

# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	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
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
Hot Dog w/Bag Tots	1 EACH	391	20	1052	4.01	2.08	79.00	100	3.62	4.00	13.01	43.10	18.54	5.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	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 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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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
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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRE-SCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Nuggets & Goldfish WGR	1 Each	310	50	740	3.00	1.80	40.00	200	0.00	0.00	20.00	31.00	12.00	2.00
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	0.00
Celery Sticks W/Peanut Butter	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- 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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRESCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	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 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
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRESCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	0.00
Celery Sticks W/Peanut Butter	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- 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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Cheeseburger WGR	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRESCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Cheeseburger WGR	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
ALTERNATE ALLERGY 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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Pizza Sticks	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Corn Dog w/Bag Tots	1 EACH	381	40	762	7.01	1.80	60.00	0	3.62	9.00	11.01	46.10	15.04	3.51
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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
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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Yogurt & Pretzels L-8 oz.	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRE-SCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Cinnamon Toast Crunch	EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
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
Yogurt & Pretzels L-8 oz.	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00	9.00	57.00	3.50	1.50
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Spicy Chicken Sandwich, WGR	1 EACH	382	51	877	6.03	3.09	115.10	202	0.00	5.01*	23.22	49.17	10.10	1.52
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	0.00
Celery Sticks W/Peanut Butter	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- 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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRE-SCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
ALTERNATE ALLERGY 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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Yogurt & Pretzels L-8 oz.	SERVING	310	5	295	1.00	0.72	270.00	0	6.00	30.00	9.00	55.00	6.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRE-SCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Yogurt & Pretzels L-8 oz.	SERVING	310	5	295	1.00	0.72	270.00	0	6.00	30.00	9.00	55.00	6.00	2.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	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
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	0.00
Celery Sticks W/Peanut Butter	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- 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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Crumb Cake	EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRE-SCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Crumb Cake	EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
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
Pepperoni Pizza, PZA Guy 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	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	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
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
Hot Dog w/Bag Tots	1 EACH	391	20	1052	4.01	2.08	79.00	100	3.62	4.00	13.01	43.10	18.54	5.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	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 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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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
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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRESCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chicken Nuggets & Goldfish WGR	1 Each	310	50	740	3.00	1.80	40.00	200	0.00	0.00	20.00	31.00	12.00	2.00
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	0.00
Celery Sticks W/Peanut Butter	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- 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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRESCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	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 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
Pepperoni Pizza, PZA Guy LUNCH	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Cinnamon Toast Crunch	EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRE-SCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
Cinnamon Toast Crunch	EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Cinnamon Toast Crunch	EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
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
Spicy Chicken Sandwich, WGR	1 EACH	382	51	877	6.03	3.09	115.10	202	0.00	5.01*	23.22	49.17	10.10	1.52
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	0.00
Celery Sticks W/Peanut Butter	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- 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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRESCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
ALTERNATE ALLERGY 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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Pizza Sticks	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Yogurt & Pretzels L-8 oz.	SERVING	300	5	325	1.00	0.72	250.00	0	6.00	30.00	9.00	57.00	3.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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
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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRESCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Cinnamon Toast Crunch	EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
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
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Spicy Chicken Sandwich, WGR	1 EACH	382	51	877	6.03	3.09	115.10	202	0.00	5.01*	23.22	49.17	10.10	1.52
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	0.00
Celery Sticks W/Peanut Butter	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- 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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRE-SCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
ALTERNATE ALLERGY 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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRESCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	0.00
Celery Sticks W/Peanut Butter	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- 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

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# PK/SPED-5th. Menu 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
ASES/SPED/ON CAMPUS MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Crumb Cake	EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PRE-SCHOOL MENU	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Crumb Cake	EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
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
Pepperoni Pizza, PZA Guy 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	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Orange Juice	SVG	110	0	3	0.70	0.72	30.00	200	113.40	28.58	2.38	35.38	0.68	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

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## PK/SPED-5th. Menu 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
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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