APRIL



LEGACY CAMPUS

L2HS - Lunch 9-12

Monday March 28, 2022 March 29, 2022 March 30, 2022 March 31, 2022 April 1, 2022 April 5, 2022 April 6, 2022 April 7, 2022 April 7, 2022 April 8, 2022 April 10, 2022 April 20, 20			-200 - Lunch 9-12		
April 4, 2022 April 5, 2022 April 6, 2022 April 7, 2022 April 8, 2022 April 8, 2022 April 19, 2022 April 20, 2022 Apri	Monday	Tuesday	Wednesday	Thursday	Friday
April 4, 2022 April 5, 2022 April 6, 2022 April 7, 2022 April 7, 2022 April 8, 2022 Gelesse Pizzan Gene Bears Does Carolis Grapp Julice Groot of Milk Choice of Milk Choic	March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
CHEESE PZZA Growt Brance Diced Carrotes Diced Peticles Diced Peticles Diced Peticles Diced Carrotes Diced Peticles Diced Carrotes Diced Carrotes Diced Carrotes Diced Carrotes Diced Carrotes Diced Carrotes BBS Sauce Choice of Milk Choice of Milk Choice of Milk Diced Carrotes BBS Sauce Choice of Milk Choice of Milk Choice of Milk Diced Carrotes BBS Sauce Choice of Milk Diced Carrotes BBS Sauce Choice of Milk Diced Carrotes BBS Sauce Choice of Milk Diced Carrotes Diced Carrotes BBS Sauce Choice of Milk Diced Peticles Diced Carrotes Diced Peticles Diced Petic					Breadstick ^ Country Blend Vegetables Fresh Banana Orange Juice Blend Choice of Milk POPCORN CHICKEN ^ SALAD Shredded Cheddar Cheese Croutons ^ Romaine Lettuce Carrot Sticks Cucumbers
Green Beans Dicact Carrots Mashed Potatoses Sun April 14 2022 April 12, 2022 April 13, 2022 April 13, 2022 April 14, 2022 April 14, 2022 April 15, 2022 April 18, 2022 April 19, 2022 April 20, 2022 April 27, 2022 April 28, 2022 April 29, 2022 April 27, 2022 April 28, 2022 April 29, 2022 April 27, 2022 April 27, 2022 April 28, 2022 April 29, 2022 April 29, 2022 April 27, 2022 April 27, 2022 April 28, 2022 April 29, 2022	April 4, 2022	April 5, 2022	April 6, 2022	April 7, 2022	April 8, 2022
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Consuce Grape Juice Choice of Milk Choi	Green Beans Diced Carrots Diced Peaches Grape Juice	Hamburger Bun ^ Mashed Potatoes Sun Splash Veggie Juice Applesauce Dried Cranberries BBQ Sauce	Broccoli Potato Wedges Fresh Pear Orange Juice Ketchup	TURKEY TACOS Wild White Nacho Doritos^ Fiesta Beans Corn Fresh Apple Chocolate Cookie ^ Salsa Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^	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
W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Corn ^ Applesauce Grape Juice Sliend Choice of Milk April 18, 2022	April 11, 2022	April 12, 2022	April 13, 2022	April 14, 2022	April 15, 2022
POPCORN CHICKEN ^ Baked Beans Sun Splash Veggie Juice Applesauce Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk April 25, 2022 CHESSE PIZZA^ Green Beans Corn Applesauce Blended Fruit Juice Corn Applesauce Blended Fruit Juice Corn Applesauce Blended Fruit Juice Corn Applesauce Chediar Sun Chips ^ Choice of Milk Choice of	W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Corn Applesauce Grape Juice	HAMBURGER Hamburger Bun ^ Baked Beans Mixed Vegetables Orange Juice Blend Diced Pears Mustard Ketchup	Hamburger Bun ^ Broccoli Diced Carrots Blended Fruit Juice Diced Peaches BBQ Sauce Chocolate Cookie ^	Marinara Dipping Sauce Green Beans Diced Pears Apple Juice Fritos ^ Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Sun Splash Veggie Juice	NO SCHOOL
Baked Beans Sun Splash Veggle Julice Applesauce Grape Julice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk Choice of Milk April 25, 2022 April 26, 2022 April 27, 2022 April 27, 2022 April 27, 2022 April 28, 2022 April 28, 2022 April 28, 2022 April 29, 2022 Apri	April 18, 2022	April 19, 2022	April 20, 2022	April 21, 2022	April 22, 2022
CHESE PIZZA^ Green Beans Corn Applesauce Blended Fruit Juice Choice of Milk Chice of Milk Chic	Baked Beans Sun Splash Veggie Juice Applesauce Grape Juice BBQ Sauce Cheddar Sun Chips ^	Hamburger Bun ^ French Fries Mixed Vegetables Diced Peaches Blended Fruit Juice Ketchup	Breadstick ^ Green Beans Diced Carrots Orange Juice Blend Applesauce	DUTCH WAFFLE^ WSAUSAGE Tropical Veggie Juice Fresh Baby Carrots Ranch Dressing Diced Pears Grape Juice Syrup Choice of Milk TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^	NO SCHOOL
Green Beans Com Mixed Vegetables Broccoli Applesauce Blended Fruit Juice Choice of Milk Choice of Milk Choice of Milk Breadstick ^ Seasoned Diced Potatoes Sun Splash Veggie Juice Diced Pears Diced Pears Diced Peartots Corn Muffin ^ Choice of Milk Ketchup Choice of Milk TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Light Mayonnaise Green Pepper Strips	April 25, 2022	April 26, 2022	April 27, 2022	April 28, 2022	April 29, 2022
ALL MEALS SERVED WITH ADDRODDIATE CONDIMENTS AND A CHOICE OF 1% AND FAT EDEE MILK. ** MENLI SUBJECT TO CHANGE **	Green Beans Corn Applesauce Blended Fruit Juice Choice of Milk	Breadstick ^ Mixed Vegetables Broccoli Orange Juice Blend Diced Peaches Choice of Milk	Seasoned Diced Potatoes Sun Splash Veggie Juice Diced Pears Apple Juice Syrup Choice of Milk	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	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

*** This institution is an equal opportunity provider.

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Total Name		nutrients consult actual labels on cartons served	at the	scno	OI.												
Chest		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
Presh Banana 105 0	04	CHEESY PENNE BAKE ^	8	0	0	0	1	15	1	0	0	0	1	0	10	0	
Presh Banana 105 0	01	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
Presh Banana 105 0	202	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	
Choice of Milk		Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
POPCORN CHICKEN ^ SANDA		Orange Juice Blend	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
SALAD SA		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Croutons			252	14	3	0	22	383	15	3	1	15	109	0	0	2	MMA:2oz G/B:1sv WG
Romaine Lettruce		Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0	MMA:1oz
Carrot Sicks 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		Croutons ^	4	0	0	0	0	7	0	0	0	0	0	0	0	0	G/B:1sv WG
Cucumbers Ranch Dressing Ranch Pressing Ranch Dressing Ranch Pressing Ranch Pressing Ranch Pressing Ranch Pression Ranch		Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
## Ranch Dressing 15 1 0 0 0 85 0 0 1 0 0 0 0 0 0 0		Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO
CHEESE PIZZA^ 341 17 10 0 41 449 28 3 6 20 0 0 312 2 MMA:20Z G/B:2sv WG V:1/4c RO ROV-PLANT V:1/4c RO ROV-PLANT V:1/4c RO R		Cucumbers	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
CHEESF PIZZA^ 341 17 10 0 41 449 28 3 6 20 0 0 312 2 V:1/4c RO Green Beans 32 0 0 0 0 0 0 6 7 3 5 1 770 5 32 1 V:1/2c BW-PLANT Diced Carots 32 0 0 0 0 0 6 6 7 3 5 1 770 5 32 1 V:1/2c BW-PLANT Diced Peaches 55 0 0 0 0 0 10 11 13 1 12 2 0 4 2 0 F:1/2c BW-PLANT Diced Peaches 55 0 0 0 0 0 10 11 13 1 12 2 0 4 2 0 F:1/2c BW-PLANT Grape Juice 60 0 1 0 0 0 10 11 14 0 13 0 0 0 10 10 0 F:1/2c BW-PLANT Grape Juice Allow Fills 121 1 1 0 0 8 139 19 0 17 8 493 0 302 0 F:1/2c BW-PLANT Allow Fills 121 1 1 1 0 0 8 139 19 0 17 8 493 0 302 0 F:1/2c BW-PLANT Grape Juice Allow Fills 122 1 1 1 1 0 0 8 139 19 0 17 8 493 0 302 0 F:1/2c BW-PLANT Fills 122 1 1 1 1 1 0 0 8 139 19 0 17 8 493 0 302 0 F:1/2c BW-PLANT Fills 122 1 1 1 1 0 0 8 139 19 0 17 8 493 0 302 0 F:1/2c BW-PLANT Fills 122 1 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1		Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
Dices Peaches	04-	CHEESE PIZZA^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	
Dices Peaches	04	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
Dices Peaches	20%	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	V:1/2c RO BW-PLANT
Choice of Milk 121 1 1 0 8 8 139 19 0 17 8 493 0 302 0 CRISPY CHICKEN PATTY ^ 240 13 2 0 25 520 15 2 0 16 0 0 40 1 MMA:2coz G/B:1sv WG Hamburger Bun ^ 140 2 0 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 0 0 10 15 0 13 0 0 0 10 0 V:1/2c S BW-PLANT Applesauce 51 0 0 0 0 0 2 14 1 1 12 0 1 1 1 5 0 F:1/2c BBQ Sauce 25 0 0 0 0 0 5 0 7 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	22	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
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 0 2 14 1 1 12 0 1 1 5 0 F:1/2c BW-PLANT Dried Cranberries 110 0 0 0 0 0 0 27 2 2 4 0 0 0 0 0 0 F:1/2c BW-PLANT Dried Cranberries 110 0 0 0 0 0 50 7 0 4 0 0 0 0 0 0 F:1/2c BBQ Sauce 25 0 0 0 0 0 50 7 0 4 0 0 0 0 0 0 F:1/2c Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0 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 0 10 5 3 1 3 945 38 31 1 V:1/2c DG BW-PLANT Potato Wedges 90 2 0 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 0 1 18 4 11 0 1 5 10 0 F:1/2c Ketchup 10 0 0 0 0 0 45 2 0 1 1 0 0 0 0 0 0 F:1/2c Ketchup 10 0 0 0 0 0 0 10 14 0 12 0 2 30 10 0 F:1/2c Ketchup 10 0 0 0 0 0 0 0 17 8 493 0 302 0 *WALKING TACO* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
Hamburger Bun ^ 140 2 0 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 0 2 14 1 1 12 0 1 1 1 5 0 F:1/2c BW-PLANT Dried Cranberries 110 0 0 0 0 0 0 27 2 24 0 0 0 0 0 0 F:1/2c BBQ Sauce 25 0 0 0 0 0 50 7 0 4 0 0 0 0 0 0 0 F:1/2c Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0 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 0 10 5 3 1 3 945 38 31 1 V:1/2c BW-PLANT Potato Wedges 90 2 0 0 0 0 0 18 1 0 1 0 1 0 0 10 0 F:1/2c Ketchup 10 0 0 0 0 0 1 18 4 11 0 1 5 10 0 F:1/2c Ketchup 10 0 0 0 0 0 1 18 4 11 0 1 5 10 0 F:1/2c Ketchup 10 0 0 0 0 0 1 18 13 0 17 8 493 0 302 0 *WALKING TACO* 0 0 0 0 0 0 17 8 493 0 302 0 *WALKING TACO* 0 0 0 0 0 0 17 2 2 2 0 0 0 0 0 0 0 0 0 0 G/B:1.5sv WG Fiesta Beans 180 0 0 0 0 0 452 33 8 3 11 2 1 66 3 V:1/2c S BW-LPP BW-LS Corn 74 1 0 0 0 0 0 17 2 2 2 2 0 0 3 0 0 V:1/2c S BW-PLANT		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Mashed Potatoes	Ó	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
Mashed Potatoes	4- <u>0</u>	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
Sun Splash Veggie Juice	5-2	Mashed Potatoes	123	5	1	0	1	304	17	1	1	3	0	58	45	0	V:1/2c S BW-PLANT
Dried Cranberries 110 0 0 0 0 0 0 0 27 2 24 0 0 0 0 0 0 F:1/2c	022	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	
BBQ Sauce		Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
Choice of Milk 121		Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
Potato Wedges 90 2 0 0 0 0 10 18 4 11 0 1 5 10 0 60 60 0 0 0 0 0 0		BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
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 0 Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0 *WALKING TACO* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
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 0 Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0 *WALKING TACO* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	ó	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv WG
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 0 Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0 *WALKING TACO* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4-0	Broccoli	26	0	0	0	0	10	5	3	1	3	945	38	31	1	V:1/2c DG BW-PLANT
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 0 Choice of Milk 121 1 1 0 8 139 19 0 17 8 493 0 302 0 *WALKING TACO* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5-20	Potato Wedges	90	2	0	0	0	20	18	1	0	1	0	0	10	0	V:1/2c S BW-PLANT
Ketchup)22	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 *WALKING TACO* 0 0 0 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 0 0 17 2 2 2 0 0 0 3 0 V:1/2c S BW-PLANT		Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
WALKING TACO 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		Ketchup	10	0	0	0	0	45	2	0	1	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 0 3 0 V:1/2c S BW-PLANT		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Corn 74 1 0 0 0 0 17 2 2 2 0 0 3 0 V:1/2c S BW-PLANT	Ó	*WALKING TACO*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Corn 74 1 0 0 0 0 17 2 2 2 0 0 3 0 V:1/2c S BW-PLANT	4-0	TURKEY TACOS	130	7	2	0	70	320	2	0	0	13	200	0	60	2	MMA:2oz BW-LPP BW-LS
Corn 74 1 0 0 0 0 17 2 2 2 0 0 3 0 V:1/2c S BW-PLANT	7-2	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 Apple 64 0 0 0 0 1 17 3 13 0 4 6 7 0 F:1c		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

	nutrients consult actual labels on cartons served		Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fibe	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
	Item Name	Calories	at (g	it (g)	t (g)	(mg)	(mg)) (g)કદ	Fiber (g)	r (g)	n (g)	(II)	(mg)	(mg)	(mg)	tions
	Chocolate Cookie ^	120	5	1	0	0	40	19	1	8	2	0	0	6	1	G/B:1sv WG
04-	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	2,2 3 3 3 3 3
07-:	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-07-2022	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-	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
08-	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
04-08-2022	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	
04-11-2	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
2022	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
2	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-	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
12-:	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
04-12-2022	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF V:1/4c S V:1/4c RO BW-
	Mixed Vegetables	53	0	0	0	0	57	11	3	4	2	386	3	22	1	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-	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
13-	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
04-13-2022	Broccoli	26	0	0	0	0	10	5	3	1	3	945	38	31	1	V:1/2c DG BW-PLANT
22	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

	nutrients consult actual labels on cartons served	at the	SCHO	UI.												
	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
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
04	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	, .
04-13-2022	Chocolate Cookie ^	120	5	1	0	0	40	19	1	8	2	0	0	6	1	G/B:1sv WG
20%	Chocolate Cookie	120	3	-			10	10	_		_				_	G/B/15V 11G
22	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
2	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
04-14-2022	Marinara Dipping Sauce	85	4	0	0	0	131	10	2	4	2	1	0	27	0	V:1/2c RO BW-PLANT
1-20	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
)22	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:20z 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	
2	POPCORN CHICKEN ^	252	14	3	0	22	383	15	3	1	15	109	0	0	2	MMA:2oz G/B:1sv WG
04-18-20	Baked Beans	192	1	0	0	0	202	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
3-20	Sun Splash Veggie Juice	60				_	283							//		V.1/2C L DVV LIT DVV III
)22		00	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Applesauce	51	0					15 14	0	13 12	0	0	0		0	
	Applesauce Grape Juice			0	0	0	10							10		V:1/2c RO BW-PLANT
		51	0	0	0	0	10	14	1	12	0	1	1	10 5	0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT
	Grape Juice	51 60	0	0 0 0	0 0 0	0 0 0	10 2 10	14 14	1 0	12 13	0	0	0	10 5 10	0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT
	Grape Juice BBQ Sauce	51 60 25	0 0 0	0 0 0	0 0 0	0 0 0	10 2 10 50	14 14 7	1 0 0	12 13 4	0 0 0	1 0 0	1 0 0	10 5 10 0	0 0 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c
0	Grape Juice BBQ Sauce Cheddar Sun Chips ^	51 60 25 140	0 0 0 6	0 0 0 0 0	0 0 0 0	0 0 0 0	10 2 10 50 170 139	14 14 7 19 19	1 0 0	12 13 4 2	0 0 0 2	1 0 0	1 0 0	10 5 10 0 10 302	0 0 0 1	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c
04-1	Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk TERIYAKI CHICKEN PATTY	51 60 25 140 121	0 0 0 6 1	0 0 0 0 0 1	0 0 0 0 0	0 0 0 0 0 8	10 2 10 50 170 139	14 14 7 19 19	1 0 0 2 0	12 13 4 2 17	0 0 0 2 8	1 0 0 0 493	1 0 0 0 0	10 5 10 0 10 302	0 0 0 1 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz
04-19-2	Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk TERIYAKI CHICKEN PATTY Hamburger Bun ^	51 60 25 140 121	0 0 0 6 1	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	10 2 10 50 170 139	14 14 7 19 19	1 0 0 2 0	12 13 4 2 17	0 0 0 2 8	1 0 0 0 0 493	1 0 0 0 0	10 5 10 0 10 302	0 0 0 1	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG
04-19-2022	Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk TERIYAKI CHICKEN PATTY	51 60 25 140 121 156 140	0 0 0 6 1	0 0 0 0 0 1	0 0 0 0 0 0	0 0 0 0 0 8 59	10 2 10 50 170 139 578 270	14 14 7 19 19 6 26	1 0 0 2 0	12 13 4 2 17 4 3	0 0 0 2 8 16 6	1 0 0 0 493	1 0 0 0 0	10 5 10 0 10 302 3 40	0 0 0 1 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz
04-19-2022	Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk TERIYAKI CHICKEN PATTY Hamburger Bun ^ French Fries	51 60 25 140 121 156 140 87	0 0 0 6 1 7 2	0 0 0 0 0 1 2 0	0 0 0 0 0 0	0 0 0 0 0 8 59 0	10 2 10 50 170 139 578 270 25	14 14 7 19 19 6 26 14	1 0 0 2 0	12 13 4 2 17 4 3 0	0 0 0 2 8 16 6	1 0 0 0 493 0 0	1 0 0 0 0 0	10 5 10 0 10 302 3 40	0 0 0 1 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-
04-19-2022	Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk TERIYAKI CHICKEN PATTY Hamburger Bun ^ French Fries Mixed Vegetables	51 60 25 140 121 156 140 87	0 0 0 6 1 7 2 3	0 0 0 0 0 0 1 2 0 0	0 0 0 0 0 0	0 0 0 0 0 8 59 0	10 2 10 50 170 139 578 270 25	14 14 7 19 19 6 26 14	1 0 0 2 0 0 2 0	12 13 4 2 17 4 3 0	0 0 0 2 8 16 6 1	1 0 0 0 493 0 0 0	1 0 0 0 0 0 0 5	10 5 10 0 10 302 3 40 0	0 0 0 1 0 0 1	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-PLANT
04-19-2022	Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk TERIYAKI CHICKEN PATTY Hamburger Bun ^ French Fries Mixed Vegetables Diced Peaches	51 60 25 140 121 156 140 87 53 55	0 0 0 6 1 7 2 3 0	0 0 0 0 0 0 1 2 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 8 59 0 0	10 2 10 50 170 139 578 270 25 57	14 14 7 19 19 6 26 14 11	1 0 0 2 0 0 2 0 3 1	12 13 4 2 17 4 3 0 4 12	0 0 0 2 8 16 6 1 2	1 0 0 0 493 0 0 0 386	1 0 0 0 0 0 0 5 3	10 5 10 0 10 302 3 40 0	0 0 0 1 0 1 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-PLANT F:1/2c BW-PLANT
04-19-2022	Grape Juice BBQ Sauce Cheddar Sun Chips ^ Choice of Milk TERIYAKI CHICKEN PATTY Hamburger Bun ^ French Fries Mixed Vegetables Diced Peaches Blended Fruit Juice	51 60 25 140 121 156 140 87 53 55 60	0 0 0 6 1 7 2 3 0 0	0 0 0 0 0 1 2 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 59 0 0 0	10 2 10 50 170 139 578 270 25 57 1	14 14 7 19 19 6 26 14 11 13	1 0 0 2 0 0 2 0 3 1	12 13 4 2 17 4 3 0 4 12 13	0 0 0 2 8 16 6 1 2 2	1 0 0 0 493 0 0 0 386 0	1 0 0 0 0 0 0 0 5 3 4	10 5 10 0 10 302 3 40 0 22 2	0 0 0 1 0 0 1 0 1 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-PLANT F:1/2c BW-PLANT
	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	51 60 25 140 121 156 140 87 53 55 60	0 0 0 6 1 7 2 3 0 0	0 0 0 0 0 0 1 2 0 0 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 8 59 0 0 0 0	10 2 10 50 170 139 578 270 25 57 1 10 45	14 14 7 19 19 6 26 14 11 13 14 2	1 0 0 2 0 0 2 0 3 1 0 0	12 13 4 2 17 4 3 0 4 12 13	0 0 0 2 8 16 6 1 2 2 0	1 0 0 0 493 0 0 0 0 386 0 0	1 0 0 0 0 0 0 0 5 3 4 0	10 5 10 0 10 302 3 40 0 22 2 10	0 0 0 1 0 0 1 0 0 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-PLANT F:1/2c BW-PLANT
	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	51 60 25 140 121 156 140 87 53 55 60 10 121	0 0 0 6 1 7 2 3 0 0 0	0 0 0 0 0 1 2 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 59 0 0 0 0	10 2 10 50 170 139 578 270 25 57 1 10 45 139	14 14 7 19 19 6 26 14 11 13 14 2	1 0 0 2 0 0 2 0 3 1 0 0	12 13 4 2 17 4 3 0 4 12 13 1	0 0 0 2 8 16 6 1 2 2 0 0	1 0 0 493 0 0 0 386 0 0 0 493	1 0 0 0 0 0 0 5 3 4 0 0	10 5 10 0 10 302 3 40 0 22 2 10 0	0 0 0 1 0 0 1 0 0 0 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-PLANT F:1/2c BW-PLANT F:1/2c BW-PLANT F:1/2c
	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 ^	51 60 25 140 121 156 140 87 53 55 60 10 121	0 0 0 6 1 7 2 3 0 0 0 0	0 0 0 0 0 1 2 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 59 0 0 0 0 0 0 8	10 2 10 50 170 139 578 270 25 57 1 10 45 139	14 14 7 19 19 6 26 14 11 13 14 2 19	1 0 0 2 0 0 2 0 3 1 0 0	12 13 4 2 17 4 3 0 4 12 13 1 17	0 0 0 2 8 16 6 1 2 2 0 0 8	1 0 0 493 0 0 0 386 0 0 0 493	1 0 0 0 0 0 0 0 5 3 4 0 0	10 5 10 0 10 302 3 40 0 22 2 10 0 302	0 0 0 1 0 0 1 0 0 0 0 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-PLANT F:1/2c BW-PLANT F:1/2c BW-PLANT F:1/2c BW-PLANT F:1/2c BW-PLANT
04-19-2022 04-20-2022	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 ^	51 60 25 140 121 156 140 87 53 55 60 10 121 337	0 0 0 6 1 7 2 3 0 0 0 0 1	0 0 0 0 0 1 2 0 0 0 0 0 0 0 1	0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 59 0 0 0 0 0 0 8 8	10 2 10 50 170 139 578 270 25 57 1 10 45 139	14 14 7 19 19 6 26 14 11 13 14 2 19	1 0 0 2 0 0 2 0 3 1 0 0 0	12 13 4 2 17 4 3 0 4 12 13 1 17	0 0 0 2 8 16 6 1 2 2 0 0 8	1 0 0 493 0 0 0 386 0 0 0 493	1 0 0 0 0 0 0 5 3 4 0 0 0	10 5 10 0 10 302 3 40 0 22 2 10 0 302	0 0 0 1 0 0 1 0 0 0 0 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-PLANT F:1/2c BW-PLANT F:1/2c BW-PLANT F:1/2c RO G/B:1sv WG C:1/2c RO G/B:1sv WG
	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	51 60 25 140 121 156 140 87 53 55 60 10 121 337 100	0 0 0 6 1 7 2 3 0 0 0 0 1 1	0 0 0 0 0 1 2 0 0 0 0 0 0 1 1 5 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 59 0 0 0 0 0 8 8	10 2 10 50 170 139 578 270 25 57 1 10 45 139	14 14 7 19 19 6 26 14 11 13 14 2 19 38 20 6	1 0 0 2 0 0 2 0 3 1 0 0 0	12 13 4 2 17 4 3 0 4 12 13 1 17	0 0 0 2 8 16 6 1 2 2 0 0 8 8	1 0 0 493 0 0 0 386 0 0 0 493	1 0 0 0 0 0 0 5 3 4 0 0 0	10 5 10 0 10 302 3 40 0 22 2 10 0 302 172 20 36	0 0 0 1 0 0 1 0 0 0 0 0	V:1/2c RO BW-PLANT F:1/2c BW-PLANT F:1/2c G/B:1.25sv WG MMA:2oz G/B:2sv WG V:1/2c S BW-PLANT V:1/4c S V:1/4c RO BW-PLANT F:1/2c BW-PLANT F:1/2c MMA:2oz G/B:1sv WG V:1/2c RO G/B:1sv WG V:1/2c O BW-PLANT

	nutrients consult actual labels on cartons served	at the	scho	ol.												
	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
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
04-20-2022	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ó	*GLOBAL BITES*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
4-2	DUTCH WAFFLE^															
1 3	W/SAUSAGE	460	25	8	0	55	510	45	3	12	15	0	0	66	3	MMA:2.25oz G/B:2sv WG
04-21-2022	Tropical Veggie Juice	90	0	0	0	0	15	20	0	17	0	750	90	20	0	V:3/4c O BW-PLANT
2	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	121	1	1	0	0	139	15	0	17	0	753	U	302	U	MMA:2oz V:3/4c DG V:1/4c
	PROTEIN BOX	160	12	6	0	52	440	4	0	2	12	0	1	161	0	0
	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	
0																MMA:2oz G/B:2sv WG
04-2	CHEESE PIZZA^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	V:1/4c RO
ίŤ	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
5-2022	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
2	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	
ó	CHICKEN ALFREDO PASTA ^	412	22	9	0	88	763	32	2	6	24	4	1	291	1	MMA:2oz G/B:1sv WG
04-26-2022	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
6-2																V:1/4c S V:1/4c RO BW-
02;	Mixed Vegetables	53	0	0	0	0	57	11	3	4	2	386	3	22	1	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	
02	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG
04-27-2022	Seasoned Diced Potatoes	115	6	1	0	0	473	14	2	2	2	8	15	4	0	V:1/2c S BW-PLANT
7-2	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
022	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	,
	, ,		-	-	_				-		_	-	-	-	-	

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	
2	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
1-28	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
04-28-2022	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
)22	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
29-	Corn	110	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S BW-PLANT
202	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
22	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 : Vegetable Types : BeWell Types:

M/MA = Meat/Meat Alternate

F = Fruit

V = Vegetable

G/B = Grain/Bread

W/G = Whole Grain

DG = Dark Grean R/O = Red/OrangeBW-PLANT = Plant-Based

BW-GF = Good Fat

L = Legumes S = Starchy BW-LPP = Lean/Plant Protein

O = Other BW-LS = Less Sugar

BW-HF = High Fiber Food BW-PRO = Probiotics

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
ó	CHEESY PENNE BAKE ^	Х							Х
#-0	Breadstick ^							Х	Х
04-01-2022	Country Blend Vegetables								
)22	Fresh Banana								
	Orange Juice Blend								
	Choice of Milk	Х							
	POPCORN CHICKEN ^ SALAD							Х	х
	Shredded Cheddar Cheese	Х							
	Croutons ^	Х							Х
	Romaine Lettuce								
	Carrot Sticks								
	Cucumbers								
	Ranch Dressing	X	X					Х	
04	CHEESE PIZZA^	X						Х	Х
04-04-2022	Green Beans								
-20	Diced Carrots								
22	Diced Peaches								
	Grape Juice								
	Choice of Milk	X							
2	CRISPY CHICKEN PATTY ^							Х	Х
04-05-2022	Hamburger Bun ^	Х						Х	Х
-20	Mashed Potatoes	Х						Х	
22	Sun Splash Veggie Juice								
	Applesauce								
	Dried Cranberries								
	BBQ Sauce							Х	
	Choice of Milk	Х							
94	GRILLED CHEESE PANINI ^	Х						Х	Х
04-06-2022	Broccoli								
-20	Potato Wedges							Х	
22	Fresh Pear								
	Orange Juice								
	Ketchup								
	Choice of Milk	Х							
04	*WALKING TACO*								
07	TURKEY TACOS								
04-07-2022	Wild White Nacho Doritos^	Х							
22	Fiesta Beans								
	Corn								
	Fresh Apple								

		7		Pea	Tree Nut		Shellfish		Wheat
	Item Name	Milk	Egg	Peanut	N E	Fish	ish	Soy	eat
	Chocolate Cookie ^							Х	х
4-0	Salsa								
7-2	Choice of Milk	Х							
	TURKEY HAM & CHEESE PROTEIN BOX	Х						Х	
	Sliced Bread ^	Х						Х	Х
	Light Mayonnaise		Х					Х	
	MINI CHEESE RAVIOLI WITH SAUCE ^	Х	Х					Х	Х
08-	Breadstick ^							Х	Х
202	Mixed Vegetables								
l i	Diced Pears								
	Orange Juice								
	Choice of Milk	Х							
	DICED CHICKEN SALAD								
	Shredded Cheddar Cheese	Х							
	Croutons ^	Х							Х
	Romaine Lettuce								
	Carrot Sticks								
	Green Pepper Strips								
	Italian Dressing							Х	
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	Х						Х	Х
見.	Breadstick ^							Х	Х
202	Corn								
2	Applesauce								
_	Grape Juice								
	Choice of Milk	Х							
04-12-2022	CHARBROILED HAMBURGER							Х	
12	Hamburger Bun ^	Х						Х	Х
202	Baked Beans								
ا ت	Mixed Vegetables								
_	Orange Juice Blend								
	Diced Pears								
	Mustard								
_	Ketchup								
	Choice of Milk	X							
و م	CRISPY CHICKEN PATTY ^							Х	Х
04-13-2022	Hamburger Bun ^	Х						Х	Х
3-20	Broccoli								
022	Diced Carrots								

		_		Pe	Tree Nut		Shellfish		H/W
	Item Name	Milk	Egg	Peanut	N L	Fish	fish	Soy	Wheat
	Diced Peaches								
94	BBQ Sauce							Х	
13-:	Chocolate Cookie ^							Х	Х
04-13-2022	Choice of Milk	Х							
o	PIZZA DIPPERS ^	Х	Х					Х	Х
04-14-2022	Marinara Dipping Sauce	Χ							
4-2	Green Beans								
022	Diced Pears								
	Apple Juice								
	Fritos ^								
	Choice of Milk	Х							
	TURKEY HAM & CHEESE PROTEIN BOX	Х						Х	
	Sliced Bread ^	Χ						Х	Х
	Sun Splash Veggie Juice								
	Mustard								
04-15-2022	NO SCHOOL								
ó	POPCORN CHICKEN ^							Х	Х
04-18-2022	Baked Beans								
8-20	Sun Splash Veggie Juice								
022	Applesauce								
	Grape Juice								
	BBQ Sauce							Х	
	Cheddar Sun Chips ^	Χ							Х
	Choice of Milk	Х							
ó	TERIYAKI CHICKEN PATTY							Х	Х
04-19-2022	Hamburger Bun ^	Х						Х	Х
9-20	French Fries							Х	
)22	Mixed Vegetables								
	Diced Peaches								
	Blended Fruit Juice								
	Ketchup								
	Choice of Milk	Х							
ó	ROTINI BAKE ^	Х						Х	Х
4-20	Breadstick ^							Х	Х
04-20-2022	Green Beans								
022	Diced Carrots								
	Orange Juice Blend								

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

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-27-2022	Choice of Milk	x							
2	HOT DOG								
1-28	Hot Dog Bun ^	Χ						Х	Х
04-28-2022	Baked Beans								
)22	Diced Carrots								
	Fresh Apple								
	Mustard								
	Ketchup								
	Chocolate Cookie ^							Х	Х
	Choice of Milk	Х							
	TURKEY BREAST & CHEESE PROTEIN BOX	Х						Х	
	Sliced Bread ^	Х						Х	Х
	Light Mayonnaise		Х					Х	
04-	VEGETARIAN CHILI WITH BEANS							Х	х
29-	Corn								
04-29-2022	Diced Peaches								
22	Orange Juice Blend								
	Corn Muffin ^	Х	Х					Х	Х
	Choice of Milk	Х							
	DICED CHICKEN SALAD								
	Shredded Cheddar Cheese	Х							
	Croutons ^	Χ							Х
	Romaine Lettuce								
	Carrot Sticks								
	Green Pepper Strips								
	Italian Dressing							Х	
	Breadstick ^							Χ	Χ