

Middle School Menu 2020

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
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
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
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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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Middle School Menu 2020

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
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
Gourmet Chicken Caesar Salad	1 EACH	375	82	866	2.27	1.59	191.22	9928	42.36	1.26	27.52	8.98	25.04	5.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Ranch Dressing	1 EACH	60	5	95	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	6.00	1.00
.....	...	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
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
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
Thur, Bk, Yogurt w/ Granola	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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	SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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

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professional for assistance in planning for or treating medical conditions.

Middle School Menu 2020

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
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
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
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
.....	...	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
Thur, Bk, Yogurt w/ Granola	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
Thur, L, Baked Chic w/Cracker	SERVING	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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	SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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

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Middle School Menu 2020

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
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
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
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
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
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
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
Fri-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
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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-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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Middle School Menu 2020

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
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
Gourmet Chicken Caesar Salad	1 EACH	375	82	866	2.27	1.59	191.22	9928	42.36	1.26	27.52	8.98	25.04	5.91
.....	...	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
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
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, 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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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-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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Middle School Menu 2020

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
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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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Middle School Menu 2020

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
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Gourmet Chicken Caesar Salad	1 EACH	375	82	866	2.27	1.59	191.22	9928	42.36	1.26	27.52	8.98	25.04	5.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayo Packet	1 EACH	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00
Mustard Packet	1 EACH	0	0	85	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	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
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
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
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
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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	SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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

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Middle School Menu 2020

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
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
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
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
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
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
Thur, Cheeseburger	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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	SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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

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Middle School Menu 2020

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
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
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
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
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packet	1 EACH	0	0	85	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
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
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
Fri, L, Chic Nugget w/Goldfish	1 Each	310	50	740	3.00	1.80	40.00	200	0.00	0.00	20.00	31.00	12.00	2.00
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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-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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Middle School Menu 2020

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
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
Gourmet Chicken Caesar Salad	1 EACH	375	82	866	2.27	1.59	191.22	9928	42.36	1.26	27.52	8.98	25.04	5.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mayo Packet	1 EACH	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00
Mustard Packet	1 EACH	0	0	85	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
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
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
Mon, L, 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
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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-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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Middle School Menu 2020

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
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
String Cheese & Pretzels	1 EACH	210	20	600	1.00	0.72	396.00	0	0.00	2.00	16.00	18.00	7.50	4.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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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Middle School Menu 2020

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
Baked Chicken w/Cracker	SERVING	290	70	640	2.00	1.80	40.00	0	0.00	0.00	18.00	20.00	15.00	3.00
Gourmet Chicken Caesar Salad	1 EACH	375	82	866	2.27	1.59	191.22	9928	42.36	1.26	27.52	8.98	25.04	5.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Ranch Dressing	1 EACH	60	5	95	0.00	0.00	0.00	0	0.00	1.00	0.00	1.00	6.00	1.00
.....	...	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
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
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
Thur, Bk, Yogurt w/ Granola	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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	SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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

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professional for assistance in planning for or treating medical conditions.

Middle School Menu 2020

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
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
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
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
.....	...	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
Thur, Bk, Yogurt w/ Granola	1 EACH	226	4	106	2.28	0.98	323.00	681	1.67	26.71	6.03	46.47	2.37	0.60
Thur, L, Baked Chic w/Cracker	SERVING	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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	SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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

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Middle School Menu 2020

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
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
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
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
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
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
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
Fri-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
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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-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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Middle School Menu 2020

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
Beef Taco Dip w/ Chips	7.75 Oz. Svg	589	63	998	5.05	2.34	42.48	282	1.21	0.02	22.91	38.95	35.27	11.85
Gourmet Chicken Caesar Salad	1 EACH	375	82	866	2.27	1.59	191.22	9928	42.36	1.26	27.52	8.98	25.04	5.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packet	1 EACH	0	0	85	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
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
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
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, 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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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-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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Middle School Menu 2020

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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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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Middle School Menu 2020

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
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Gourmet Chicken Caesar Salad	1 EACH	375	82	866	2.27	1.59	191.22	9928	42.36	1.26	27.52	8.98	25.04	5.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayo Packet	1 EACH	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00
Mustard Packet	1 EACH	0	0	85	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	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
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
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
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
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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	SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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

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Middle School Menu 2020

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
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
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
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
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
Thur, Cheeseburger	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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	SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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

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Middle School Menu 2020

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
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
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
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mustard Packet	1 EACH	0	0	85	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
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
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
Fri, L, Chic Nugget w/Goldfish	1 Each	310	50	740	3.00	1.80	40.00	200	0.00	0.00	20.00	31.00	12.00	2.00
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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-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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Middle School Menu 2020

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
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
Gourmet Chicken Caesar Salad	1 EACH	375	82	866	2.27	1.59	191.22	9928	42.36	1.26	27.52	8.98	25.04	5.91
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup	1 EACH	10	0	85	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mayo Packet	1 EACH	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00
Mustard Packet	1 EACH	0	0	85	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
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
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
Mon, L, 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
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
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
STUDENTS EATING ON CAMPUS	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Chocolate Milk	CARTON	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
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-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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Middle School Menu 2020

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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