

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/3, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Pulled Pork Sandwich	1 each	330	8.5	2.6	846	24	42
Grilled Cheese Sandwich	1 each	284	10	5.7	655	18.5	30.5
Potato Rounds	1/2 cup	129	6	1	307	2	16
Corn	1/2 cup	68	0.5	0	1	2	16
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Mandarin Orange Slices	1/2 cup	53	0	0	7	0	13.6
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Chocolate Skim- Milk Mania Monday	8 oz	110	0	0	100	8	19
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Spaghetti and Meat Sauce	1 serving	282	10	3.5	758	15.7	32
Garlic Bread	1 piece	100	2.5	0.5	170	4	15
Turkey Flatbread	1 each	204	7	2.5	593	22	17
Turkey Wrap	1 each	234	8	4	587	22	21
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Cheetos	1 bag	120	4.5	1	200	2	17
California Vegetable Blend	1/2 cup	50	0.5	0	20	2	11
Celery Sticks	1/2 cup	11	0	0	57	0.5	2

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/3, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Chili Pie	1 serving	425	21.1	6.5	748	20.2	41.2
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Pinto Beans	1/2 cup	138	0	0	244	7.8	25
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	42
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							2
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/3, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Chicken Rings	5 each	300	18	3.5	450	21	15
Macaroni and Cheese	1/2 cup	197	7.5	4.5	485	11	21
Yogurt Plate- <i>Yogurt, Fruit, Cheese Stick, Celery</i>	1 each	205	2.6	2	117	4.2	31
Green Beans	1/2 cup	23	0	0	7	1.2	5
Wheat Roll	1 each	171	2	0.5	150	5	32
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Big Daddy Cheese Pizza	1 slice	340	15	7	670	18	36
Big Daddy Turkey Pepperoni Pizza	1 slice	370	17	7	551	21	35
Chef Salad- <i>turkey ham, shredded cheese, lettuce/tomatoes ,ranch dressing, crackers</i>	1 salad	468	24.6	9.1	1118	19.2	37.1
Turkey Ham							1.5
Cheese							1
Lettuce/ Tomatoes							5.2
Ranch Dressing							1.4
Whole Grain Crackers							28

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/3, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Mixed Vegetables	1/2 cup	50	0.5	0	20	2	11
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
A la carte items							
Cookie, Chocolate Chip	1 each	194	6	2	169	3	33.5
Cry Baby	1 each	99	0	0	15	0	25
Chips, Flamin Hot Puffs	1 bag	90	2.8	0	135	2	14
Pizza Hut, Pepperoni	1 slice	220	7	2.5	400	13	28
Pizza Hut, Cheese	1 slice	220	6	2.4	400	14	28

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
BBQ Beef Rib Sub	1 each	309	10	3.5	528	17	38
Grilled Cheese Sandwich	1 each	284	10	5.7	655	18.5	30.5
Pinto Beans	1/2 cup	138	0	0	244	7.8	25
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Green Beans	1/2 cup	23	0	0	7	1.2	5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Italian Cheese Roll	1 serving	324	13.2	6.4	886	20.6	29.4
Garlic Bread	1 piece	100	2.5	0.5	170	4	15
Turkey Flatbread	1 each	204	7	2.5	593	22	17
Turkey Wrap	1 each	234	8	4	587	22	21
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Cheetos	1 bag	120	4.5	1	200	2	17
Corn	1/2 cup	68	0.5	0	1	2	16
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Mixed Fruit	1/2 cup	57	0	0	9	1	13

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Clux Deluxe Chicken Sandwich	1 each	360	10.5	2.5	930	27	45
Potato Rounds	1/2 cup	129	6	1	307	2	16
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	42
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							2
Lettuce/ Tomato/ Pickle Cup	1/2 cup	18	0.2	0.04	252	1.1	3.6
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Steak Fingers	4 each	320	20	5	330	16	19
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Yogurt Plate- <i>Yogurt, Fruit, Cheese Stick, Celery</i>	1 each	205	2.6	2	117	4.2	31

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Wheat Roll	1 each	171	2	0.5	150	5	32
Green Beans	1/2 cup	23	0	0	7	1.2	5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Personal Pan Cheese Pizza	1 each	320	12	6	480	17	35
Personal Pan Pepperoni Pizza	1 each	330	13	5	540	17	35
Carribean Chicken Salad- chicken, lettuce mix, mandarin oranges, honey lime dressing, crackers	1 salad	432	12.5	1.6	469	20.2	68
Chicken							0.75
Lettuce/Tomatoes							2.79
Mandarin Orange Slices							19.9
Honey Lime Dressing							17
Whole Grain Crackers							28
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Green Beans	1/2 cup	23	0	0	7	1.2	5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Fresh Apple	1 each	66	0	0	1	0.3	17
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
A la carte items							
Cookie, Chocolate Chip	1 each	194	6	2	169	3	33.5
Cry Baby	1 each	99	0	0	15	0	25
Chips, Flamin Hot Puffs	1 bag	90	2.8	0	135	2	14
Pizza Hut, Pepperoni	1 slice	220	7	2.5	400	13	28
Pizza Hut, Cheese	1 slice	220	6	2.4	400	14	28

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Mini Corn Dogs	1 serving	269	12	3.7	417	10.4	30
Grilled Cheese Sandwich	1 each	284	10	5.7	655	18.5	30.5
Baked Fries	1/2 cup	137	4.3	0.6	162	2.5	22
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Ketchup	1 packet	10	0	0	25	0	2
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Soft Turkey Taco	1 each	278	12	6	591	22	22
Salsa	1/2 cup	25	0	0	177	0	5
Tortilla Chips	1 bag	270	15	1.5	220	3	31
Turkey Flatbread	1 each	204	7	2.5	593	22	17
Turkey Wrap	1 each	234	8	4	587	22	21
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Cheetos	1 bag	120	4.5	1	200	2	17
Pinto Beans	1/2 cup	138	0	0	244	7.8	25
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Applesauce Cup	1/2 cup	90	0	0	15	0	22

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Cheeseburger	1 each	394	16	6	694	31	30
Hamburger	1 each	356	14	5	547	28	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Ketchup	1 packet	10	0	0	25	0	2
Potato Rounds	1/2 cup	129	6	1	307	2	16
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	42
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							2
Lettuce/ Tomato/ Pickle Cup	1/2 cup	18	0.2	0.04	252	1.1	3.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Ketchup	1 packet	10	0	0	25	0	2
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Chicken Smackers	10 each	272	14	3	590	18	17
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Wheat Roll	1 each	171	2	0.5	150	5	32
Yogurt Plate- <i>Yogurt, Fruit, Cheese Stick, Celery</i>	1 each	205	2.6	2	117	4.2	31
Green Beans	1/2 cup	23	0	0	7	1.2	5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Apple Slices	1 pkg	34	0	0	0	0	8
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Cheese Stuffed Breadsticks	2 each	310	13	7	590	18	31
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
Chicken Popper Salad- chicken smackers, romaine lettuce, cheese, tomatoes, ranch dressing, crackers	1 salad	591	30	8	1305	26	55
Chicken							20
Lettuce/Tomatoes							5.3
Cheese							0.5
Ranch Dressing							2
Whole Grain Crackers							28

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fresh Orange	1/2 cup	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
A la carte items							
Cookie, Chocolate Chip	1 each	194	6	2	169	3	33.5
Cry Baby	1 each	99	0	0	15	0	25
Chips, Flamin Hot Puffs	1 bag	90	2.8	0	135	2	14
Pizza Hut, Pepperoni	1 slice	220	7	2.5	400	13	28
Pizza Hut, Cheese	1 slice	220	6	2.4	400	14	28

K-8 NUTRIENT INFORMATION

Breakfast K-8 Week of 4/3, 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Breakfast Pizza	1 each	210	8	2	480	10	27
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Yogurt	4 oz	100	0	0	50	3	20
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
French Toast Sticks	3 each	220	8	1.5	330	9	30
Syrup	1 packet	78	0	0	29	0	20
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

K-8 NUTRIENT INFORMATION

Breakfast K-8 Week of 4/3, 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Mini Blueberry Pancakes	1 pkg	210	6	1	310	4	35
Sausage Link	1each	60	4	1	80	6	0
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Yogurt	4 oz	100	0	0	50	3	20
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9.5	1	13.3
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Kolache	1 each	222	6.7	1.9	277	9.6	31.7
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14

K-8 NUTRIENT INFORMATION

Breakfast K-8 Week of 4/3, 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Chicken Biscuit	1 each	300	14.5	7	590	11	32
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Yogurt	4 oz	100	0	0	50	3	20
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Breakfast K-8 Week of 4/10, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Breakfast Taco	1 each	206	11.2	4.6	435	10.3	16
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9.5	1	13.3
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Pancake and Sausage Sandwich	1 each	130	3	1	320	9	17
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Yogurt	4 oz	100	0	0	50	3	20
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Breakfast K-8 Week of 4/10, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Wednesday							
Beef Sausage Bun	1 each	170	6	2	350	9	20
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Whole Grain Pancake on a Stick	1 each	160	6	1.5	310	8	17
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Yogurt	4 oz	100	0	0	50	3	20
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

K-8 NUTRIENT INFORMATION

Breakfast K-8 Week of 4/10, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Chicken Sticks with Roll	1 serving	305	9.6	1.7	348	12.6	41
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Diced Pears	1/2 cup	50	0	0	5.9	0	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12