MARCH



INGENUITY CAMPUS L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday									
February 28, 2022	March 1, 2022	March 2, 2022	March 3, 2022	March 4, 2022									
	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges SunSet Sip Juice Applesauce BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI ^ Broccoli Fresh Baby Carrots Ranch Dressing Fresh Banana Choice of Milk	*WALKING TACO* TURKEY TACOS Wild White Nacho Doritos^ Fiesta Beans Fresh Baby Carrots Ranch Dressing Silced Apples Taco Sauce Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Silced Bread ^ Light Mayonnaise	NO SCHOOL									
March 7, 2022	March 8, 2022	March 9, 2022	March 10, 2022	March 11, 2022									
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL									
March 14, 2022	March 15, 2022	March 16, 2022	March 17, 2022	March 18, 2022									
NO SCHOOL	POPCORN CHICKEN ^ Baked Beans Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk	ROTINI BAKE ^ Breadstick ^ Mixed Vegetables Orange Juice Blend Choice of Milk	*GLOBAL BITES* SHEPHERD'S PIE Breadstick ^ Diced Pears Choice of Milk TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Tropical Veggie Juice Mustard	BEAN & CHEESE BURRITO ^ Salsa Cup Broccoli Fresh Banana Choice of Milk									
March 21, 2022	March 22, 2022	March 23, 2022	March 24, 2022	March 25, 2022									
CHEESE PIZZA^ Country Blend Vegetables Applesauce Choice of Milk	CHICKEN ALFREDO PASTA ^ Breadstick ^ Broccoli Orange Juice Blend Choice of Milk	PANCAKES & SAUSAGE ^ Seasoned Diced Potatoes Sun Splash Veggie Juice Diced Pears Syrup Choice of Milk	HOT DOG Hot Dog Bun ^ Baked Beans Fresh Baby Carrots Ranch Dressing Fresh Apple Mustard Ketchup Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^	VEGETARIAN CHILI WITH BEANS Corn Diced Peaches Fritos ^ Choice of Milk									
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022									
CRUNCHY CHICKEN TENDERS ^ Broccoli Orange Juice Blend BBQ Sauce Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans Sun Splash Veggie Juice Applesauce Mustard Ketchup Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges Diced Peaches BBQ Sauce Choice of Milk	SANTA FE CHICKEN Tortilla Rounds ^ Sun Splash Veggie Juice Fresh Pear Choice of Milk TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Pickle Chips Light Mayonnaise										
ALL MEALS SERVED WIT	ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **												
^ Denotes item is whole-grain/whole wheat *** This institution is an equal opportunity provider.													
Eind you	ur school's menus o	nline at: preferredn	nealsmenu com										

Find your school's menus online at: preferred mealsmenu.com

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all program and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.nscr.usda.gov/complaint filing cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202)690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339 or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
0	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
03-01-2022	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
1-2	Potato Wedges	90	2	0	0	0	20	18	1	0	1	0	0	10	0	V:1/2c S BW-PLANT
022	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
0	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv WG
03-02-2022	Broccoli	26	0	0	0	0	10	5	3	1	3	945	38	31	1	V:1/2c DG BW-PLANT
2-2	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
022	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
-	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
0	*WALKING TACO*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-03-2022	TURKEY TACOS	130	7	2	0	70	320	2	0	0	13	200	0	60	2	MMA:2oz BW-LPP BW-LS
3-2	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
022	Fiesta Beans	180	0	0	0	0	452	33	8	3	11	2	1	66	3	V:1/2c L V:1/8c RO BW-HF
-	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	100	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	TURKEY HAM & CHEESE PROTEIN BOX	160	12	6	0	52	440	4	0	2	12	0	1	161	0	MMA:2oz V:3/4c DG V:1/4c O
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0	
03-04-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-07-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-08-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-09-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-10-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-11-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-14-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	Popcorn Chicken ^	252	14	3	0	22	383	15	3	1	15	109	0	0	2	MMA:2oz G/B:1sv WG
03-15-2022	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
-20	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
22	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03	ROTINI BAKE ^	337	12	5	0	36	458	38	6	10	18	9	0	172	2	MMA:2oz G/B:1sv WG V:1/2c RO
-16	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
03-16-2022																V:1/4c RO V:1/2c S BW-
22	Mixed Vegetables Orange Juice Blend	90 60	0	0	0	0	82 10	19 14	4	6 12	4 0	386 2	3 30	28 10	1	PLANT F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	1.1/20
_		_	_		_		_	_	_						_	
03-17-2022	*GLOBAL BITES* SHEPHERD'S PIE	0 283	0 10	0 5	0	0 45	0 626	0 30	0 4	0 4	0 19	0 151	0 17	0 105	0 4	MMA:2oz V:1/2c S
.7-2	Breadstick ^	100	10	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
022	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
19	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	TURKEY BREAST & CHEESE PROTEIN BOX	152	11	6	0	48	432	3	0	1	13	0	0	161	0	MMA:2oz V:3/4c DG V:1/4c O
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Tropical Veggie Juice	90	0	0	0	0	15	20	0	17	0	750	90	20	0	V:3/4c O BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

BEAN & CHESSE BURKITO^ 21 9 4 0 15 45 44 8 2 7 3.8 2 17 4 MMM-22e CB2Pay MRT MRT State Cup 41 0 0 0 0 0 0 1 27 3 1 1 MMM-22e CB2Pay MRT State Cup Mine 20 0 0 0 0 0 0 0 1 17 13 14 1 13 14 1 13 14 1 13 14 14 13 14 1		Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
Proposition	60	REAN & CHEESE RI IDDITO A	321	٩	4	0	15	475	44	8	2	17	318	2	171	4	
Proposition	-18																
Proposition	-20				-		-									-	
Orielize PIZZA^ 341 17 10 0 41 449 28 3 6 20 0 0 312 2 MMA-2cc G(B:2w VG V:1/4 E RO V:1/4 E RO Orielize PIZZA^ 341 17 10 0 10 12 15 14 1 10 10 10 10 11 12 1 10 <td>22</td> <td></td> <td></td> <td></td> <td>0</td> <td>0</td> <td></td> <td>-</td>	22				0	0											-
Proposition		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Object of Milk Diam	03-:	CHEESE PIZZA^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	
Object of Milk Diam	21-:	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	
Object of Milk Diam	202		51	0	0	0	0		14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
Predistick ^ Into	2	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Object of Milk Lin Lin <thlin< th=""> <thlin< th=""> <t< td=""><td>0</td><td>CHICKEN ALFREDO PASTA ^</td><td>412</td><td>22</td><td>9</td><td>0</td><td>88</td><td>763</td><td>32</td><td>2</td><td>6</td><td>24</td><td>4</td><td>1</td><td>291</td><td>1</td><td>MMA:2oz G/B:1sv WG</td></t<></thlin<></thlin<>	0	CHICKEN ALFREDO PASTA ^	412	22	9	0	88	763	32	2	6	24	4	1	291	1	MMA:2oz G/B:1sv WG
Object of Milk Lin Lin <thlin< th=""> <thlin< th=""> <t< td=""><td>3-2;</td><td>Breadstick ^</td><td>100</td><td>1</td><td>0</td><td>0</td><td>0</td><td>140</td><td>20</td><td>2</td><td>1</td><td>4</td><td>0</td><td>9</td><td>20</td><td>1</td><td>G/B:1sv WG</td></t<></thlin<></thlin<>	3-2;	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
Object of Milk Lin Lin <thlin< th=""> <thlin< th=""> <t< td=""><td>2-2(</td><td>Broccoli</td><td>39</td><td>0</td><td>0</td><td>0</td><td>0</td><td>15</td><td>8</td><td>4</td><td>2</td><td>4</td><td>1417</td><td>56</td><td>46</td><td>1</td><td>V:3/4c DG BW-PLANT</td></t<></thlin<></thlin<>	2-2(Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1	V:3/4c DG BW-PLANT
PANCAKES & SAUSAGE ^ 290 14 4 0	022	Orange Juice Blend	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
Syrup Syrup Sorup Sorup <th< td=""><td></td><td>Choice of Milk</td><td>121</td><td>1</td><td>1</td><td>0</td><td>8</td><td>139</td><td>19</td><td>0</td><td>17</td><td>8</td><td>493</td><td>0</td><td>302</td><td>0</td><td></td></th<>		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Syrup Syrup Sorup Sorup <th< td=""><td>8</td><td>PANCAKES & SAUSAGE ^</td><td>290</td><td>14</td><td>4</td><td>0</td><td>40</td><td>400</td><td>28</td><td>3</td><td>6</td><td>15</td><td>0</td><td>0</td><td>89</td><td>2</td><td>MMA:2.25oz G/B:2sv WG</td></th<>	8	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG
Syrup Syrup Sorup Sorup <th< td=""><td>3-2:</td><td>Seasoned Diced Potatoes</td><td>115</td><td>6</td><td>1</td><td>0</td><td>0</td><td>473</td><td>14</td><td>2</td><td>2</td><td>2</td><td>8</td><td>15</td><td>4</td><td>0</td><td>V:1/2c S BW-PLANT</td></th<>	3-2:	Seasoned Diced Potatoes	115	6	1	0	0	473	14	2	2	2	8	15	4	0	V:1/2c S BW-PLANT
Syrup Syrup Sorup Sorup <th< td=""><td>3-2(</td><td>Sun Splash Veggie Juice</td><td>60</td><td>0</td><td>0</td><td>0</td><td>0</td><td>10</td><td>15</td><td>0</td><td>13</td><td>0</td><td>0</td><td>0</td><td>10</td><td>0</td><td>V:1/2c RO BW-PLANT</td></th<>	3-2(Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
Proposition Table)22	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
MOT DOG 130 11 4 0 30 450 2 0 1 5 0 0 0 0 MMA:2oz Hot Dog Bun ^ 100 2 0		Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
Poto Dog Bun ^ Ino Ino <thino< th=""> <</thino<>		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Hot Dog Bun ^ Init Init <thinit< th=""> Init Init</thinit<>	0	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
Ranch Dressing 15 1 0 0 0 85 0 0 1 0 0 0 0 0 0 Fresh Apple 64 0 <t< td=""><td></td><td>Hot Dog Bun ^</td><td>110</td><td>2</td><td>0</td><td>0</td><td>0</td><td>230</td><td>19</td><td>2</td><td>3</td><td>5</td><td>0</td><td>0</td><td>80</td><td>1</td><td>G/B:1.5sv WG</td></t<>		Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
Ranch Dressing 15 1 0 0 0 85 0 0 1 0 0 0 0 0 0 Fresh Apple 64 0 <t< td=""><td>-20</td><td>Baked Beans</td><td>192</td><td>1</td><td>0</td><td>0</td><td>0</td><td>283</td><td>37</td><td>7</td><td>8</td><td>10</td><td>1</td><td>0</td><td>77</td><td>3</td><td>V:1/2c L BW-LPP BW-HF</td></t<>	-20	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
Fresh Apple 64 0 0 0 1 17 3 13 0 4 6 7 0 F:1c Mustard 5 0 0 0 0 20 0	22	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
Mustard 5 0 0 0 0 20 0<		Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
Ketchup 10 0 0 0 45 2 0 1 0 0 0 0 0 Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0 TURKEY HAM & CHEESE PROTEIN BOX 160 12 6 0 52 440 4 0 2 12 16 161 161 0 0 0 161 161 161 161 12 16 12 161 12 161 12 161 12 161 12 161 12 161 12 161 12 161 12 161 12 161 12 161 12		Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
Choice of Milk Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0 MMA:202 V:3/4C DG V:1/4C O TURKEY HAM & CHEESE PROTEIN BOX 160 12 6 0 52 440 4 0 2 12 0 16 16 0 0 10 14 16 160 160 12 6 0 52 440 4 0 2 12 0 16 0 MMA:202 V:3/4C DG V:1/4C O Sliced Bread ^ 70 1 0 0 0 134 12 2 2 4 0 0 10 16 0 MMA:202 V:3/4C DG V:1/4C O Sliced Bread ^ 70 10 1 0 10 134 12 2 2 4 0 0 10 14 10		Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
TURKEY HAM & CHEESE PROTEIN BOX 160 12 6 0 52 440 4 0 2 12 0 1 161 0 MMA:2oz V:3/4c DG V:1/4c O Sliced Bread ^ 70 1 0 0 134 12 2 2 2 4 0 2 12 0 1 161 0 MMA:2oz V:3/4c DG V:1/4c O Sliced Bread ^ 70 1 0 0 0 134 12 2 2 4 0 0 0 0 0 0 VEGETARIAN CHILI WITH BEANS 200 0 0 0 488 38 12 10 10 41 22 91 4 MMA:2oz V:1/2c RO BW-LPP Corn 74 1 0 0 0 10 17 2 2 0 0 33 0 V:1/2c S BW-PLANT Diced Peaches 55 0 0 0 12 12 0 0 1 13 1 12 2 0 4 2		Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
PROTEIN BOX 160 12 6 0 52 440 4 0 2 12 0 1 161 0 O Sliced Bread ^ 70 1 0 0 0 0 134 12 2 2 2 4 0 0 30 1 160 O O VEGETARIAN CHILI WITH BEANS 200 0 0 0 48 38 12 10 10 41 2 91 4 MMA:2oz V:1/2c RO BW-LPP Corn 70 74 1 0 0 0 13 12 2 2 2 0 13 14 0 0 0 0 14 15 10 14 16 0 0 0 13 12 12 14 10 10 14 <th< td=""><td></td><td></td><td>121</td><td>1</td><td>1</td><td>0</td><td>8</td><td>139</td><td>19</td><td>0</td><td>17</td><td>8</td><td>493</td><td>0</td><td>302</td><td>0</td><td></td></th<>			121	1	1	0	8	139	19	0	17	8	493	0	302	0	
VEGETARIAN CHILI WITH BEANS 200 0 0 0 488 38 12 10 10 41 2 91 4 MMA:20z V:1/2c RO BW-LPP VEGETARIAN CHILI WITH BEANS Corn 74 1 0 0 0 488 38 12 10 10 41 2 91 4 MMA:20z V:1/2c RO BW-LPP Corn 74 1 0 0 0 17 2 2 0 0 3 0 V:1/2c S BW-PLANT Diced Peaches 55 0 0 0 1 13 1 12 2 0 4 2 0 F:1/2c BW-PLANT Fritos ^ 120 8 1 0 0 125 12 0 0 1 13 1 <			160	12	6	0	52	440	4	0	2	12	0	1	161	0	
WITH BEANS 200 0 0 0 488 38 12 10 11 2 91 4 MMA:2oz V:1/2c RO BW-LPP YOTH BEANS Corn 74 1 0 0 0 10 17 2 2 2 0 0 3 0 V:1/2c S BW-PLANT Diced Peaches 55 0 0 10 1 12 2 0 4 2 0 F:1/2c BW-PLANT Fritos ^ 120 8 1 0 0 12 12 12 1 10 1 12 2 0 4 2 0 F:1/2c BW-PLANT		Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
Fritos ^ 120 8 1 0 0 125 12 0 0 1 0 0 20 0 G/B:1sv WG	03		200	0	0	0	0	488	38	12	10	10	41	2	91	4	MMA:20z V:1/2c RO BW-I PP
Fritos ^ 120 8 1 0 0 125 12 0 0 1 0 0 20 0 G/B:1sv WG	- 25					-											
Fritos ^ 120 8 1 0 0 125 12 0 0 1 0 0 20 0 G/B:1sv WG	-20					0											
Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0	22	Fritos ^	120	8	1	0	0	125	12	0	0	1	0	0	20	0	G/B:1sv WG
		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
0	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
03-28-2022	Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1	V:3/4c DG BW-PLANT
8-2(Orange Juice Blend	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
022	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-29-2022	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
29-	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
202	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
2	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
0	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
03-30-2022	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
-20	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S
22	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-31-2022	SANTA FE CHICKEN	200	5	2	0	44	302	23	6	3	17	1	1	68	1	MMA:2oz V:1/4c S V:3/8c O BW-PLANT BW-LPP BW-HF
31-	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
202	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
2	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	TURKEY BREAST & CHEESE PROTEIN BOX	152	11	6	0	48	432	3	0	1	13	0	0	161	0	MMA:2oz V:3/4c DG V:1/4c O
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0	

Meal Contributions : Vegetable Types : BeWell Types :

M/MA = Meat/Meat Alternate $DG = Dark Grean \qquad R/O = Red/Orange \qquad L = \\ BW-PLANT = Plant-Based \qquad BW-GF = Good Fat$ BW-HF = High Fiber Food

F = Fruit V = Vegetable

G/B = Grain/Bread W/G = Whole Grain L = Legumes S = Starchy O = Other

BW-LPP = Lean/Plant Protein BW-LS = Less Sugar

BW-PRO = Probiotics

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
o	CRISPY CHICKEN PATTY ^							х	х
3-0	Hamburger Bun ^	х						х	х
03-01-2022	Potato Wedges							Х	
022	SunSet Sip Juice								
	Applesauce								
	BBQ Sauce							Х	
	Choice of Milk	х							
0	GRILLED CHEESE PANINI ^	Х						х	Х
-02	Broccoli								
03-02-2022	Fresh Baby Carrots								
)22	Ranch Dressing	х	х					Х	
	Fresh Banana								
	Choice of Milk	Х							
0	*WALKING TACO*								
03-03-2022	TURKEY TACOS								
8-20	Wild White Nacho Doritos^	х							
)22	Fiesta Beans								
	Fresh Baby Carrots								
	Ranch Dressing	Х	х					х	
	Sliced Apples								
	Taco Sauce								
	Choice of Milk	Х							
	TURKEY HAM & CHEESE PROTEIN BOX	х						х	
	Sliced Bread ^	х						х	х
	Light Mayonnaise		х					х	
03-04-2022	NO SCHOOL								
03-04-2022 03-07-2022	NO SCHOOL								
03-08-2022	NO SCHOOL								

				P	Tree		Shel		×
	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-09-2022	NO SCHOOL								
03-10-2022	NO SCHOOL								
03-11-2022	NO SCHOOL								
03-14-2022	NO SCHOOL								
03-15-2022	POPCORN CHICKEN ^ Baked Beans Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk							x	X
03-16-2022	ROTINI BAKE ^ Breadstick ^ Mixed Vegetables Orange Juice Blend Choice of Milk	× ×						x	x
03-17-2022	*GLOBAL BITES* SHEPHERD'S PIE Breadstick ^ Diced Pears Choice of Milk	x						x x	x
	TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Tropical Veggie Juice Mustard	x x						x x	X

				P	Tree		She		×
	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
0	BEAN & CHEESE BURRITO ^	х						x	Х
03-18-2022	Salsa Cup								
8-2	Broccoli								
022	Fresh Banana								
	Choice of Milk	х							
0	CHEESE PIZZA^	х						х	х
8-21	Country Blend Vegetables								
03-21-2022	Applesauce								
122	Choice of Milk	х							
0	CHICKEN ALFREDO PASTA ^	х						х	х
03-22-2022	Breadstick ^							х	х
2-2(Broccoli								
022	Orange Juice Blend								
	Choice of Milk	Х							
0	PANCAKES & SAUSAGE ^	х	Х					х	х
03-23-2022	Seasoned Diced Potatoes								
3-20	Sun Splash Veggie Juice								
)22	Diced Pears								
	Syrup								
	Choice of Milk	Х							
0	HOT DOG								
03-24-20;	Hot Dog Bun ^	Х						х	х
I-20	Baked Beans								
122	Fresh Baby Carrots								
	Ranch Dressing	х	Х					Х	
	Fresh Apple								
	Mustard								
	Ketchup								
	Choice of Milk	Х							
	TURKEY HAM & CHEESE PROTEIN BOX	х						х	
	Sliced Bread ^	х						х	х
03-25-2022	VEGETARIAN CHILI WITH BEANS							х	х
25-	Corn								
202	Diced Peaches								
2	Fritos ^								
	Choice of Milk	Х							

				Ð	Tre		She		5
	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
0	CRUNCHY CHICKEN TENDERS ^							х	х
-28	Broccoli								
03-28-2022	Orange Juice Blend								
)22	BBQ Sauce							х	
	Choice of Milk	х							
03-29-2022	CHARBROILED HAMBURGER							х	
29-	Hamburger Bun ^	х						х	х
20	Baked Beans								
22	Sun Splash Veggie Juice								
	Applesauce								
	Mustard								
	Ketchup								
	Choice of Milk	Х							
0	CRISPY CHICKEN PATTY ^							х	х
03-30-2022	Hamburger Bun ^	х						х	х
2	Potato Wedges							х	
022	Diced Peaches								
	BBQ Sauce							х	
	Choice of Milk	Х							
8	SANTA FE CHICKEN	х						х	
ц Ц	Tortilla Rounds ^								
03-31-2022	Sun Splash Veggie Juice								
022	Fresh Pear								
	Choice of Milk	х							
	TURKEY BREAST & CHEESE PROTEIN BOX	х						x	
	Sliced Bread ^	Х						х	х
	Pickle Chips								
	Light Mayonnaise		Х					х	