

## 2 Day/Weekend Meals 2021

Saturday, May 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
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, May 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

### Monday, May 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
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-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
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-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-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
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
Orange Juice-3 Day Serve	EACH	73	0	2	0.47	0.48	20.00	133	75.60	19.05	1.59	23.59	0.45	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, May 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 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, May 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
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, May 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
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-Pancakes	1 Each	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
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-Travelin Taco	4.0 servings.	342	0	413	7.49	2.46	97.89	180	1.61	0.54*	8.13	44.51	15.07	1.51
Fri-Pepperoni Pizza	1 EACH	340	35	580	3.00	1.80	400.00	500	9.00	4.00	20.00	34.00	18.00	9.00
Sat-Chicken and Cheese Taquitos-GF	SERVING/2 EACH	200	20	260	3.00	2.70	80.00	0	0.00	1.00	10.00	26.00	9.00	2.50
Sun-Black Bean & Cheese Burrito	1 EACH	259	0	531	8.53	2.01	117.09	16	1.28	2.87	9.47	38.33	7.59	2.16
.....	...	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
Orange Juice-4 Day Serve	EACH	55	0	2	0.35	0.36	15.00	100	56.70	14.29	1.19	17.69	0.34	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- 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- 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
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, May 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 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, May 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
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, May 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

### Monday, May 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
Mon, Bk, Oatmeal Raisin	1 EACH	290	15	180	3.00	1.80	20.00	0	0.00	21.00	4.00	47.00	9.00	3.00
Tue, Bk, Cereal Assorted	1 EACH	440	0	640	10.00	13.50	550.00	1750	18.00	30.00	8.00	89.00	7.50	1.50
Wed, Bk, Mini Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
2- Day-Pasta w/ Meat Sauce	SERVING	458	31	656	8.36	3.59	33.64	1296	0.99	9.01*	22.50	62.91	12.00	3.91
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
Orange Juice-3 Day Serve	EACH	73	0	2	0.47	0.48	20.00	133	75.60	19.05	1.59	23.59	0.45	0.00
L-Red Apple 2 Each	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 2 Each	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
Raisins, Box 2 Each	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 2 Each	WHOLE	4	0	0	0.43	0.15	8.59	86	2.58	0.43	0.43	0.86	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
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
String Cheese & Goldfish	1 EACH	220	20	570	1.00	0.72	416.00	0	0.00	2.00	16.00	16.00	10.00	4.50

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## 2 Day/Weekend Meals 2021

Tuesday, May 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 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, May 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
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, May 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
Thur, Mini Maple Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
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-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
.....	...	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, 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-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
Sun, 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
.....	...	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
Orange Juice-4 Day Serve	EACH	55	0	2	0.35	0.36	15.00	100	56.70	14.29	1.19	17.69	0.34	0.00
L-Red Apple 2 Each	2 EACH	250	0	4	9.80	0.36	20.00	200	0.00	44.00	1.20	60.00	0.80	0.00
L- Orange, Whole 2 Each	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
Mandarin Oranges Cupped-2 Each	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
Diced Pears Cupped-2 Each	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	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	3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

Carrots Indv-6 Each	SVG.													
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Chicken and Cheese Taqitos-GF	SERVING/2 EACH	200	20	260	3.00	2.70	80.00	0	0.00	1.00	10.00	26.00	9.00	2.50
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
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

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## 2 Day/Weekend Meals 2021

Friday, May 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 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, May 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
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, May 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 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, May 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
Mon, Bk, Mini Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Tue-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
Wed, Machaca Burrito	1 EACH	412	272	597	4.00	3.78	342.67	301	0.00	1.00	27.70	26.01	21.71	10.42
.....	...	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 w/Cracker	SERVING	300	20	770	2.00	8.10	410.00	0	0.00	6.00	17.00	32.00	12.00	5.00
Tue,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
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
Orange Juice-3 Day Serve	1 EACH	73	0	2	0.47	0.48	20.00	133	75.60	19.05	1.59	23.59	0.45	0.00
L-Red Apple 2 Each	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 2 Each	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
Mandarin Oranges Cupped-2 Each	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
Cucumber Whole 2 Each	WHOLE	4	0	0	0.43	0.15	8.59	86	2.58	0.43	0.43	0.86	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
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
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

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## 2 Day/Weekend Meals 2021

Tuesday, May 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 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, May 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
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, May 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
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
Mini Maple Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Thur-Orange Chicken w/ Rice-3 Day Meal	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Sun-Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	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
Orange Juice-4 Day Serve	EACH	55	0	2	0.35	0.36	15.00	100	56.70	14.29	1.19	17.69	0.34	0.00
L-Red Apple 2 Each	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 2 Each	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
Diced Pears Cupped-2 Each	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Raisins, Box 2 Each	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-6 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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
String Cheese &	1 EACH	220	20	570	1.00	0.72	416.00	0	0.00	2.00	16.00	16.00	10.00	4.50

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## 2 Day/Weekend Meals 2021

Friday, May 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 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, May 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
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, May 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

### Monday, May 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
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-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
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mon, L, 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
Tue-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
Wed-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
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
.....	...	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
Orange Juice-3 Day Serve	EACH	73	0	2	0.47	0.48	20.00	133	75.60	19.05	1.59	23.59	0.45	0.00
L-Red Apple 2 Each	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
Diced Pears Cupped-2 Each	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
L- Orange, Whole 2 Each	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 2 Each	WHOLE	4	0	0	0.43	0.15	8.59	86	2.58	0.43	0.43	0.86	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
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
String Cheese & Goldfish	1 EACH	220	20	570	1.00	0.72	416.00	0	0.00	2.00	16.00	16.00	10.00	4.50
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

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## 2 Day/Weekend Meals 2021

Tuesday, May 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 TUE 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

Wednesday, May 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
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, May 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
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
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, 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
Mon, Bk, Mini Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fri-Pepperoni Pizza	1 EACH	340	35	580	3.00	1.80	400.00	500	9.00	4.00	20.00	34.00	18.00	9.00
Sat, Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Sun-Black Bean & Cheese Burrito	1 EACH	259	0	531	8.53	2.01	117.09	16	1.28	2.87	9.47	38.33	7.59	2.16
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
.....	...	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
Orange Juice-4 Day Serve	EACH	55	0	2	0.35	0.36	15.00	100	56.70	14.29	1.19	17.69	0.34	0.00
L-Red Apple 2 Each	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 2 Each	1 EACH	84	0	0	3.16	0.00	63.11	105	82.05	14.73	1.05	19.99	0.00	0.00
Diced Pears Cupped-2 Each	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Raisins, Box 2 Each	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-6 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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
Chicken and	SERVING/2	200	20	260	3.00	2.70	80.00	0	0.00	1.00	10.00	26.00	9.00	2.50

Cheese Taquitos-GF	EACH														
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	

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## 2 Day/Weekend Meals 2021

Friday, May 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 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, May 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
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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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

## 2 Day/Weekend Meals 2021

Sunday, May 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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## 2 Day/Weekend Meals 2021

**Monday, May 31, 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
HOLIDAY	SERVING	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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