

APRIL

LUNCH



COMPASS ROSE JOURNEY CAMPUS

L2 - Lunch K-8

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| March 28, 2022 | March 29, 2022 | March 30, 2022 | March 31, 2022 | April 1, 2022 |
| | | | | CHEESY BAKED PENNE ^ WITH GREEN BEANS Breadstick ^ Fresh Banana Choice of Milk |
| April 4, 2022 | April 5, 2022 | April 6, 2022 | April 7, 2022 | April 8, 2022 |
| CHEESE PIZZA^ Country Blend Vegetables Diced Peaches Choice of Milk | CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk | GRILLED CHEESE PANINI ^ Broccoli Fresh Baby Carrots Ranch Dressing Fresh Pear Choice of Milk | *WALKING TACO* TURKEY TACOS Wild White Nacho Doritos^ Fiesta Beans Fresh Baby Carrots Ranch Dressing Sliced Apples Taco Sauce Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Mustard | MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ Green Beans Orange Juice Choice of Milk |
| April 11, 2022 | April 12, 2022 | April 13, 2022 | April 14, 2022 | April 15, 2022 |
| CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Corn Applesauce Choice of Milk | CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans Sun Splash Veggie Juice Orange Juice Blend Mustard Ketchup Choice of Milk | CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Choice of Milk | PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Diced Peas Choice of Milk TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Sun Splash Veggie Juice Light Mayonnaise | NO SCHOOL |
| April 18, 2022 | April 19, 2022 | April 20, 2022 | April 21, 2022 | April 22, 2022 |
| POPCORN CHICKEN ^ Baked Beans Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk | TERIYAKI CHICKEN PATTY Hamburger Bun ^ Golden Potato Rounds Diced Peaches Choice of Milk | ROTINI BAKE ^ Mixed Vegetables Orange Juice Blend Choice of Milk | *GLOBAL BITES* DUTCH WAFFLE^ W/SAUSAGE Tropical Veggie Juice Diced Peas Syrup Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Mustard | NO SCHOOL |
| April 25, 2022 | April 26, 2022 | April 27, 2022 | April 28, 2022 | April 29, 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 Peas Syrup Choice of Milk | HOT DOG Hot Dog Bun ^ Baked Beans Fresh Baby Carrots Ranch Dressing Fresh Apple Mustard Ketchup Choice of Milk TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Light Mayonnaise | VEGETARIAN CHILI WITH BEANS Corn Diced Peaches Fritos ^ Choice of Milk |

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.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: COMPASS ROSE JOURNEY CAMPUS

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 |
|------------|--|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|--|
| 04-01-2022 | CHEESY BAKED PENNE ^ WITH GREEN BEANS | 350 | 9 | 5 | 0 | 33 | 610 | 44 | 6 | 13 | 22 | 69 | 10 | 448 | 2 | MMA:2oz G/B:1sv WG V:1/2c RO V:1/2c O |
| | Breadstick ^ | 100 | 1 | 0 | 0 | 0 | 140 | 20 | 2 | 1 | 4 | 0 | 9 | 20 | 1 | G/B:1sv WG |
| | 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 | |
| 04-04-2022 | CHEESE PIZZA^ | 341 | 17 | 10 | 0 | 41 | 449 | 28 | 3 | 6 | 20 | 0 | 0 | 312 | 2 | MMA:2oz G/B:2sv WG V:1/4c RO |
| | Country Blend Vegetables | 69 | 0 | 0 | 0 | 0 | 32 | 15 | 3 | 4 | 3 | 396 | 8 | 36 | 1 | V:1/4c S V:1/2c O BW- PLANT |
| | Diced Peaches | 55 | 0 | 0 | 0 | 0 | 1 | 13 | 1 | 12 | 2 | 0 | 4 | 2 | 0 | F:1/2c BW-PLANT |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 04-05-2022 | CRISPY CHICKEN PATTY ^ | 240 | 13 | 2 | 0 | 25 | 520 | 15 | 2 | 0 | 16 | 0 | 0 | 40 | 1 | MMA:2oz G/B:1sv WG |
| | Hamburger Bun ^ | 140 | 2 | 0 | 0 | 0 | 270 | 26 | 2 | 3 | 6 | 0 | 0 | 40 | 1 | G/B:2sv WG |
| | Potato Wedges | 90 | 2 | 0 | 0 | 0 | 20 | 18 | 1 | 0 | 1 | 0 | 0 | 10 | 0 | V:1/2c S BW-PLANT |
| | 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 |
| | 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 | |
| 04-06-2022 | GRILLED CHEESE PANINI ^ | 340 | 20 | 10 | 0 | 50 | 820 | 30 | 2 | 6 | 14 | 0 | 0 | 322 | 1 | MMA:2oz G/B:2sv WG |
| | Broccoli | 26 | 0 | 0 | 0 | 0 | 10 | 5 | 3 | 1 | 3 | 945 | 38 | 31 | 1 | V:1/2c DG BW-PLANT |
| | 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 | |
| | 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 | |
| 04-07-2022 | *WALKING TACO* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | TURKEY TACOS | 130 | 7 | 2 | 0 | 70 | 320 | 2 | 0 | 0 | 13 | 200 | 0 | 60 | 2 | MMA:2oz BW-LPP BW-LS |
| | Wild White Nacho Doritos^ | 130 | 5 | 1 | 0 | 0 | 170 | 20 | 2 | 0 | 2 | 0 | 0 | 40 | 0 | G/B:1.5sv WG |
| | 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 |
| | Mustard | 5 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 04-08-2022 | MINI CHEESE RAVIOLI WITH SAUCE ^ | 308 | 7 | 2 | 0 | 50 | 883 | 42 | 5 | 8 | 19 | 10 | 0 | 126 | 2 | MMA:2oz G/B:1.25sv WG V:1/2c RO |
| | Breadstick ^ | 100 | 1 | 0 | 0 | 0 | 140 | 20 | 2 | 1 | 4 | 0 | 9 | 20 | 1 | G/B:1sv WG |
| | Green Beans | 32 | 0 | 0 | 0 | 0 | 0 | 6 | 2 | 2 | 2 | 21 | 10 | 36 | 1 | V:1/2c O BW-PLANT |
| | Orange Juice | 60 | 0 | 0 | 0 | 0 | 10 | 14 | 0 | 12 | 0 | 2 | 30 | 10 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |

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| | 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 |
|------------|--|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|---------------------------------|
| 04-11-2022 | CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ | 329 | 18 | 4 | 0 | 28 | 502 | 24 | 4 | 5 | 17 | 1 | 1 | 97 | 2 | MMA:2oz G/B:1sv WG V:1/2c RO |
| | Breadstick ^ | 100 | 1 | 0 | 0 | 0 | 140 | 20 | 2 | 1 | 4 | 0 | 9 | 20 | 1 | G/B:1sv WG |
| | Corn | 74 | 1 | 0 | 0 | 0 | 0 | 17 | 2 | 2 | 2 | 0 | 0 | 3 | 0 | V:1/2c S BW-PLANT |
| | Applesauce | 51 | 0 | 0 | 0 | 0 | 2 | 14 | 1 | 12 | 0 | 1 | 1 | 5 | 0 | F:1/2c BW-PLANT |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 04-12-2022 | CHARBROILED HAMBURGER | 130 | 8 | 3 | 0 | 35 | 190 | 2 | 0 | 0 | 13 | 0 | 0 | 20 | 2 | MMA:2oz |
| | Hamburger Bun ^ | 140 | 2 | 0 | 0 | 0 | 270 | 26 | 2 | 3 | 6 | 0 | 0 | 40 | 1 | G/B:2sv WG |
| | Baked Beans | 192 | 1 | 0 | 0 | 0 | 283 | 37 | 7 | 8 | 10 | 1 | 0 | 77 | 3 | V:1/2c L BW-LPP BW-HF |
| | Sun Splash Veggie Juice | 60 | 0 | 0 | 0 | 0 | 10 | 15 | 0 | 13 | 0 | 0 | 0 | 10 | 0 | V:1/2c RO BW-PLANT |
| | Orange Juice Blend | 60 | 0 | 0 | 0 | 0 | 10 | 14 | 0 | 12 | 0 | 2 | 30 | 10 | 0 | F:1/2c |
| | 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 | |
| 04-13-2022 | CRISPY CHICKEN PATTY ^ | 240 | 13 | 2 | 0 | 25 | 520 | 15 | 2 | 0 | 16 | 0 | 0 | 40 | 1 | MMA:2oz G/B:1sv WG |
| | Hamburger Bun ^ | 140 | 2 | 0 | 0 | 0 | 270 | 26 | 2 | 3 | 6 | 0 | 0 | 40 | 1 | G/B:2sv WG |
| | Broccoli | 39 | 0 | 0 | 0 | 0 | 15 | 8 | 4 | 2 | 4 | 1417 | 56 | 46 | 1 | V:3/4c DG BW-PLANT |
| | 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 | |
| 04-14-2022 | PIZZA DIPPERS ^ | 280 | 12 | 5 | 0 | 20 | 560 | 28 | 2 | 4 | 18 | 2000 | 0 | 360 | 2 | MMA:2oz G/B:2sv WG |
| | Marinara Dipping Sauce | 85 | 4 | 0 | 0 | 0 | 131 | 10 | 2 | 4 | 2 | 1 | 0 | 27 | 0 | V:1/2c RO BW-PLANT |
| | Green Beans | 32 | 0 | 0 | 0 | 0 | 0 | 6 | 2 | 2 | 2 | 21 | 10 | 36 | 1 | V:1/2c O BW-PLANT |
| | Diced Pears | 56 | 0 | 0 | 0 | 0 | 9 | 15 | 2 | 9 | 2 | 0 | 1 | 1 | 0 | F:1/2c BW-PLANT |
| | 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 |
| | Sun Splash Veggie Juice | 60 | 0 | 0 | 0 | 0 | 10 | 15 | 0 | 13 | 0 | 0 | 0 | 10 | 0 | V:1/2c RO BW-PLANT |
| | Light Mayonnaise | 50 | 4 | 0 | 0 | 10 | 70 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 04-15-2022 | | | | | | | | | | | | | | | | |
| | NO SCHOOL | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 04-18-2022 | POPCORN CHICKEN ^ | 252 | 14 | 3 | 0 | 22 | 383 | 15 | 3 | 1 | 15 | 109 | 0 | 0 | 2 | MMA:2oz G/B:1sv WG |
| | Baked Beans | 192 | 1 | 0 | 0 | 0 | 283 | 37 | 7 | 8 | 10 | 1 | 0 | 77 | 3 | V:1/2c L BW-LPP BW-HF |
| | 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 |
| | 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 | |

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| | 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 |
|------------|---------------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|---------------------------------|
| 04-19-2022 | TERIYAKI CHICKEN PATTY | 156 | 7 | 2 | 0 | 59 | 578 | 6 | 0 | 4 | 16 | 0 | 0 | 3 | 0 | MMA:2oz |
| | Hamburger Bun ^ | 140 | 2 | 0 | 0 | 0 | 270 | 26 | 2 | 3 | 6 | 0 | 0 | 40 | 1 | G/B:2sv WG |
| | Golden Potato Rounds | 148 | 8 | 2 | 0 | 0 | 288 | 18 | 2 | 0 | 2 | 0 | 3 | 0 | 1 | V:3/4c S BW-PLANT |
| | Diced Peaches | 55 | 0 | 0 | 0 | 0 | 1 | 13 | 1 | 12 | 2 | 0 | 4 | 2 | 0 | F:1/2c BW-PLANT |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 04-20-2022 | 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 |
| | Mixed Vegetables | 53 | 0 | 0 | 0 | 0 | 57 | 11 | 3 | 4 | 2 | 386 | 3 | 22 | 1 | V:1/4c S V:1/4c RO BW-PLANT |
| | Orange Juice Blend | 60 | 0 | 0 | 0 | 0 | 10 | 14 | 0 | 12 | 0 | 2 | 30 | 10 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 04-21-2022 | *GLOBAL BITES* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | DUTCH WAFFLE^ W/SAUSAGE | 460 | 25 | 8 | 0 | 55 | 510 | 45 | 3 | 12 | 15 | 0 | 0 | 66 | 3 | MMA:2.25oz G/B:2sv WG |
| | Tropical Veggie Juice | 90 | 0 | 0 | 0 | 0 | 15 | 20 | 0 | 17 | 0 | 750 | 90 | 20 | 0 | V:3/4c O BW-PLANT |
| | Diced Pears | 56 | 0 | 0 | 0 | 0 | 9 | 15 | 2 | 9 | 2 | 0 | 1 | 1 | 0 | F:1/2c BW-PLANT |
| | Syrup | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 10 | 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 | 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 |
| 04-22-2022 | Mustard | 5 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | NO SCHOOL | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 04-25-2022 | CHEESE PIZZA^ | 341 | 17 | 10 | 0 | 41 | 449 | 28 | 3 | 6 | 20 | 0 | 0 | 312 | 2 | MMA:2oz G/B:2sv WG V:1/4c RO |
| | Country Blend Vegetables | 69 | 0 | 0 | 0 | 0 | 32 | 15 | 3 | 4 | 3 | 396 | 8 | 36 | 1 | V:1/4c S V:1/2c O BW-PLANT |
| | Applesauce | 51 | 0 | 0 | 0 | 0 | 2 | 14 | 1 | 12 | 0 | 1 | 1 | 5 | 0 | F:1/2c BW-PLANT |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 04-26-2022 | CHICKEN ALFREDO PASTA ^ | 412 | 22 | 9 | 0 | 88 | 763 | 32 | 2 | 6 | 24 | 4 | 1 | 291 | 1 | MMA:2oz G/B:1sv WG |
| | Breadstick ^ | 100 | 1 | 0 | 0 | 0 | 140 | 20 | 2 | 1 | 4 | 0 | 9 | 20 | 1 | G/B:1sv WG |
| | Broccoli | 39 | 0 | 0 | 0 | 0 | 15 | 8 | 4 | 2 | 4 | 1417 | 56 | 46 | 1 | V:3/4c DG BW-PLANT |
| | Orange Juice Blend | 60 | 0 | 0 | 0 | 0 | 10 | 14 | 0 | 12 | 0 | 2 | 30 | 10 | 0 | F:1/2c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 04-27-2022 | PANCAKES & SAUSAGE ^ | 290 | 14 | 4 | 0 | 40 | 400 | 28 | 3 | 6 | 15 | 0 | 0 | 89 | 2 | MMA:2.25oz G/B:2sv WG |
| | Seasoned Diced Potatoes | 115 | 6 | 1 | 0 | 0 | 473 | 14 | 2 | 2 | 2 | 8 | 15 | 4 | 0 | V:1/2c S BW-PLANT |
| | Sun Splash Veggie Juice | 60 | 0 | 0 | 0 | 0 | 10 | 15 | 0 | 13 | 0 | 0 | 0 | 10 | 0 | V:1/2c RO BW-PLANT |
| | Diced Pears | 56 | 0 | 0 | 0 | 0 | 9 | 15 | 2 | 9 | 2 | 0 | 1 | 1 | 0 | F:1/2c BW-PLANT |
| | Syrup | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |

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| | 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 |
|------------|------------------------------------|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|----------------------------|
| 04-28-2022 | HOT DOG | 130 | 11 | 4 | 0 | 30 | 450 | 2 | 0 | 1 | 5 | 0 | 0 | 0 | 0 | MMA:2oz |
| | Hot Dog Bun ^ | 110 | 2 | 0 | 0 | 0 | 230 | 19 | 2 | 3 | 5 | 0 | 0 | 80 | 1 | G/B:1.5sv WG |
| | 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 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 | |
| | Fresh Apple | 64 | 0 | 0 | 0 | 0 | 1 | 17 | 3 | 13 | 0 | 4 | 6 | 7 | 0 | F:1c |
| | 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 | |
| | 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 |
| | Light Mayonnaise | 50 | 4 | 0 | 0 | 10 | 70 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 04-29-2022 | VEGETARIAN CHILI WITH BEANS | 200 | 0 | 0 | 0 | 0 | 488 | 38 | 12 | 10 | 10 | 41 | 2 | 91 | 4 | MMA:2oz V:1/2c RO BW-LPP |
| | Corn | 74 | 1 | 0 | 0 | 0 | 0 | 17 | 2 | 2 | 2 | 0 | 0 | 3 | 0 | V:1/2c S BW-PLANT |
| | Diced Peaches | 55 | 0 | 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 | 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 | |

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: COMPASS ROSE JOURNEY CAMPUS

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|--|------|-----|--------|----------|------|-----------|-----|-------|
| 04-01-2022 | CHEESY BAKED PENNE ^ WITH GREEN BEANS | X | | | | | | | X |
| | Breadstick ^ | | | | | | | X | X |
| | Fresh Banana | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-04-2022 | CHEESE PIZZA^ | X | | | | | | X | X |
| | Country Blend Vegetables | | | | | | | | |
| | Diced Peaches | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-05-2022 | CRISPY CHICKEN PATTY ^ | | | | | | | X | X |
| | Hamburger Bun ^ | X | | | | | | X | X |
| | Potato Wedges | | | | | | | X | |
| | Sun Splash Veggie Juice | | | | | | | | |
| | Applesauce | | | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Choice of Milk | X | | | | | | | |
| 04-06-2022 | GRILLED CHEESE PANINI ^ | X | | | | | | X | X |
| | Broccoli | | | | | | | | |
| | Fresh Baby Carrots | | | | | | | | |
| | Ranch Dressing | X | X | | | | | X | |
| | Fresh Pear | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-07-2022 | *WALKING TACO* | | | | | | | | |
| | TURKEY TACOS | | | | | | | | |
| | Wild White Nacho Doritos^ | X | | | | | | | |
| | Fiesta Beans | | | | | | | | |
| | Fresh Baby Carrots | | | | | | | | |
| | Ranch Dressing | X | X | | | | | X | |
| | Sliced Apples | | | | | | | | |
| | Taco Sauce | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| | TURKEY HAM & CHEESE PROTEIN BOX | X | | | | | | X | |
| | Sliced Bread ^ | X | | | | | | X | X |
| | Mustard | | | | | | | | |
| 04-08-2022 | MINI CHEESE RAVIOLI WITH SAUCE ^ | X | X | | | | | X | X |
| | Breadstick ^ | | | | | | | X | X |
| | Green Beans | | | | | | | | |
| | Orange Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |

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| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|--|------|-----|--------|----------|------|-----------|-----|-------|
| 04-11-2022 | CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ | X | | | | | | X | X |
| | Breadstick ^ | | | | | | | X | X |
| | Corn | | | | | | | | |
| | Applesauce | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-12-2022 | CHARBROILED HAMBURGER | | | | | | | X | |
| | Hamburger Bun ^ | X | | | | | | X | X |
| | Baked Beans | | | | | | | | |
| | Sun Splash Veggie Juice | | | | | | | | |
| | Orange Juice Blend | | | | | | | | |
| | Mustard | | | | | | | | |
| | Ketchup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-13-2022 | CRISPY CHICKEN PATTY ^ | | | | | | | X | X |
| | Hamburger Bun ^ | X | | | | | | X | X |
| | Broccoli | | | | | | | | |
| | Diced Peaches | | | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Choice of Milk | X | | | | | | | |
| 04-14-2022 | PIZZA DIPPERS ^ | X | X | | | | | X | X |
| | Marinara Dipping Sauce | X | | | | | | | |
| | Green Beans | | | | | | | | |
| | Diced Pears | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| | TURKEY BREAST & CHEESE PROTEIN BOX | X | | | | | | X | |
| | Sliced Bread ^ | X | | | | | | X | X |
| | Sun Splash Veggie Juice | | | | | | | | |
| | Light Mayonnaise | | X | | | | | X | |
| 04-15-2022 | | | | | | | | | |
| | NO SCHOOL | | | | | | | | |
| 04-18-2022 | POPCORN CHICKEN ^ | | | | | | | X | X |
| | Baked Beans | | | | | | | | |
| | Sun Splash Veggie Juice | | | | | | | | |
| | Applesauce | | | | | | | | |
| | BBQ Sauce | | | | | | | X | |
| | Choice of Milk | X | | | | | | | |

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| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|------------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 04-19-2022 | TERIYAKI CHICKEN PATTY | | | | | | | X | X |
| | Hamburger Bun ^ | X | | | | | | X | X |
| | Golden Potato Rounds | | | | | | | X | |
| | Diced Peaches | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-20-2022 | ROTINI BAKE ^ | X | | | | | | X | X |
| | Mixed Vegetables | | | | | | | | |
| | Orange Juice Blend | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-21-2022 | *GLOBAL BITES* | | | | | | | | |
| | DUTCH WAFFLE^ W/SAUSAGE | X | X | | | | | X | X |
| | Tropical Veggie Juice | | | | | | | | |
| | Diced Pears | | | | | | | | |
| | Syrup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| | TURKEY HAM & CHEESE PROTEIN BOX | X | | | | | | X | |
| | Sliced Bread ^ | X | | | | | | X | X |
| | Mustard | | | | | | | | |
| 04-22-2022 | | | | | | | | | |
| | NO SCHOOL | | | | | | | | |
| 04-25-2022 | CHEESE PIZZA^ | X | | | | | | X | X |
| | Country Blend Vegetables | | | | | | | | |
| | Applesauce | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-26-2022 | CHICKEN ALFREDO PASTA ^ | X | | | | | | X | X |
| | Breadstick ^ | | | | | | | X | X |
| | Broccoli | | | | | | | | |
| | Orange Juice Blend | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 04-27-2022 | PANCAKES & SAUSAGE ^ | X | X | | | | | X | X |
| | Seasoned Diced Potatoes | | | | | | | | |
| | Sun Splash Veggie Juice | | | | | | | | |
| | Diced Pears | | | | | | | | |
| | Syrup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |

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| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|------------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 04-28-2022 | HOT DOG | | | | | | | | |
| | Hot Dog Bun ^ | X | | | | | | X | X |
| | Baked Beans | | | | | | | | |
| | Fresh Baby Carrots | | | | | | | | |
| | Ranch Dressing | X | X | | | | | X | |
| | Fresh Apple | | | | | | | | |
| | Mustard | | | | | | | | |
| | Ketchup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| | TURKEY BREAST & CHEESE PROTEIN BOX | X | | | | | | X | |
| | Sliced Bread ^ | X | | | | | | X | X |
| | Light Mayonnaise | | X | | | | | X | |
| 04-29-2022 | VEGETARIAN CHILI WITH BEANS | | | | | | | X | X |
| | Corn | | | | | | | | |
| | Diced Peaches | | | | | | | | |
| | Fritos ^ | | | | | | | | |
| | Choice of Milk | X | | | | | | | |