

Middle School Lunch 6-8

Monday, Oct 1, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Teriyaki Beef & Rice	SERVING	312	40	1132	2.50	2.23	33.10	50	0.00	9.95	17.77	39.28	8.67	3.50
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Chicken & Waffles	1 EACH	257	73	656	2.51	1.63	50.25	0	0.00	2.00	18.20	17.57	12.89	2.78
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.00	108	4.50	3.00	22.85	37.96	17.26	6.81
Chicken Taquitos	SERVING	328	45	454	3.02	1.64	242.76	505	0.00	0.00	16.15	28.19	17.17	7.59
Chicken Tamale	1 EACH	340	40	800	3.00	2.70	80.00	300	21.00	1.00	19.00	32.00	18.00	2.00
Turkey Sub Sandwich	SANDWICH	390	75	810	3.00	2.16	300.00	400	0.00	3.00	32.00	32.00	16.50	7.50
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Pizza, Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
Gourmet Taco Salad	1 EACH	605	83	1115	7.33	5.88	602.40	11457	50.87	3.61*	26.94	36.80	37.75	17.71
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00

Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF, Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Middle School Lunch 6-8

Wednesday, Oct 3, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	SANDWICH	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Chicken Nuggets & Tots	1 EACH	438	47	937	5.80	1.36	40.00	178	3.60	1.00	24.00	46.00	17.50	3.00
Travelin Taco	4.0 servings.	175	15	322	6.27	2.07	162.91	337	2.64	0.80*	9.83	21.29	5.93	3.30
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Dried Figs	EACH	12	0	0	0.46	0.10	7.65	0	0.06	2.26	0.16	3.02	0.04	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00

Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Middle School Lunch 6-8

Thursday, Oct 4, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pepperoni Pizza, PZA Guy LUNCH	Slice	359	42	490	4.16	2.89	417.94	819	2.08	2.44	21.75	21.75	15.59	7.50
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SERVING, 3 oz	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apricots	SERVING, 4.25oz	101	0	3	3.31	4.30	41.32	91	4.30	18.18	1.65	24.79	0.00	0.00
Honeydew and Cantaloupe	3.75 OZ.	37	0	18	1.06	0.19	10.63	1953	29.68	8.50	1.06	9.57	0.00	0.00
Green Apples	EACH 1.9	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00

	oz														
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50	
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00	
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00	
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83	
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00	
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00	
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00	
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58	
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00	
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00	
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00	
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02	
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00	

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Middle School Lunch 6-8

Friday, Oct 5, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.76	0	0.00	0.00*	22.14	49.72	14.98	2.28
Pizza Sticks	2 EACH	420	30	540	4.00	2.88	0.00	400	0.00	4.00	24.00	50.00	12.00	6.00
Southwestern Chicken Supreme Salad	1 EACH	635	126	1152	7.47	2.30	264.50	673	53.02	7.16*	29.00	49.08	36.23	10.91
Tuna Sriracha Tostada - GF	5.50 oz.	238	15*	335	5.09	1.22	169.35	1026*	23.29*	0.98*	6.81	23.36	14.13	3.85*
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo	2 OZ. SVGS	15	0	81	0.63	0.21	4.31	386	9.27	0.49*	0.48	3.83	0.21	0.02
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	*N/A*	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	111	30	192	0.00	0.00	202.50	304	0.00	0.00	7.09	1.01	9.11	6.08
Sour Cream	SVG	28	7	7	0.00	0.00	9.45	94	0.57	0.47	0.47	0.94	2.36	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00

Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Zucchini	.5 CUP	6	0	3	0.34	0.13	5.44	68	6.09	0.85	0.41	1.06	0.11	0.03
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	54	0	6	1.31	0.38	6.07	344	3.85	*N/A*	0.51	13.56	0.14	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Middle School Lunch 6-8

Monday, Oct 8, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Baked Chicken & Corn	1 EACH	273	71	480	3.50	1.61	22.32	199	4.15	0.00*	18.85	25.17	11.78	2.63
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Chicken Taquitos	Serving	328	45	454	3.02	1.64	242.76	505	0.00	0.00	16.15	28.19	17.17	7.59
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.00	108	4.50	3.00	22.85	37.96	17.26	6.81
Turkey Sub Sandwich	SANDWICH	390	75	810	3.00	2.16	300.00	400	0.00	3.00	32.00	32.00	16.50	7.50
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
Gourmet Taco Salad	1 EACH	605	83	1115	7.33	5.88	602.40	11457	50.87	3.61*	26.94	36.80	37.75	17.71
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Green Apples	EACH 1.9	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00

	oz													
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Middle School Lunch 6-8

Wednesday, Oct 10, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	1 EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Beef Taco Dip w/ Chips	5.75 oz/serving	497	33	1060	9.93	5.04	80.48	482	7.00	1.62	16.63	47.90	23.25	6.32
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Chicken Nuggets & Tots	1 EACH	438	47	937	5.80	1.36	40.00	178	3.60	1.00	24.00	46.00	17.50	3.00
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Pizza, Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Asian Chicken Salad	1 EACH	329	33	697	7.69	3.75	57.65	5234	139.00	9.12*	18.36	44.47	9.53	2.38
Asian Tofu Salad	1 EACH	429	0	417	11.69	6.33	257.65	5234*	128.91*	9.12*	22.36	47.80	17.20	3.05
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Harvest of the Month Dried Figs	EACH	12	0	0	0.46	0.10	7.65	0	0.06	2.26	0.16	3.02	0.04	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Mini Sweet Peppers	3.0 OZ. SERVING	26	0	3	1.82	3.83	30.37	2582	107.53	3.65	0.91	5.16	0.30	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Harvest of the Month	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can, Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00

Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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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

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Middle School Lunch 6-8

Thursday, Oct 11, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pepperoni Pizza, PZA Guy LUNCH	Slice	359	42	490	4.16	2.89	417.94	819	2.08	2.44	21.75	21.75	15.59	7.50
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SERVING, 3 oz	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apricots	SERVING, 4.25oz	101	0	3	3.31	4.30	41.32	91	4.30	18.18	1.65	24.79	0.00	0.00
Honeydew and Cantaloupe	3.75 OZ.	37	0	18	1.06	0.19	10.63	1953	29.68	8.50	1.06	9.57	0.00	0.00
Green Apples	EACH 1.9	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00

	oz														
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50	
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00	
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00	
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83	
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00	
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00	
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00	
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58	
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00	
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00	
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00	
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02	
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00	

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Middle School Lunch 6-8

Friday, Oct 12, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Orange Chicken / Brown Rice	12 OZ.	320	40	280	2.00	1.44	0.00	0*	1.20	10.00	15.00	56.00	4.00	0.50
Spicy Chicken Sandwich	SANDWICH	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Pizza Sticks	2 EACH	420	30	540	4.00	2.88	0.00	400	0.00	4.00	24.00	50.00	12.00	6.00
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.76	0	0.00	0.00*	22.14	49.72	14.98	2.28
Southwestern Chicken Supreme Salad	1 EACH	635	126	1152	7.47	2.30	264.50	673	53.02	7.16*	29.00	49.08	36.23	10.91
Tuna Sub	1 EACH	288	32	568	3.03	2.00	117.48	445	0.42	4.12	25.52	34.25	7.53	0.52
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Zucchini	.5 CUP	6	0	3	0.34	0.13	5.44	68	6.09	0.85	0.41	1.06	0.11	0.03
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	54	0	6	1.31	0.38	6.07	344	3.85	*N/A*	0.51	13.56	0.14	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02

Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Middle School Lunch 6-8

Monday, Oct 15, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Teriyaki Beef & Rice	SERVING	312	40	1132	2.50	2.23	33.10	50	0.00	9.95	17.77	39.28	8.67	3.50
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Chicken & Waffles	1 EACH	257	73	656	2.51	1.63	50.25	0	0.00	2.00	18.20	17.57	12.89	2.78
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.00	108	4.50	3.00	22.85	37.96	17.26	6.81
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Chicken Tamale	1 EACH	340	40	800	3.00	2.70	80.00	300	21.00	1.00	19.00	32.00	18.00	2.00
Turkey Sub Sandwich	SANDWICH	390	75	810	3.00	2.16	300.00	400	0.00	3.00	32.00	32.00	16.50	7.50
Gourmet Taco Salad	1 EACH	605	83	1115	7.33	5.88	602.40	11457	50.87	3.61*	26.94	36.80	37.75	17.71
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00

Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Middle School Lunch 6-8

Thursday, Oct 18, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PARENT CONFERENCES	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Middle School Lunch 6-8

Friday, Oct 19, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PARENT CONFERENCES	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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Middle School Lunch 6-8

Monday, Oct 22, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheeseburgers	1 EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Baked Chicken & Corn	1 EACH	273	71	480	3.50	1.61	22.32	199	4.15	0.00*	18.85	25.17	11.78	2.63
Chicken Taquitos	Serving	328	45	454	3.02	1.64	242.76	505	0.00	0.00	16.15	28.19	17.17	7.59
Chicken Tamale	1 EACH	340	40	800	3.00	2.70	80.00	300	21.00	1.00	19.00	32.00	18.00	2.00
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Turkey Sub Sandwich	SANDWICH	390	75	810	3.00	2.16	300.00	400	0.00	3.00	32.00	32.00	16.50	7.50
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
Gourmet Taco Salad	1 EACH	605	83	1115	7.33	5.88	602.40	11457	50.87	3.61*	26.94	36.80	37.75	17.71
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00

	4.95													
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Month														
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Banana	EACH	89	0	1	2.60	0.26	5.00	64	8.70	12.20	1.10	22.80	0.30	0.10
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Middle School Lunch 6-8

Thursday, Oct 25, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pepperoni Pizza, PZA Guy LUNCH	Slice	359	42	490	4.16	2.89	417.94	819	2.08	2.44	21.75	21.75	15.59	7.50
Cheese Pizza, PZA Guy	SLICE	347	36	384	4.16	2.43	411.30	825	5.08	2.17	20.40	38.98	12.69	6.48
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Grilled Cheese Sandwich	1 EACH	280	32	581	3.00	1.64	465.91	524	0.00	5.65	18.55	30.96	9.91	5.56
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.90	4930*	13.60*	0.57	1.51	34.10	24.87	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Roasted Beets	2.78 oz.svg.	91	0	441	2.03	0.01	0.46	0	2.46	6.00*	1.06	11.25	5.04	0.63
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SERVING, 3 oz	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apricots	SERVING, 4.25oz	101	0	3	3.31	4.30	41.32	91	4.30	18.18	1.65	24.79	0.00	0.00
Honeydew and Cantaloupe	3.75 OZ.	37	0	18	1.06	0.19	10.63	1953	29.68	8.50	1.06	9.57	0.00	0.00
Green Apples	EACH 1.9	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00

	oz														
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50	
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00	
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00	
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00	
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83	
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00	
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00	
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00	
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58	
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00	
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00	
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00	
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02	
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00	

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Middle School Lunch 6-8

Friday, Oct 26, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger	1 EACH	425	78	765	3.00	3.24	218.50	250	0.00*	4.00*	27.50	33.00	21.00	8.25
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Orange Chicken / Brown Rice	12 OZ.	320	40	280	2.00	1.44	0.00	0*	1.20	10.00	15.00	56.00	4.00	0.50
Pizza Sticks	2 EACH	420	30	540	4.00	2.88	0.00	400	0.00	4.00	24.00	50.00	12.00	6.00
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.76	0	0.00	0.00*	22.14	49.72	14.98	2.28
Southwestern Chicken Supreme Salad	1 EACH	635	126	1152	7.47	2.30	264.50	673	53.02	7.16*	29.00	49.08	36.23	10.91
Tuna Sriracha Tostada - GF	5.50 oz.	238	15*	335	5.09	1.22	169.35	1026*	23.29*	0.98*	6.81	23.36	14.13	3.85*
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo	2 OZ. SVGS	15	0	81	0.63	0.21	4.31	386	9.27	0.49*	0.48	3.83	0.21	0.02
Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.39	94	1.11	*N/A*	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	111	30	192	0.00	0.00	202.50	304	0.00	0.00	7.09	1.01	9.11	6.08
Sour Cream	SVG	28	7	7	0.00	0.00	9.45	94	0.57	0.47	0.47	0.94	2.36	1.42
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00

Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Zucchini	.5 CUP	6	0	3	0.34	0.13	5.44	68	6.09	0.85	0.41	1.06	0.11	0.03
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	54	0	6	1.31	0.38	6.07	344	3.85	*N/A*	0.51	13.56	0.14	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Middle School Lunch 6-8

Monday, Oct 29, 2018

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Soy Chorizo & Bean Burrito	1 EACH	233	0*	536	8.20*	2.66	69.72	247	1.41	2.14*	12.50	23.81	10.59	1.76
Mini Cheeseburgers	EACH	272	45	355	2.60	2.80	82.00	100	0.00	3.50	19.70	31.30	7.80	2.90
Bean & Cheese Burrito	EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Spicy Chicken Sandwich	Each	392	32	811	6.00	2.80	115.00	174	0.00	3.00*	25.00	52.00	11.20	1.00
Chicken & Waffles	1 EACH	257	73	656	2.51	1.63	50.25	0	0.00	2.00	18.20	17.57	12.89	2.78
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.00	108	4.50	3.00	22.85	37.96	17.26	6.81
Turkey Sub Sandwich	SANDWICH	390	75	810	3.00	2.16	300.00	400	0.00	3.00	32.00	32.00	16.50	7.50
PB & J Sandwich	EACH	550	0	480	7.00	2.70	60.00	100	1.20	18.00	20.00	52.00	33.00	7.00
Pizza,Nardone Bros.	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Yogurt Granola Parfait	EACH	502	13	285	4.83	2.08	299.30	1277*	3.02*	62.02*	12.63	102.81	6.14	1.91
Gourmet Taco Salad	1 EACH	605	83	1115	7.33	5.88	602.40	11457	50.87	3.61*	26.94	36.80	37.75	17.71
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Marinara Dipping Sauce Cup	1 EACH	45	0	230	2.00	0.36	20.00	500	66.00	4.00	1.00	7.00	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Garden Fresh Salad	1 CUP	13	0	15	1.42	2.15	31.39	4289	9.87	0.38*	1.05	2.47	0.11	0.00
Baby Carrots	EACH - 3 oz	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	9	0	2	0.60	0.18	3.32	416	6.18	1.30	0.44	1.94	0.10	0.02
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Broccoli florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.59	0	24.55	0.00	2.52	2.52	0.00	0.00
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00

Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Corn	SERVING, 3 oz	76	0	9	0.94	0.00	0.00	0	2.27	4.73	2.83	17.95	0.94	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.00	0	0.00	3.00	7.00	8.00	15.00	2.00
Wild Rice	2.50 OZ SVG	200	0	165	2.88	0.83	25.00	4616	2.30	5.71*	4.56	38.44	4.06	0.40
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Grapes	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.00	7	2.40	*N/A*	0.54	13.67	0.12	0.04
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Blood Orange Smiles	1 EACH	84	0	0	6.01	1.07	93.47	334	94.80	11.48	1.74	20.70	0.40	0.05
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Catsup	1 OZ	20	0	160	0.00	0.00	0.00	100	1.20	4.00	0.00	5.00	0.00	0.00
Ranch Dressing	Svg 2 Tbsp	151	9	227	0.00	0.00	0.00	0	0.00	0.94	0.00	0.94	16.06	2.83
Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.00	0	0.00	3.66	0.00	7.32	0.00	0.00
Honey Mustard Dressing	SERVING 1 OZ	36	0	178	0.00	0.00	0.00	45	0.00	9.00	0.00	9.00	0.00	0.00
Jalapenos	.125 CUP	1	0	87	0.17	0.12	3.42	51	0.41	0.00	0.00	0.17	0.00	0.00
Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	18.96	492	0.33	1.16	0.00	2.32	4.63	0.58
Mustard	1 OZ	0	0	60	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.00	0.00	0.00
Salsa	.125 CUP	9	0*	4	0.53*	0.00	10.07	108	5.05	0.82*	0.26	1.80	0.08	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Tomato, Slices	SLICE	13	0	33	0.70	0.37	4.00	184	12.60	*N/A*	0.92	2.51	0.15	0.02
Chili Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.00	120	0.00	0.00	0.00	1.20	0.00	0.00

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