

2 Day/Weekend Meals 2021

Thursday, Apr 1, 2021

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
Thur, Assorted Cereal	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fri, Bk, Concha	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Sat-Coffee Cake	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
Sun, Yogurt & Granola Bk-4 oz.	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
FRI-COOK'S CHOICE	1 EACH	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
Thur-Pepperoni Pizza, PZA LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Fri, Turkey & Cheese Hoagie	SANDWICH	311	40	803	2.01	3.01	428.00	0	0.00	6.02	21.07	32.11	13.05	6.02
Sat, Chicken Tamale-GF	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Sun-Sunwise Sandwich w/Jelly	1 EACH	311	0	301	4.02	5.02	27.13	0	0.00	11.05	9.04	33.16	15.07	2.01
FRI-COOK'S CHOICE	1 EACH	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
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Cucumber Whole 3 day sv.	WHOLE	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00
L-Baby Carrots Individual	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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2 Day/Weekend Meals 2021

Friday, Apr 2, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Saturday, Apr 3, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Sunday, Apr 4, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Monday, Apr 5, 2021

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
Mon-Yogurt with Granola Bk-4 oz.	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
Tue, Bk, Bagel w/Cream Cheese	1 EACH	234	15	283	3.30	1.80	33.25	202	0.00	4.01	7.93	34.51	6.69	3.60
Wed, Bk, Oatmeal Choc, Chip	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mon-Turkey Pepperoni Ham Cheese	1 EACH	330	55	1080	3.00	2.50	300.00	0	0.00	4.00	20.00	32.00	14.00	6.00
Tues, L, String Cheese w/Pretzel	1 EACH	210	20	600	1.00	0.72	396.00	0	0.00	2.00	16.00	18.00	7.50	4.00
Wed,Pepperoni Pizza, PZA Guy	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Cucumber Whole 3 day sv.	WHOLE	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00

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2 Day/Weekend Meals 2021

Tuesday, Apr 6, 2021

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
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Wednesday, Apr 7, 2021

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
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Thursday, Apr 8, 2021

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
Thur, French Toast 3 Each	SERVING	360	15	390	3.00	1.08	31.50	0	0.00	18.00	9.00	57.00	10.50	1.50
Fri, Bk, Concha	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Sat-Coffee Cake	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
Sun, Yogurt & Granola Bk-4 oz.	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
FRI-COOK'S CHOICE	1 EACH	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
Thur-Turkey, Cheese Hoagie	SANDWICH	311	40	803	2.01	3.01	428.00	0	0.00	6.02	21.07	32.11	13.05	6.02
Fri, Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Sat-Pizza Sticks No Sauce	SVG/2 Each	420	40	640	4.00	2.88	500.00	0	0.00	4.00	28.00	42.00	16.00	8.00
Sun-Sunwise Sandwich w/Jelly	1 EACH	311	0	301	4.02	5.02	27.13	0	0.00	11.05	9.04	33.16	15.07	2.01
FRI-COOK'S CHOICE	1 EACH	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
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
BK-Apple Juice 4 Each	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
L- Orange, Whole (113 Count)	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
L- Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
L- Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
Celery Sticks W/PB-2 Days	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02
L-Baby Carrots Indv-2 Each	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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2 Day/Weekend Meals 2021

Friday, Apr 9, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Saturday, Apr 10, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Sunday, Apr 11, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Monday, Apr 12, 2021

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
Mon-Sau,Egg, Cheese,Biscuit	1 EACH	315	138	732	2.00	2.16	120.24	46	0.00	7.01	16.54	29.02	13.53	5.27
Tue, Assorted Cereal	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Wed, Bk, Bagel Cream Cheese	1 EACH	234	15	283	3.30	1.80	33.25	202	0.00	4.01	7.93	34.51	6.69	3.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mon-Shrimp,Rice &Cheese Burrito	1 EACH	373	114	379	0.00	3.15	28.67	0	0.00	0.00	21.78	44.77	10.11	6.08
Tue-Turkey & Cheese Hoagie	1 EACH	311	40	803	2.01	3.01	428.00	0	0.00	6.02	21.07	32.11	13.05	6.02
Wed, L, Mini Cheeseburger	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
BK-Apple Juice 3 Each	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
L- Orange, Whole (113 Count)	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
L- Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Cucumber Whole 3 day sv.	WHOLE	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00

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2 Day/Weekend Meals 2021

Tuesday, Apr 13, 2021

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
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Wednesday, Apr 14, 2021

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
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Thursday, Apr 15, 2021

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
Thur, Bk, Oatmeal Choc, Chip	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Fri, Bk, Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Sat- Pancakes 2 Each	1 Each	68	0	342	0.00	1.20	44.40	13	0.00	2.40	2.40	14.40	1.20	0.00
Sun, Coffee Cake	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
FRI-COOK'S CHOICE	1 EACH	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
Thur- Pepperoni Pizza, PZA LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Fri, Turkey & Cheese Hoagie	SANDWICH	311	40	803	2.01	3.01	428.00	0	0.00	6.02	21.07	32.11	13.05	6.02
Sat- Cheese Bread No Sauce, WGR	1 EACH	418	30	501	3.00	2.80	424.00	108	4.50	4.00	22.80	38.00	19.45	7.20
Sun- Sunwise Sandwich w/Jelly	1 EACH	311	0	301	4.02	5.02	27.13	0	0.00	11.05	9.04	33.16	15.07	2.01
FRI-COOK'S CHOICE	1 EACH	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
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
BK-Apple Juice 4 Each	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
L- Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
L- Applesauce Cup	1 EACH	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
L- Raisins,	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00

Box														
L- Orange, Whole (113 Count)	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
Celery Sticks W/PB-2 Days	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02
L-Baby Carrots Indv-2 Each	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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2 Day/Weekend Meals 2021

Friday, Apr 16, 2021

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
ON FRI MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Saturday, Apr 17, 2021

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
ON FRI MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Sunday, Apr 18, 2021

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
ON FRI MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Monday, Apr 19, 2021

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
Mon-Yogurt with Granola Bk-4 oz.	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
Tue, Bk, Bagel w/Cream Cheese	1 EACH	234	15	283	3.30	1.80	33.25	202	0.00	4.01	7.93	34.51	6.69	3.60
Wed, Oatmeal Raisin Bar	1 EACH	290	15	180	3.00	1.80	20.00	0	0.00	21.00	4.00	47.00	9.00	3.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mon-String Cheese and Goldfish	SERVING	220	20	570	1.00	0.72	416.00	0	0.00	2.00	16.00	16.00	10.00	4.50
Tue-Chicken Quesadilla	1 EACH	351	70	736	4.00	3.49	320.12	283	0.00	1.00	24.73	24.36	16.73	8.31
Wed,Pepperoni Pizza, PZA Guy	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
BK-Apple Juice 3 Each	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
L- Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
L- Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
Cucumber Whole 3 day sv.	WHOLE	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00

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2 Day/Weekend Meals 2021

Tuesday, Apr 20, 2021

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
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Wednesday, Apr 21, 2021

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
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Thursday, Apr 22, 2021

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
Thur-Honeynut Cherrios	1 EACH	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
Fri, Bk, Concha	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Sat-Coffee Cake	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
Sun,Yogurt & Granola Bk-4 oz.	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Thur,Beef Taco Dip w/ Chips	7.75 Oz. Svg	478	33	806	5.05	2.34	42.48	282	1.21	0.02	16.83	38.95	26.16	5.78
Fri-PB & J Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Sat-Cheese Bread No Sauce, WGR	1 EACH	418	30	501	3.00	2.80	424.00	108	4.50	4.00	22.80	38.00	19.45	7.20
Sun-Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
BK-Apple Juice 4 Each	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
L- Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
L- Orange, Whole (113 Count)	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
L- Applesauce Cup	1 EACH	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
L- Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
Celery Sticks W/PB-2 Days	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02
L-Baby Carrots Indv-2 Each	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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2 Day/Weekend Meals 2021

Friday, Apr 23, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Saturday, Apr 24, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Sunday, Apr 25, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Monday, Apr 26, 2021

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
Mon, Bk, Oatmeal Choc, Chip	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Tue-Cinnamon Toast Crunch	1 EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Wed, Bk, Bagel Cream Cheese	1 EACH	234	15	283	3.30	1.80	33.25	202	0.00	4.01	7.93	34.51	6.69	3.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
2-Day Meal-Pasta w/ Marinara & Chicken	9.50 OZ SVGS	663	59	523	9.44	5.10	243.78	297	3.62	4.18	36.09	93.82	14.64	4.01
Wed, L, Cheese Bread, No Sauce	1 EACH	418	30	501	3.00	2.80	424.00	108	4.50	4.00	22.80	38.00	19.45	7.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
BK-Apple Juice 3 Each	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
L-Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
L-Orange, Whole (113 Count)	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
Cucumber Whole 3 day sv.	WHOLE	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00

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2 Day/Weekend Meals 2021

Tuesday, Apr 27, 2021

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
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Wednesday, Apr 28, 2021

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
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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2 Day/Weekend Meals 2021

Thursday, Apr 29, 2021

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
Thur-Machaca Burrito-PKO	1 EACH	412	272	597	4.00	3.78	342.67	301	0.00	1.00	27.70	26.01	21.71	10.42
Fri-Coffee Cake	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
Sat,Yogurt & Granola Bk-4 oz.	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
Sun-Honeynut Cherrios	1 EACH	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
FRI-COOK'S CHOICE	1 EACH	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
Thur-Pepperoni Pizza, PZA LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Fri-Ham & Cheese on a Bun	1 EACH	350	55	1070	2.00	1.10	400.00	0	0.00	5.00	20.00	32.00	14.00	6.00
Sat, Chicken Tamale-GF	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Sun, Corn Dog	1 EACH	250	40	450	5.00	1.44	60.00	0	0.00	9.00	9.00	30.00	9.00	2.50
FRI-COOK'S CHOICE	1 EACH	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
1% Milk Quart-2 Each	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
BK-Apple Juice 4 Each	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
L-Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
L- Orange, Whole (113 Count)	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
L- Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00

L- Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
Celery Sticks W/PB-2 Days	1 EACH	209	0	193	2.85	0.11	21.33	39	1.71	5.00	6.37	10.60	17.10	4.02
L-Baby Carrots Indv-2 Each	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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2 Day/Weekend Meals 2021

Friday, Apr 30, 2021

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
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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