

K-8 Lunch Salad Only Menu

| Thu - 03/01/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, Egg Chef AP W 2.0 | 1 Each | 144 | 169 | 10.36 | 4.08 | 8.75 | 3.87 |
| Roll, DinnerWheatAP(Alpha) | 2 each | 153 | 292 | 5.66 | 26.46 | 2.66 | 0.48 |
| COND PC Drsg French 12g | 1 Each | 50 | 130 | 0.00 | 3.00 | 4.50 | 0.50 |
| VEG: BEANS, Black Charro | 1/2 Cup | 194 | 218 | 11.67 | 33.39 | 1.46 | 0.30 |
| VEG: BROCCOLI, GFP IW | each | 16 | 15 | 0.00 | 3.00 | 2.00 | 0.00 |
| FRUIT: CRAISINS, SS Orig | Box (1.16oz) | 110 | 0 | 0.00 | 28.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Fri - 03/02/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| Yogurt with Trailmix | 1 Each | 428 | 193 | 11.36 | 88.89 | 4.23 | 1.00 |
| BRD: CRACK SS, Animal W | Package | 130 | 110 | 2.00 | 21.00 | 4.00 | 1.00 |
| VEG: SALAD, Side RomMix | 1/2 Cup | 6 | 4 | 0.40 | 1.21 | 0.00 | 0.00 |
| VEG: POTATO Swt, FF Crin | 1/2 Cup | 105 | 83 | 0.75 | 16.50 | 3.37 | 0.00 |
| FRUIT: ORANGE 138ct Who | Each(138ct) | 47 | 0 | 0.94 | 11.73 | 0.12 | 0.01 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| COND PC Ketchup 9g Heinz | 1 Each | 10 | 85 | 0.00 | 3.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Mon - 03/05/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, APPLE Slcd IW CH | 1 Each | 210 | 380 | 14.00 | 7.00 | 14.00 | 9.00 |
| SNACK: CHIP SS, SunchpMi | Package | 110 | 170 | 2.00 | 15.00 | 4.00 | 0.00 |
| VEG: POTATO, FF CtinaGe | 1/2 Cup | 120 | 133 | 2.00 | 17.33 | 4.67 | 1.33 |
| VEG: CARROTS, Baby 1/4c | Each | 28 | 68 | 0.00 | 6.00 | 0.00 | 0.00 |
| FRUIT: CUP SS, Applesc Ci | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | 1 Each | 10 | 85 | 0.00 | 3.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Tue - 03/06/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| Farmer's Market Salad | 1 Each | 112 | 259 | 10.36 | 11.50 | 2.83 | 2.06 |
| Breadstick WG 1.0 (Alpha) | Breadstick | 63 | 128 | 2.45 | 12.80 | 0.37 | 0.07 |
| BRD: CRACK SS, GFishChd | Package | 100 | 170 | 3.00 | 14.00 | 3.50 | 1.00 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| VEG: SALAD, Bean Three 3/ | 3/4 cup | 169 | 279 | 8.14 | 24.94 | 4.04 | 0.59 |
| VEG: CARROTS, Sliced Fz | 1/4 Cup | 16 | 26 | 0.25 | 3.38 | 0.30 | 0.05 |
| JUICE SS, Frt Bld 100% 4oz | 1 Each | 60 | 10 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Wed - 03/07/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, Ham CH MZ SC W | Each | 184 | 839 | 17.86 | 4.58 | 10.50 | 5.75 |
| Roll, DinnerWheatAP(Alpha) | 2 each | 153 | 292 | 5.66 | 26.46 | 2.66 | 0.48 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| VEG: SALAD, Side RomMix | 1/2 Cup | 6 | 4 | 0.40 | 1.21 | 0.00 | 0.00 |
| VEG: CORN, Fz 1/2c | 1/2 Cup | 66 | 1 | 2.09 | 15.80 | 0.55 | 0.08 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| FRUIT: PEARS 135 ct. | Each(135ct) | 75 | 1 | 0.47 | 19.95 | 0.18 | 0.03 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Thu - 03/08/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------------------|--------------|------|---------|---------|--------|---------|---------|
| StrawberryYogurt with Trailm | 1 Each | 428 | 193 | 11.36 | 88.89 | 4.23 | 1.00 |
| BRD: CRACK SS, Animal W | Package | 130 | 110 | 2.00 | 21.00 | 4.00 | 1.00 |
| VEG: BROCCOLI, Frz Chpd | 1/2 Cup | 24 | 9 | 2.67 | 4.61 | 0.10 | 0.01 |
| VEG: TOMATOES, Cherry 1/ | 1/4 Cup | 8 | 2 | 0.38 | 1.66 | 0.09 | 0.01 |
| FRUIT: APPLE, 138ct Whole | Each(138ct) | 62 | 1 | 0.31 | 16.52 | 0.20 | 0.03 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |

| | | | | | | | |
|-------------------------|--------|-----|-----|------|-------|------|------|
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Fri - 03/09/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, RomMix CH MZ AP | 1 Each | 214 | 409 | 14.86 | 4.58 | 15.00 | 9.50 |
| Roll, DinnerWheatAP(Alpha) | 2 each | 153 | 292 | 5.66 | 26.46 | 2.66 | 0.48 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| VEG: POTATO, Tater Tots 1 | 1/2 Cup | 136 | 280 | 1.69 | 16.10 | 6.78 | 1.69 |
| COND PC Ketchup 9g Heinz | 1 Each | 10 | 85 | 0.00 | 3.00 | 0.00 | 0.00 |
| VEG: CELERY, Sticks AP 1/ | 1/4 Cup | 5 | 26 | 0.22 | 0.96 | 0.06 | 0.01 |
| FRUIT: CUP SS, Applesc Pe | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Mon - 03/12/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| Yogurt with Trailmix | Each | 428 | 193 | 11.36 | 88.89 | 4.23 | 1.00 |
| BRD: CRACK SS, ScoobyDo | Package | 120 | 115 | 2.00 | 21.00 | 3.50 | 1.00 |
| VEG: CORN, Fz 1/4c | 1/4 Cup | 33 | 0 | 1.04 | 7.90 | 0.27 | 0.04 |
| VEG: CARROTS, Baby 1/4c | Each | 28 | 68 | 0.00 | 6.00 | 0.00 | 0.00 |
| VEG: CARROTS, Baby 1/4c | Each | 28 | 68 | 0.00 | 6.00 | 0.00 | 0.00 |
| FRUIT: APPLE, 138ct Whole | Each(138ct) | 62 | 1 | 0.31 | 16.52 | 0.20 | 0.03 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Tue - 03/13/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, APPLE Slcd IW CH | 1 Each | 210 | 380 | 14.00 | 7.00 | 14.00 | 9.00 |
| SNACK: CHIP SS, SunchpMi | Package | 110 | 170 | 2.00 | 15.00 | 4.00 | 0.00 |
| VEG: POTATO, Tater Tots 1 | 1/2 Cup | 136 | 280 | 1.69 | 16.10 | 6.78 | 1.69 |
| VEG: CARROTS, Baby 1/4c | Each | 28 | 68 | 0.00 | 6.00 | 0.00 | 0.00 |
| FRUIT: CUP SS, Applesc Pe | Each (1/2c) | 50 | 15 | 1.00 | 14.00 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | 1 Each | 10 | 85 | 0.00 | 3.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Wed - 03/14/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, Tky CH MZ AP W 2. | 1 Each | 174 | 429 | 16.86 | 5.58 | 9.50 | 5.25 |
| Roll, DinnerWheatAP(Alpha) | 1 each | 76 | 146 | 2.83 | 13.23 | 1.33 | 0.24 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| BRD: CRACK SS, Chz-It W | Package | 100 | 150 | 2.00 | 14.00 | 3.50 | 1.00 |
| VEG: BROCCOLI, GFP IW | each | 16 | 15 | 0.00 | 3.00 | 2.00 | 0.00 |
| VEG: CELERY, Sticks AP 1/ | 1/4 Cup | 5 | 26 | 0.22 | 0.96 | 0.06 | 0.01 |
| FRUIT: ORANGE 138ct Who | Each(138ct) | 47 | 0 | 0.94 | 11.73 | 0.12 | 0.01 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Thu - 03/15/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, ChixPop CH AP W | 1 Each | 261 | 397 | 16.09 | 14.81 | 15.39 | 5.09 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| BRD: CRACK SS, Jungle W | Package | 130 | 95 | 2.00 | 20.00 | 4.00 | 0.00 |
| VEG: BEANS, Black BBQ 1/ | 1/2 Cup | 227 | 310 | 11.77 | 42.26 | 1.48 | 0.30 |
| VEG: TOMATOES, Cherry 1/ | 1/4 Cup | 8 | 2 | 0.38 | 1.66 | 0.09 | 0.01 |
| FRUIT: PEACHES Dice w/Sy | 1/2 Cup | 67 | 6 | 0.56 | 18.05 | 0.04 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Fri - 03/16/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, RomMix CH MZ AP | 1 Each | 214 | 409 | 14.86 | 4.58 | 15.00 | 9.50 |
| Roll, DinnerWheatAP(Alpha) | 2 each | 153 | 292 | 5.66 | 26.46 | 2.66 | 0.48 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| VEG: BROCCOLI, GFP IW | 1 each | 16 | 15 | 0.00 | 3.00 | 2.00 | 0.00 |
| VEG: SALAD, Side RomMix | 1/2 Cup | 6 | 4 | 0.40 | 1.21 | 0.00 | 0.00 |
| FRUIT: PEARS 135 ct. | Each(135ct) | 75 | 1 | 0.47 | 19.95 | 0.18 | 0.03 |
| COND PC Drsg French 12g | 1 Each | 50 | 130 | 0.00 | 3.00 | 4.50 | 0.50 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |

| | | | | | | | |
|-------------------------|--------|-----|-----|------|-------|------|------|
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Mon - 03/19/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| Yogurt with Trailmix | Each | 428 | 193 | 11.36 | 88.89 | 4.23 | 1.00 |
| BRD: CRACK SS, ScoobyDo | Package | 120 | 115 | 2.00 | 21.00 | 3.50 | 1.00 |
| VEG: BEANS, Black 1/2c | 1/2 Cup | 188 | 145 | 11.58 | 32.32 | 1.33 | 0.28 |
| VEG: TOMATOES, Cherry 1/4 | 1/4 Cup | 8 | 2 | 0.38 | 1.66 | 0.09 | 0.01 |
| FRUIT: CRAISINS, SS Origi | Box (1.16oz) | 110 | 0 | 0.00 | 28.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Tue - 03/20/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| Farmer's Market Salad | 1 Each | 120 | 282 | 9.99 | 12.83 | 2.76 | 2.04 |
| Breadstick WG 1.0 (Alpha) | Breadstick | 63 | 128 | 2.45 | 12.80 | 0.37 | 0.07 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| BRD: CRACK SS, GFishChd | Package | 100 | 170 | 3.00 | 14.00 | 3.50 | 1.00 |
| VEG: CORN, Fz 1/2c | 1/2 Cup | 66 | 1 | 2.09 | 15.80 | 0.55 | 0.08 |
| VEG: CARROTS, Baby 1/4c | Each | 28 | 68 | 0.00 | 6.00 | 0.00 | 0.00 |
| FRUIT: CUP SS, Applesc ST | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Wed - 03/21/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, HamTky CH MZ AP | 1 Each | 179 | 634 | 17.36 | 5.08 | 10.00 | 5.50 |
| COND PC Drsg French 12g | 1 Each | 50 | 130 | 0.00 | 3.00 | 4.50 | 0.50 |
| Roll, DinnerWheatAP(Alpha) | 1 each | 76 | 146 | 2.83 | 13.23 | 1.33 | 0.24 |
| VEG: POTATO, FF CtinaGe | 1/2 Cup | 120 | 133 | 2.00 | 17.33 | 4.67 | 1.33 |
| VEG: BROCCOLI, GFP IW | each | 16 | 15 | 0.00 | 3.00 | 2.00 | 0.00 |
| FRUIT: ORANGE 138ct Who | Each(138ct) | 47 | 0 | 0.94 | 11.73 | 0.12 | 0.01 |
| COND PC Ketchup 9g Heinz | 1 Each | 10 | 85 | 0.00 | 3.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Thu - 03/22/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| SALAD, Egg Chef AP W 2.0 | 1 Each | 144 | 169 | 10.36 | 4.08 | 8.75 | 3.87 |
| Breadstick WG 1.0 (Alpha) | Breadstick | 63 | 128 | 2.45 | 12.80 | 0.37 | 0.07 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| BRD: CRACK SS, GFishPrtz | Package | 90 | 200 | 2.00 | 16.00 | 1.50 | 0.00 |
| VEG: SALAD, Side RomMix | 1/2 Cup | 6 | 4 | 0.40 | 1.21 | 0.00 | 0.00 |
| VEG: PEAS, Green Fz 1/2c | 1/2 Cup | 73 | 68 | 4.83 | 13.37 | 0.25 | 0.05 |
| FRUIT: APPLE, 138ct Whole | Each(138ct) | 62 | 1 | 0.31 | 16.52 | 0.20 | 0.03 |
| COND PC Drsg French 12g | 1 Each | 50 | 130 | 0.00 | 3.00 | 4.50 | 0.50 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Fri - 03/23/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------------------|--------------|------|---------|---------|--------|---------|---------|
| StrawberryYogurt with Trailm | 1 Each | 428 | 193 | 11.36 | 88.89 | 4.23 | 1.00 |
| BRD: CRACK SS, ScoobyDo | Package | 120 | 115 | 2.00 | 21.00 | 3.50 | 1.00 |
| VEG: CORN, Fz 1/2c | 1/2 Cup | 66 | 1 | 2.09 | 15.80 | 0.55 | 0.08 |
| VEG: CARROTS, Baby 1/4c | Each | 28 | 68 | 0.00 | 6.00 | 0.00 | 0.00 |
| Fruit: Clementine GFP 1/2c | 1 each | 35 | 0 | 1.00 | 9.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

| Mon - 03/26/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| Farmer's Market Salad | 1 Each | 112 | 259 | 10.36 | 11.50 | 2.83 | 2.06 |
| Breadstick WG 1.0 (Alpha) | Breadstick | 63 | 128 | 2.45 | 12.80 | 0.37 | 0.07 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| BRD: CRACK SS, GFishChd | Package | 100 | 170 | 3.00 | 14.00 | 3.50 | 1.00 |
| VEG: BEANS, Bkd Veg AP 1 | 1/2 Cup | 131 | 555 | 7.06 | 29.25 | 0.00 | 0.00 |
| VEG: CARROTS, Baby 1/4c | Each | 28 | 68 | 0.00 | 6.00 | 0.00 | 0.00 |
| FRUIT: CUP SS, Applesc Pe | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |

| | | | | | | | |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |
| Tue - 03/27/2018 | | | | | | | |
| | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
| SALAD, APPLE Slcd IW CH | 1 Each | 210 | 380 | 14.00 | 7.00 | 14.00 | 9.00 |
| BRD: CRACK SS, Animal W | Package | 130 | 110 | 2.00 | 21.00 | 4.00 | 1.00 |
| VEG: CORN, Fz 1/2c | 1/2 Cup | 66 | 1 | 2.09 | 15.80 | 0.55 | 0.08 |
| VEG: TOMATOES, Cherry 1/ | 1/4 Cup | 8 | 2 | 0.38 | 1.66 | 0.09 | 0.01 |
| FRUIT: FRUIT MIX w/Lt Syr | 1/2 Cup | 69 | 8 | 0.51 | 17.91 | 0.10 | 0.01 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |
| Wed - 03/28/2018 | | | | | | | |
| | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
| SALAD NAC, BfGd IWCHIP | 1 Each | 294 | 516 | 16.90 | 25.22 | 14.14 | 6.97 |
| BRD: CRACK SS, Jungle W | Package | 130 | 95 | 2.00 | 20.00 | 4.00 | 0.00 |
| VEG: POTATO, Diced Cajun | 1/2 Cup | 89 | 128 | 1.72 | 14.60 | 2.33 | 0.33 |
| VEG: SALAD, Side RomMix | 1/2 Cup | 6 | 4 | 0.40 | 1.21 | 0.00 | 0.00 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| FRUIT: PEARS 135 ct. | Each(135ct) | 75 | 1 | 0.47 | 19.95 | 0.18 | 0.03 |
| COND PC Ketchup 9g Heinz | 1 Each | 10 | 85 | 0.00 | 3.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |
| Thu - 03/29/2018 | | | | | | | |
| | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
| Yogurt with Trailmix | 1 Each | 428 | 193 | 11.36 | 88.89 | 4.23 | 1.00 |
| BRD: CRACK SS, ScoobyDo | Package | 120 | 115 | 2.00 | 21.00 | 3.50 | 1.00 |
| VEG: POTATO, FF CtinaGe | 1/2 Cup | 120 | 133 | 2.00 | 17.33 | 4.67 | 1.33 |
| VEG: CELERY, Sticks AP 1/ | 1/4 Cup | 5 | 26 | 0.22 | 0.96 | 0.06 | 0.01 |
| FRUIT: CUP SS, Applesc Mi | Each (1/2c) | 50 | 15 | 1.00 | 14.00 | 0.00 | 0.00 |
| COND PC Ketchup 9g Heinz | 1 Each | 10 | 85 | 0.00 | 3.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |
| Fri - 03/30/2018 | | | | | | | |
| | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
| SALAD, RomMix CH MZ AP | 1 Each | 214 | 409 | 14.86 | 4.58 | 15.00 | 9.50 |
| Roll, DinnerWheatAP(Alpha) | 1 each | 76 | 146 | 2.83 | 13.23 | 1.33 | 0.24 |
| COND PC Drsg Ranch 12g | 1 Each | 50 | 100 | 0.00 | 1.00 | 5.00 | 1.00 |
| VEG: BROCCOLI, GFP IW | each | 16 | 15 | 0.00 | 3.00 | 2.00 | 0.00 |
| VEG: CARROTS, Sliced Fz | 1/4 Cup | 16 | 26 | 0.25 | 3.38 | 0.30 | 0.05 |
| FRUIT: APPLE, 138ct Whole | Each(138ct) | 62 | 1 | 0.31 | 16.52 | 0.20 | 0.03 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |
| MILK SS, Skim Chocolate | Carton | 110 | 180 | 8.00 | 20.00 | 0.00 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.