0	M50431	Baby Carrots	6	2	M52815	Red Pepper Strips	3	1
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fruit Salad	13	2
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Blended Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0

K-5 LUNCH, K-8 LUNCH

Cycle Week 3

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER				
Entrée 1:	M50405 Salisbury Steak	4	1	M52610 Hot Dog	29	2	M54639 Pizza Sticks	35	3	M53215 Sloppy Joe Sandwich	37	3	M53870 Pasta w/ Chicken Alfredo	27	3
	M50531 w/ Sauce	5	0				M53493 Marinara Sauce	5	1.5				M51680 Dinner Roll	28	3
	M53957 Parslied Noodles	20	3				M51417 Hamburger	29	2						
Entrée 2:	M51663 Mediterranean Veggie Wrap	50	7	M50716 Cheese & Bean Nacho Salad	32	5	M50821 Cheeseburger	30	2	M52736 Three Cheese Salad	5	1	M53275 Grilled Cheese	33	2
				M54539 Tortilla Chips	16	2				M51680 Dinner Roll	28	3	M50185 Tomato Soup	20	1
Entrée 3:	M53532 Greens w/ Chicken Salad	6	1	M50716 C. Ham & Cheese Sandwich	34	2	M53348 Tuna Salad Sandwich	32	2	M51275 Chicken Chunk Bites	16	0	M54063 Chef Salad	6	1
	M51680 Dinner Roll	28	3							M51680 Dinner Roll	28	3	M51680 Dinner Roll	28	3
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato & onion - See "Daily Serve" for Nutritional Information														
Hot Veggie:	M52635 Seasoned Peas	13	4	M52174 Sweet Potato Bites	27	2	M54861 Seasoned Green Beans	4	2	M52980 Charro Beans	22	8	M53202 Steamed Kale	4	2
Cold Veggie:	M50186 Broccoli Bites	2	1	M52540 Zucchini Slices	2	1	M52815 Red Pepper Strips	3	1	M52770 Celery Sticks	2	1	M50431 Baby Carrots	6	2
Fresh Fruit:	M50592 Fresh Grapes	15	1	M51458 Fresh Banana	18	2	M50536 Fresh Apple Wedges	8	2	M50534 Fresh Orange Wedges	12	2	M51967 Fruit Salad	13	2
Canned Fruit:	M50192 Mixed Fruit	18	1	M50785 Sliced Peaches	17	0	M52274 Sliced Pears	18	2	M53549 Applesauce	14	2	M50178 Pineapple Tidbits	18	1
Juice:	M50982 Orange Juice	12	0	M50979 Apple Juice	14	0	M50980 Blended Fruit Juice	14	0	M53365 Grape Juice	18	0	M50496 Cherry Star Juice	13	0

Cycle Week 4

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER				
Entrée 1:	M51141 Cheese Quesadilla	31	4	M53447 Country Chicken Bowl	54	4	M50860 Bean & Cheese Burrito	64	11	M53007 Roast Turkey	0	0	M52420 Cajun Meatball Stew	8	2
				M51680 Dinner Roll	28	3				M51444 w/ Sauce	6	0	M52605 w/ Cilantro Rice	47	2
										M51680 Dinner Roll	28	3			
Entrée 2:	M52675 Spicy Chicken Sandwich	39	3	M50895 Egg Salad Sandwich	34	2	M51275 Chicken Chunk Bites	16	0	M50995 Cheese Pizza	37	4	M54581 Nacho Salad	32	5
							M51680 Dinner Roll	28	3	M51132 Pepperoni Pizza	36	4	M51680 w/ Roll	28	3
Entrée 3:	M53311 All American Sandwich	32	2	M53958 Philly Cheesesteak	34	4	M50251 Apple & Cheese Plate	7	1	M50962 Sunbutter & Jelly Sandwich	70	10	M53272 Turkey & Cheese Wrap	40	4
							M51680 Dinner Roll	28	3						
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato & onion - See "Daily Serve" for Nutritional Information														
Hot Veggie:	M53571 Roasted Brussel Sprouts	6	2	M54723 Roasted Carrots	11	4	M51462 Campfire Beans	34	5	M51425 Mashed Potatoes	3	1	M54868 Broccoli w/ Margarine	2	1
Cold Veggie:	M51661 Cucumber Tomato Salad	7	1	M52109 Jicama Sticks	6	3	M52770 Celery Sticks	2	1	M50431 Baby Carrots	6	2	M51251 Potato Salad	19	2
Fresh Fruit:	M50592 Fresh Grapes	15	1	M51458 Fresh Banana	18	2	M50536 Fresh Apple Wedges	8	2	M50534 Fresh Orange Wedges	12	2	M51967 Fruit Salad	13	2
Canned Fruit:	M50192 Mixed Fruit	18	1	M50785 Sliced Peaches	17	0	M52274 Sliced Pears	18	2	M53549 Applesauce	14	2	M50178 Pineapple Tidbits	18	1
Juice:	M50982 Orange Juice	12	0	M50979 Apple Juice	14	0	M50980 Blended Fruit Juice	14	0	M53365 Grape Juice	18	0	M50496 Cherry Star Juice	13	0

K-5 LUNCH, K-8 LUNCH

Cycle Week 5

		MONDAY		CARB		FIBER		TUESDAY		CARB		FIBER		WEDNESDAY		CARB		FIBER		THURSDAY		CARB		FIBER		FRIDAY		CARB		FIBER	
Entrée 1:	M50952	Spaghetti w/ Sauce	32	6	M54484	Nuggets	20	2	M50995	Cheese Pizza	37	4	M51466	Mexican Bowl	58	7	M53876	Sweet & Sour Oriental Chicken	18	2											
	M52418	& Meatballs	2	1	M53289	w/ Macaroni & Cheese	25	3	M51132	Pepperoni Pizza	36	4	M51680	Dinner Roll			M52193	Fluffy Rice	21	1											
Entrée 2:	M53487	Kickin Pinto Salad	34	7	M53275	Grilled Cheese	33	2	M54586	Beefy Nacho Salad	22	3	M51275	Chicken Chunk Bites	16	0	M51137	Soft Bean Taco	43	7											
	M51362	Tortilla Crisps	34	3	M51085	w/ Tomato Soup	20	1	M54539	Tortilla Chips	16	3	M51680	Dinner Roll	28	3															
Entrée 3:	M50182	Tuna Salad Sub	32	4	M52675	Hot Spicy Chicken Sandwich	39	3	M53268	Turkey & Cheese Sandwich	20	2	M50883	All American Salad	6	1	M51417	Hamburger	29	2											
													M51680	Dinner Roll	28	3	M50821	Cheeseburger	30	2											
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato & onion - See "Daily Serve" for Nutritional Information																														
Hot Veggie:	M54861	Seasoned Green Beans	4	2	M53421	Seasoned Tater Tots	16	2	M51731	Sweet Potato Fries	23	3	M50815	Kickin' Pintos	25	5	M53220	Collard Greens	7	3											
Cold Veggie:	M52815	Red Pepper Strips	3	1	M50186	Broccoli Bites	2	1	M52540	Zucchini Slices	2	1	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2											
Fresh Fruit:	M50592	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fruit Salad	13	2											
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1											
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Blended Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0											

6-8 Lunch

6-8 LUNCH

Cycle Week 1

		MONDAY		CARB		FIBER		TUESDAY		CARB		FIBER		WEDNESDAY		CARB		FIBER		THURSDAY		CARB		FIBER		FRIDAY		CARB		FIBER	
Entrée 1:	M50319	Oven Roasted Chicken Drumstick	2	0	M51114	Rotini	41	5	M52650	Vegetarian Chili Topped Potato	46	7	M53703	Meatball Pizza Sub	35	6	M53876	Sweet & Sour Chicken w/ Vegetables	18	2											
	M51680	w/ Dinner Roll	28	3	M50754	w/ Italian Meat Sauce	16	4	M51680	w/ Dinner Roll	28	3					M51074	over Brown Rice	42	2											
					M51680	w/ Dinner Roll	28	3																							
Entrée 2:	M54548	Beef and Bean Nachos	30	4	M52452	Vegetable Pizza	37	4	M53227	Breaded Chicken Salsa Melt	42	3	M52876	Chicken Fajita	41	4	M54275	Four Cheese Pizza	36	3											
	M54540	w/ Tortilla Chips	32	3																											
Entrée 3:	M51480	Vegetarian Baja Salad	26	7	M54541	Sriracha Crunch Cheese Burger	42	3	M50885	All-American Chef Salad	6	1	M51140	Bean Quesadilla	43	7	M53830	Fish Soft Tacos	51	7											
	M51680	w/ Dinner Roll	28	3					M51680	w/ Dinner Roll	28	3																			
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																														
Hot Veggie:	M53553	Potato Wedges	18	2	M54861	Green Beans with Margarine	4	2	M50194	Orange Glazed Carrots	21	3	M53153	Vegetarian Baked Beans	29	5	M53202	Steamed Kale	4	2											
Cold Veggie:	M50186	Fresh Broccoli	2	1	M52815	Red Peppers Fresh	3	1	M52540	Fresh Zucchini	2	1	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2											
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2											
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1											
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0											

Cycle Week 2

		MONDAY		CARB		FIBER		TUESDAY		CARB		FIBER		WEDNESDAY		CARB		FIBER		THURSDAY		CARB		FIBER		FRIDAY		CARB		FIBER	
Entrée 1:	M52859	Meatloaf	4	1	M52115	Chicken Chili Chipotle Lime and Cilantro Fritos	48	7	M51857	Cajun Chili Fries Bowl	46	6	M54576	Grilled Chicken & Refried Bean Nachos	26	4	M51511	Cheesy Baked Penne	54	8											
	M53950	w/ Rosemary Gravy	5	0	M51680	w/ Dinner Roll	28	3	M51680	w/ Dinner Roll	28	3	M54540	w/ Tortilla Chips	32	3	M51680	w/ Dinner Roll	28	3											
	M51680	& Dinner Roll	28	3																											
Entrée 2:	M54823	Buffalo Chicken Pizza	35	2	M50111	Veggie Burger	33	6	M50860	Bean Burrito	64	11	M54330	Three Cheese Calzone	33	4	M52546	Pesto Cheeseburger	30	2											
Entrée 3:	M52944	Winter Fruit & Cheese Plate	9	2	M53453	Turkey & Cheese Sub	34	4	M52472	Breaded Buffalo Chicken Salad	16	2	M52610	Hot Dog on Bun	29	2	M51923	Breaded Buffalo Chicken Wrap	49	5											
	M52553	w/ Cinnamon Tortilla Crisps	38	3					M51680	w/ Dinner Roll	28	3																			
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																														
Hot Veggie:	M53175	Mashed Potatoes	15	1	M53522	Roasted Acorn Squash	9	3	M53901	Roasted Cauliflower	3	1	M53965	Campfire Chipotle Beans	34	5	M54868	Broccoli with Margarine	2	1											
Cold Veggie:	M51945	Three Bean Salad	25	7	M52770	Celery sticks	2	1	M50350	Fresh Cucumber Slices	3	0	M50431	Baby Carrots	6	2	M52815	Red Peppers Fresh	3	1											
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2											
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1											
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0											

6-8 LUNCH

Cycle Week 3

	MONDAY		CARB	FIBER		TUESDAY		CARB	FIBER		WEDNESDAY		CARB	FIBER		THURSDAY		CARB	FIBER		FRIDAY		CARB	FIBER
Entrée 1:	M50405	Salisbury Steak	4	1	M51990	Oriental Chicken & Broccoli	18	2	M54639	Pizza Sticks	35	3	M55235	Jerk Chicken Flatbread	39	4	M53870	Pasta w/ Chicken Alfredo	27	3				
	M50531	w/ Beef Gravy	5	0	M51356	Oriental Fried Rice	42	2	M53493	Marinara Sauce	5	1					M51680	Dinner Roll	28	3				
	M53701	& Parsley Noodles	41	5																				
Entrée 2:	M51140	Bean Quesadilla	43	7	M54278	Pepperoni Pizza	35	4	M52672	Soft Chicken Taco	32	4	M54077	Cheeseburger Rolletto	35	3	M53215	Sloppy Joe Sandwich	37	3				
Entrée 3:	M50788	Santa Fe Turkey Wrap	55	9	M54581	Cheesy Bean Nacho Salad	32	5	M53348	Tuna Salad Sandwich	32	2	M52736	Three Cheese Salad	5	1	M51663	Mediterranean Veggie Wrap	50	7				
					M51362	Tortilla Crisps	16	2					M51680	Dinner Roll	28	3								
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																							
Hot Veggie:	M54876	Green Peas with Margarine	13	4	M52174	Sweet Potato Tots	27	2	M54861	Seasoned Green Beans	4	2	M52980	Charro Beans	22	8	M53202	Steamed Kale	4	2				
Cold Veggie:	M50186	Fresh Broccoli	2	1	M52540	Zucchini Slices	2	1	M52815	Red Peppers Fresh	3	1	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2				
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2				
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1				
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0				

Cycle Week 4

	MONDAY		CARB	FIBER		TUESDAY		CARB	FIBER		WEDNESDAY		CARB	FIBER		THURSDAY		CARB	FIBER		FRIDAY		CARB	FIBER
Entrée 1:	M52548	Chili Mac Casserole	50	7	M53447	Country Chicken Bowl	54	4	M50860	Bean & Cheese Burrito	64	11	M53007	Roast Turkey	0	0	M51183	Breaded Fish Melt	44	4				
	M51680	Dinner Roll	28	3	M51680	Dinner Roll	28	3					M51444	w/ Sauce	6	0								
														M51680	Dinner Roll	27	0							
Entrée 2:	M52675	Spicy Chicken Sandwich	39	3	M54541	Sriracha Beef Burger	42	3	M51275	Chicken Chunk Bites	16	0	M52452	Roasted Veggie Pizza	37	5	M54823	BBQ Chicken Pizza	35	2				
									M51680	Dinner Roll	28	3												
Entrée 3:	M51141	Cheese Quesadilla	31	4	M51253	Egg Salad Sub	34	4	M51851	C. Ham & Cheese Sandwich	34	2	M52948	Breaded Chicken Cesaer Salad	23	2	M54581	Nacho Salad	32	5				
													M51680	Dinner Roll	28	3	M54539	Tortilla Crisps	28	3				
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																							
Hot Veggie:	M53571	Roasted Brussel Sprouts	6	2	M54723	Roasted Carrots	11	4	M51462	Campfire Beans	34	5	M51425	Mashed Potatoes	3	1	M54868	Steamed Broccoli	2	1				
Cold Veggie:	M51661	Cucumber Tomato Salad	7	1	M52109	Jicama Sticks	6	3	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2	M51251	Potato Salad	19	2				
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2				
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1				
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0				

6-8 LUNCH

Cycle Week 5

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY										
		CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER	CARB	FIBER									
Entrée 1:	M51469	Spaghetti w/ Sauce	52	8	M54484	Nuggets	20	2	M53371	Chili Dog	31	3	M51466	Mexican Bowl	58	7	M53876	Sweet & Sour Oriental Chicken	18	2
	M52418	& Meatballs	2	1	M53289	w/ Macaroni & Cheese	25	3									M52193	Fluffy Rice	42	2
	M51680	Dinner Roll	28	3																
Entrée 2:	M52682	Cajun Beef Burger	32	3	M54275	Four Cheese Pizza	36	3	M51140	Veggie Quesadilla	43	7	M51275	Chicken Chunk Bites	16	0	M50261	Artisan Pizza	33	3
													M51680	Dinner Roll	28	3				
Entrée 3:	M53487	Kickin Pinto Salad	34	7	M53688	Chicken & Bean Burrito	55	6	M50170	Turkey Chef Salad	6	1	M50883	All American Salad	6	1	M52954	C. Ham & Cheese Wrap	40	4
	M51362	Tortilla Crisps	34	3					M51680	Dinner Roll	28	3	M51680	Dinner Roll	28	3				
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																			
Hot Veggie:	M54861	Seasoned Green Beans	4	2	M53421	Tater Tots	16	2	M51731	Sweet Potato Fries	23	3	M53964	Kickin Pinto Beans	25	5	M53220	Collard Greens	7	3
Cold Veggie:	M52815	Red Pepper Strips	3	1	M50186	Broccoli Bites	2	1	M52540	Zucchini Slices	2	1	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0

9-12 LUNCH

Cycle Week 1																				
		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
Entrée 1:	M50319	Oven Roasted Chicken Drumstick	2	0	M51114	Rotini	41	5	M52650	Vegetarian Chili Topped Potato	46	7	M52346	Chipotle BBQ Chicken Artisan Pizza	38	3	M51989	General Tso's Chicken w/ Vegetables	21	2
	M51680	w/ Dinner Roll	28	3	M50754	w/ Italian Meat Sauce & Dinner Roll	28	3	M51680	w/ Dinner Roll	28	3	M51680	w/ Dinner Roll	14	2	M51074	Brown Rice	42	2
					M51680		28	3												
Entrée 2:	M54545	Beef & Bean Nachos	29	4	M52976	Vegetarian Stromboli	35	4	M52344	Bruschetta Chicken Artisan Flatbread Pizza	33	3	M51140	Bean Quesadilla	43	7	M54275	Four Cheese Pizza	36	3
	M52605	w/ Cilantro Lime Rice	48	2					M51680	w/ Fresh Baked Breadstick	28	3	M52229	w/ Mexican Spiced Rice	45	2	M51680	w/ Dinner Roll	28	3
Entrée 3:	M53186	Chipotle & Black Bean Veggie Burger	42	8	M54541	Sriracha Crunch Cheese Burger	42	3	M53227	Breaded Chicken Salsa Melt	42	3	M53703	Meatball Pizza Sub	35	6	M53830	Fish Soft Tacos	51	7
Entrée 4:	M51480	Vegetarian Baja Salad	26	7	M51028	Turkey Wrap	40	4	M53532	Chicken Chef Salad	4	1	M50883	All-American Salad	4	1	M51918	Ranch Chicken & Cheese Panini	40	4
	M51680	w/ Dinner Roll	28	3					M51680	w/ Dinner Roll	28	3	M51680	w/ Dinner Roll	28	3				
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																			
Hot Veggie:	M53553	Potato Wedges	18	2	M54861	Green Beans with Margarine	4	2	M50194	Orange Glazed Carrots	21	3	M53153	Vegetarian Baked Beans	29	5	M53202	Steamed Kale	4	2
Cold Veggie:	M50186	Broccoli Bites	2	1	M52815	Red Peppers Fresh	3	1	M52540	Fresh Zucchini	2	1	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0

Cycle Week 2																				
		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
Entrée 1:	M52859	Meatloaf	2	1	M52115	Chicken Chili Chipotle Lime and Cilantro Rice	48	7	M51857	Cajun Chili Fries Bowl	46	6	M54576	Grilled Chicken & Refried Bean Nachos	26	4	M51511	Cheesy Baked Penne	54	8
	M53950	w/ Rosemary Gravy	5	0	M51680	w/ Dinner Roll	28	3	M51680	w/ Dinner Roll	28	3	M54540	w/ Tortilla Chips	32	3	M51680	w/ Dinner Roll	28	3
	M51680	& w/ Dinner Roll	28	3																
Entrée 2:	M54823	Buffalo Chicken Pizza	35	2	M50879	White Cheese, Sausage & Herb Artisan FB Pizza	33	3	M50712	Bean & Cheese Burrito	46	10	M54330	Three Cheese Calzone	33	4	M52328	Beef Soft Tacos	33	4
	M51831	w/ Fresh Baked Breadstick	14	2	M51831	w/ Fresh Baked Breadstick	14	2	M52229	Mexican Spiced Rice	45	2		M53698	w/ Yellow Rice			M53698	w/ Yellow Rice	44
Entrée 3:	M52614	Breaded California Ranch Chicken Sandwich	41	3	M50112	Veggie Cheeseburger	34	6	M50494	Chicken Parmesan Flatbread	39	5	M52610	Hot Dog on Bun	29	2	M52546	Pesto Cheeseburger	30	2
Entrée 4:	M52944	Winter Fruit & Cheese Plate	9	2	M53268	Turkey & Cheese Sandwich	34	2	M52472	Breaded Buffalo Chicken Salad	16	2	M51807	Ranch Chicken Salad	6	1	M51923	Breaded Buffalo Chicken Wrap	49	5
	M52553	w/ Cinnamon Tortilla Crisps	38	3					M51680	w/ Dinner Roll	28	3	M51680	w/ Dinner Roll	28	3				
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																			
Hot Veggie:	M53175	Mashed Potatoes	15	1	M53522	Roasted Acorn Squash	9	3	M53901	Roasted Cauliflower	3	1	M53965	Campfire Chipotle Beans	34	5	M54868	Broccoli w/ Margarine	2	1
Cold Veggie:	M51945	Three Bean Salad	25	7	M52770	Celery Sticks	2	1	M50350	Fresh Cucumber Slices	3	0	M50431	Baby Carrots	6	2	M52815	Red Peppers Fresh	3	1
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0

9-12 Lunch pt. 2

9-12 LUNCH

Cycle Week 3																				
		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
Entrée 1:	M50405	Salisbury Steak	4	1	M51990	Orange Chicken w/ Broccoli	23	2	M54639	Breaded Mozzarella Sticks	35	3	M53437	Jerk Chicken and Cheddar Flatbread	37	4	M53870	Penne Alfredo with Chicken	27	3
	M50531	w/ Beef Gravy	5	0	M51356	w/ Vegetarian Fried Rice	25	1	M53493	w/ Marinara Sauce	5	2					M51831	w/ Fresh Baked Breadstick	14	2
	M53701	& w/ Parsley Noodles	41	5																
Entrée 2:	M51140	Bean Quesadilla	43	7	M54278	Pepperoni Pizza	36	3	M52672	Chicken Soft Tacos	32	4	M54077	Cheeseburger Rolletto	35	3	M50096	Bean & Beef Nachos	31	4
	M51074	Brown Rice	42	2	M51831	w/ Fresh Baked Breadstick	14	2	M52229	Mexican Spiced Rice	45	2					M53698	w/ Yellow Rice	44	2
Entrée 3:	M50864	BBQ Chicken Melt	58	3	M54541	Sriracha Crunch Cheese Burger	42	3	M53061	BBQ Onion Cheeseburger	39	2	M53878	Grilled C. Ham & Cheese Sandwich	33	2	M51592	Pizza Sloppy Joe Melt	35	3
Entrée 4:	M50788	Santa Fe Turkey Wrap	54	9	M54581	Bean Nacho Salad	32	5	M53348	Tuna Salad Sandwich	32	2	M52736	Tossed Salad with Cheese	5	1	M51663	Mediterranean Vegetable Wrap	50	7
					M51362	w/ Savory Tortilla Crisps	34	3					M51680	w/ Dinner Roll	28	3				
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																			
Hot Veggie:	M52635	Seasoned Green Peas	13	4	M52174	Sweet Potato Tater Bites	27	2	M54861	Green Beans with Margarine	4	2	M52980	Black Charro Beans	22	8	M53202	Steamed Kale	4	2
Cold Veggie:	M50186	Broccoli Bites	2	1	M52540	Fresh Zucchini	2	1	M52815	Red Peppers Fresh	3	1	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0

Cycle Week 4																				
		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY						
		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER		CARB	FIBER					
Entrée 1:	M52548	Chili Mac	53	8	M53447	Country Chicken Nugget Bowl	54	4	M50712	Bean & Cheese Burrito	46	10	M53007	Roast Turkey	0	0	M51183	Breaded Fish Melt	44	4
	M51680	w/ Dinner Roll	28	3	M51680	w/ Dinner Roll	28	3	M53570	w/ Rice & Corn Salad	32	2	M51444	w Sauce	6	0				
													M51680	Dinner Roll	28	3				
Entrée 2:	M51235	Spicy Pineapple Chicken Sandwich	42	3	M54541	Sriracha Crunch Cheese Burger	42	3	M51275	Golden Crispy Boneless Chicken	15	1	M53090	Chicken Bruschetta Melt	41	3	M52546	Pesto Cheeseburger	30	2
									M51680	w/ Dinner Roll	28	3								
Entrée 3:	M51141	Cheese Quesadilla	31	4	M52876	Chicken Fajita	41	4	M53539	Chicken, Onion & Pepper Stromboli	34	3	M52452	Vegetable Pizza	37	4	M54823	Buffalo Chicken Pizza	35	2
	M51074	w/ Brown Rice	42	2	M50834	w/ Santa Fe Rice	47	2					M51680	w Dinner Roll	28	3	M51680	w Dinner Roll	28	3
Entrée 4:	M51782	Southwest Turkey & Cheddar Panini	42	4	M51253	Egg Salad Sub	34	4	M51851	C.Ham & Cheese Sandwich	34	2	M52948	Breaded Chicken Caesar Salad	23	2	M54581	Bean Nacho Salad	32	5
													M51680	w/ Dinner Roll	28	3	M51680	w/ Dinner Roll	28	3
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																			
Hot Veggie:	M53571	Roasted Brussels Sprouts	6	2	M50194	Orange Glazed Carrots	21	3	M51462	Campfire Beans	34	5	M51425	Mashed Potatoes	3	1	M54868	Broccoli w/ Margarine	2	1
																	M52491			
Cold Veggie:	M51661	Cucumber & Tomato Salad	7	1	M52109	Jicama Sticks	6	3	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2	M51251	Potato Salad	19	2
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0

9-12 LUNCH

Cycle Week 5

		MONDAY		CARB	FIBER	TUESDAY		CARB	FIBER	WEDNESDAY		CARB	FIBER	THURSDAY		CARB	FIBER	FRIDAY		CARB	FIBER
Entrée 1:	M51072	Spaghetti w/Spaghetti Sauce	53	8	M54484	Potato Crusted Fish Nuggets	20	2	M53371	Chili Dog	31	3	M51446	Bean & Rice Tortilla Bowl	58	7	M53876	Sweet & Sour Chicken w/ Vegetables	18	2	
	M52418	& Meatballs	2	1	M53289	Macaroni & Cheese	25	3					M54540	w/ Tortilla Chips	32	3	M54280	w/ Vegetable Egg Roll	22	4	
	M51680	w/ Dinner Roll	28	3																	
Entrée 2:	M51817	Chicken Ranch Club Flatbread	32	3	M54275	Four Cheese Pizza	36	3	M53878	Grilled C. Ham & Cheese Sandwich	33	2	M51275	Golden Crispy Boneless Chicken Wing	15	1	M52547	Pizza Burger	33	3	
					M51831	w/ Fresh Baked Breadstick	14	2					M51680	w/ Dinner Roll	28	3					
Entrée 3:	M54548	Beef and Bean Nachos	30	4	M52178	Red Chile Beef & Bean Burrito	40	8	M51140	Bean Quesadilla	43	7	M52876	Chicken Fajita	41	4	M52976	Vegetarian Stromboli	35	4	
	M51074	Brown Rice	42	2	M50834	w/ Santa Fe Rice	47	2	M52229	w/ Mexican Spiced Rice	45	2	M52605	w/ Cilantro Lime Rice	48	2					
Entrée 4:	M53487	Kickin Pinto Taco Salad	34	7	M53268	Turkey & Cheese Sandwich	43	2	M50170	Turkey Chef Salad	6	1	M50883	All-American Salad	6	1	M52954	C.Ham & Cheese Wrap	40	4	
	M51362	w/ Tortilla Crisps	34	3					M51680	w/ Dinner Roll	28	3	M51680	w/ Dinner Roll	28	3					
Salad Bar:	Green Leafy Lettuce w/ cucumber, tomato, onion, Jalapeno peppers and dill pickles - See "Daily Serve" for Nutritional Information																				
Hot Veggie:	M54861	Green Beans with Margarine	4	2	M53421	Tater Bites	16	2	M51731	Sweet Potato Fries	23	3	M50815	Kickin' Pintos	25	5	M53220	Collard Greens	7	3	
Cold Veggie:	M52815	Red Peppers Fresh	3	1	M50186	Broccoli Bites	2	1	M52540	Fresh Zucchini	2	1	M52770	Celery Sticks	2	1	M50431	Baby Carrots	6	2	
Fresh Fruit:	M50529	Fresh Grapes	15	1	M51458	Fresh Banana	18	2	M50536	Fresh Apple Wedges	8	2	M50534	Fresh Orange Wedges	12	2	M51967	Fresh Fruit Cup	13	2	
Canned Fruit:	M50192	Mixed Fruit	18	1	M50785	Sliced Peaches	17	0	M52274	Sliced Pears	18	2	M53549	Applesauce	14	2	M50178	Pineapple Tidbits	18	1	
Juice:	M50982	Orange Juice	12	0	M50979	Apple Juice	14	0	M50980	Fruit Juice	14	0	M53365	Grape Juice	18	0	M50496	Cherry Star Juice	13	0	

Salad Bar, Milk & Condiments

Elementary Salad Bar			
		CARB	FIBER
M51292	Mixed Green Salad	2	1
M52661	Fresh Cucumber Slices	1	0
M51007	Fresh Diced Tomato	1	0
M52379	Onions	2	0

Secondary Salad Bar			
		CARB	FIBER
M51292	Mixed Green Salad	2	1
M52661	Fresh Cucumber Slices	1	0
M51007	Fresh Diced Tomato	1	0
M50892	Sliced Jalapenos	1	0
M50176	Dill Pickle Slices	0	0
M52379	Onions	2	0

Milk			
		CARB	FIBER
M53465	1% Milk	12	0
M51095	Skim Milk	12	0
M51096	Chocolate Skim Milk	22	0

Condiments			
		CARB	FIBER
M53222	Margarine	0	0
M50855	Ketchup	3	0
M51129	Mayonnaise FF	3	0
M50284	Mustard	1	0
M53114	French Dressing	3	0
M53115	Italian Dressing	1	0
M53113	Buttermilk Ranch Dressing	2	0
M50287	BBQ Sauce	4	0
M54018	Lite Cream Cheese	2	0
M50058	Maple Syrup	29	0
M53983	Sour Cream	1	0
M53222	Margarine	0	0
M53221	Grape Jelly	9	0