

APRIL

LUNCH



LEGACY CAMPUS

L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
				CHEESY PENNE BAKE ^ Breadstick ^ Country Blend Vegetables Fresh Banana Orange Juice Blend Choice of Milk POPCORN CHICKEN ^ SALAD Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Carrot Sticks Cucumbers Ranch Dressing
April 4, 2022	April 5, 2022	April 6, 2022	April 7, 2022	April 8, 2022
CHEESE PIZZA^ Green Beans Diced Carrots Diced Peaches Grape Juice Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mashed Potatoes Sun Splash Veggie Juice Applesauce Dried Cranberries BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI ^ Broccoli Potato Wedges Fresh Pear Orange Juice Ketchup Choice of Milk	*WALKING TACO* TURKEY TACOS Wild White Nacho Doritos^ Fiesta Beans Corn Fresh Apple Chocolate Cookie ^ Salsa Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Light Mayonnaise	MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ Mixed Vegetables Diced Pears Orange Juice Choice of Milk DICED CHICKEN SALAD Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Carrot Sticks Green Pepper Strips Italian Dressing
April 11, 2022	April 12, 2022	April 13, 2022	April 14, 2022	April 15, 2022
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Corn Applesauce Grape Juice Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans Mixed Vegetables Orange Juice Blend Diced Pears Mustard Ketchup Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Carrots Blended Fruit Juice Diced Peaches BBQ Sauce Chocolate Cookie ^ Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Diced Carrots Apple Juice Fritos ^ Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Sun Splash Veggie Juice Mustard	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 Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ French Fries Mixed Vegetables Diced Peaches Blended Fruit Juice Ketchup Choice of Milk	ROTINI BAKE ^ Breadstick ^ Green Beans Diced Carrots Orange Juice Blend Applesauce Choice of Milk	*GLOBAL BITES* DUTCH WAFFLE^ W/SAUSAGE Tropical Veggie Juice Fresh Baby Carrots Ranch Dressing Diced Pears Grape Juice Syrup Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Light Mayonnaise	NO SCHOOL
April 25, 2022	April 26, 2022	April 27, 2022	April 28, 2022	April 29, 2022
CHEESE PIZZA^ Green Beans Corn Applesauce Blended Fruit Juice Choice of Milk	CHICKEN ALFREDO PASTA ^ Breadstick ^ Mixed Vegetables Broccoli Orange Juice Blend Diced Peaches Choice of Milk	PANCAKES & SAUSAGE ^ Seasoned Diced Potatoes Sun Splash Veggie Juice Diced Pears Apple Juice Syrup Choice of Milk	HOT DOG Hot Dog Bun ^ Baked Beans Diced Carrots Fresh Apple Mustard Ketchup Chocolate Cookie ^ Choice of Milk TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Light Mayonnaise	VEGETARIAN CHILI WITH BEANS Corn Diced Peaches Orange Juice Blend Corn Muffin ^ Choice of Milk DICED CHICKEN SALAD Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Carrot Sticks Green Pepper Strips Italian Dressing Breadstick ^

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

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Nutritional Information: LEGACY 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 PENNE BAKE ^	8	0	0	0	1	15	1	0	0	0	1	0	10	0	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
	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
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c 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	
	POPCORN CHICKEN ^ SALAD	252	14	3	0	22	383	15	3	1	15	109	0	0	2	MMA:2oz G/B:1sv WG
	Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0	MMA:1oz
	Croutons ^	4	0	0	0	0	7	0	0	0	0	0	0	0	0	G/B:1sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO
	Cucumbers	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	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
	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	V:1/2c RO BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	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
	Mashed Potatoes	123	5	1	0	1	304	17	1	1	3	0	58	45	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
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	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
	Potato Wedges	90	2	0	0	0	20	18	1	0	1	0	0	10	0	V:1/2c S BW-PLANT
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	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	
04-07-2022	*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
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c

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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
04-07-2022	Chocolate Cookie ^	120	5	1	0	0	40	19	1	8	2	0	0	6	1	G/B:1sv WG
	Salsa	5	0	0	0	0	95	1	0	0	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
	Light Mayonnaise	50	4	0	0	10	70	2	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
	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
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c 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	
	DICED CHICKEN SALAD	0	0	0	0	0	0	0	0	0	0	0	0	0	0	MMA:1oz
	Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0	MMA:1oz
	Croutons ^	4	0	0	0	0	7	0	0	0	0	0	0	0	0	G/B:1sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO
	Green Pepper Strips	15	0	0	0	0	2	4	1	2	1	14	61	8	0	V:1/4c O
	Italian Dressing	5	0	0	0	0	120	1	0	1	0	0	0	0	0	
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
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	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
	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
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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	
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	26	0	0	0	0	10	5	3	1	3	945	38	31	1	V:1/2c DG BW-PLANT
	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	V:1/2c RO BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c

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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
04-13-2022	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	
	Chocolate Cookie ^	120	5	1	0	0	40	19	1	8	2	0	0	6	1	G/B:1sv WG
	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
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	10	0	F:1/2c
	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	
	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
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Mustard	5	0	0	0	0	20	0	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
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Cheddar Sun Chips ^	140	6	0	0	0	170	19	2	2	2	0	0	10	1	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
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
	French Fries	87	3	0	0	0	25	14	0	0	1	0	5	0	0	V:1/2c S BW-PLANT
	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
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	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	
04-20-2022	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
	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
	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	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

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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
04-20-2022	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	
04-21-2022	*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
	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	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	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
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0	
04-22-2022																
	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
	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
	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
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	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
	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
	Broccoli	26	0	0	0	0	10	5	3	1	3	945	38	31	1	V:1/2c DG BW-PLANT
	Orange Juice Blend	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	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	
04-27-2022	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
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	10	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	

Nutritional Information: LEGACY 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
04-27-2022	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
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
	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	V:1/2c RO BW-PLANT
	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	
	Chocolate Cookie ^	120	5	1	0	0	40	19	1	8	2	0	0	6	1	G/B:1sv WG
	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	110	1	0	0	0	0	26	2	4	4	0	0	5	0	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
	Orange Juice Blend	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Corn Muffin ^	257	7	1	0	33	170	44	3	20	4	184	1	32	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	DICED CHICKEN SALAD	0	0	0	0	0	0	0	0	0	0	0	0	0	0	MMA:1oz
	Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0	MMA:1oz
	Croutons ^	4	0	0	0	0	7	0	0	0	0	0	0	0	0	G/B:1sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO
	Green Pepper Strips	15	0	0	0	0	2	4	1	2	1	14	61	8	0	V:1/4c O
	Italian Dressing	5	0	0	0	0	120	1	0	1	0	0	0	0	0	
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG

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: LEGACY CAMPUS

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-01-2022	CHEESY PENNE BAKE ^	X							X
	Breadstick ^							X	X
	Country Blend Vegetables								
	Fresh Banana								
	Orange Juice Blend								
	Choice of Milk	X							
	POPCORN CHICKEN ^ SALAD							X	X
	Shredded Cheddar Cheese	X							
	Croutons ^	X							X
	Romaine Lettuce								
	Carrot Sticks								
	Cucumbers								
04-04-2022	Ranch Dressing	X	X					X	
	CHEESE PIZZA^	X						X	X
	Green Beans								
	Diced Carrots								
	Diced Peaches								
	Grape Juice								
04-05-2022	Choice of Milk	X							
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Mashed Potatoes	X						X	
	Sun Splash Veggie Juice								
	Applesauce								
	Dried Cranberries								
	BBQ Sauce							X	
04-06-2022	Choice of Milk	X							
	GRILLED CHEESE PANINI ^	X						X	X
	Broccoli								
	Potato Wedges							X	
	Fresh Pear								
	Orange Juice								
	Ketchup								
	Choice of Milk	X							
04-07-2022	*WALKING TACO*								
	TURKEY TACOS								
	Wild White Nacho Doritos^	X							
	Fiesta Beans								
	Corn								
	Fresh Apple								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-07-2022	Chocolate Cookie ^							X	X
	Salsa								
	Choice of Milk	X							
	TURKEY HAM & CHEESE PROTEIN BOX	X						X	
	Sliced Bread ^	X						X	X
	Light Mayonnaise		X					X	
04-08-2022	MINI CHEESE RAVIOLI WITH SAUCE ^	X	X					X	X
	Breadstick ^							X	X
	Mixed Vegetables								
	Diced Pears								
	Orange Juice								
	Choice of Milk	X							
	DICED CHICKEN SALAD								
	Shredded Cheddar Cheese	X							
	Croutons ^	X							X
	Romaine Lettuce								
	Carrot Sticks								
	Green Pepper Strips								
04-11-2022	Italian Dressing							X	
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
	Breadstick ^							X	X
	Corn								
	Applesauce								
	Grape Juice								
04-12-2022	Choice of Milk	X							
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Mixed Vegetables								
	Orange Juice Blend								
	Diced Pears								
	Mustard								
	Ketchup								
04-13-2022	Choice of Milk	X							
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Broccoli								
	Diced Carrots								
	Blended Fruit Juice								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-13-2022	Diced Peaches								
	BBQ Sauce							X	
	Chocolate Cookie ^							X	X
	Choice of Milk	X							
04-14-2022	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X							
	Green Beans								
	Diced Pears								
	Apple Juice								
	Fritos ^								
	Choice of Milk	X							
	TURKEY HAM & CHEESE PROTEIN BOX	X						X	
	Sliced Bread ^	X						X	X
	Sun Splash Veggie Juice								
04-15-2022	Mustard								
	NO SCHOOL								
04-18-2022	POPCORN CHICKEN ^							X	X
	Baked Beans								
	Sun Splash Veggie Juice								
	Applesauce								
	Grape Juice								
	BBQ Sauce							X	
	Cheddar Sun Chips ^	X							X
04-19-2022	Choice of Milk	X							
	TERIYAKI CHICKEN PATTY							X	X
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Mixed Vegetables								
	Diced Peaches								
	Blended Fruit Juice								
	Ketchup								
04-20-2022	Choice of Milk	X							
	ROTINI BAKE ^	X						X	X
	Breadstick ^							X	X
	Green Beans								
	Diced Carrots								
	Orange Juice Blend								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-20-2022	Applesauce								
	Choice of Milk	X							
04-21-2022	*GLOBAL BITES*								
	DUTCH WAFFLE^ W/SAUSAGE	X	X					X	X
	Tropical Veggie Juice								
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Diced Pears								
	Grape Juice								
	Syrup								
	Choice of Milk	X							
	TURKEY HAM & CHEESE PROTEIN BOX	X						X	
04-22-2022	Sliced Bread ^	X						X	X
	Light Mayonnaise		X					X	
04-25-2022	NO SCHOOL								
	CHEESE PIZZA^	X						X	X
	Green Beans								
	Corn								
	Applesauce								
	Blended Fruit Juice								
04-26-2022	Choice of Milk	X							
	CHICKEN ALFREDO PASTA ^	X						X	X
	Breadstick ^							X	X
	Mixed Vegetables								
	Broccoli								
	Orange Juice Blend								
	Diced Peaches								
04-27-2022	Choice of Milk	X							
	PANCAKES & SAUSAGE ^	X	X					X	X
	Seasoned Diced Potatoes								
	Sun Splash Veggie Juice								
	Diced Pears								
	Apple Juice								
	Syrup								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-27-2022	Choice of Milk	X							
04-28-2022	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Baked Beans								
	Diced Carrots								
	Fresh Apple								
	Mustard								
	Ketchup								
	Chocolate Cookie ^							X	X
	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								
	Orange Juice Blend								
	Corn Muffin ^	X	X					X	X
	Choice of Milk	X							
	DICED CHICKEN SALAD								
	Shredded Cheddar Cheese	X							
	Croutons ^	X							X
	Romaine Lettuce								
	Carrot Sticks								
	Green Pepper Strips								
	Italian Dressing							X	
	Breadstick ^							X	X