

# Middle School Lunch 6-8

Friday, Mar 1, 2019

| 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 |
|------------------------------------|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Green Eggs, Ham Tos & Muffin       | SVG.         | 342      | 314            | 697       | 2.71            | 0.82    | 91.69      | 30*          | 2.33*        | 7.48     | 14.70     | 31.23          | 16.47       | 4.46            |
| Cheeseburger                       | 1 EACH       | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Bean & Cheese Burrito              | EACH         | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Spicy Chicken Sandwich             | Each         | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Orange Chicken / Brown Rice        | 12 OZ.       | 320      | 40             | 280       | 2.00            | 1.44    | 0.00       | 0*           | 1.20         | 10.00    | 15.00     | 56.00          | 4.00        | 0.50            |
| Pizza Sticks                       | 2 EACH       | 420      | 30             | 540       | 4.00            | 2.88    | 0.00       | 400          | 0.00         | 4.00     | 24.00     | 50.00          | 12.00       | 6.00            |
| Shrimp Poppers w Goldfish          | 1 EACH       | 416      | 39             | 597       | 4.83            | 1.77    | 32.76      | 0            | 0.00         | 0.00*    | 21.14     | 49.72          | 14.98       | 1.78            |
| Southwestern Chicken Supreme Salad | 1 EACH       | 440      | 111            | 791       | 4.94            | 1.34    | 141.72     | 521          | 52.95        | 5.16*    | 20.46     | 26.57          | 28.17       | 6.88            |
| Tuna Sriracha Tostada - GF         | 5.50 oz.     | 321      | 42*            | 835       | 2.67            | 1.27    | 186.57     | 1580*        | 22.29*       | 2.69*    | 19.39     | 24.23          | 15.12       | 3.74*           |
| PB & J Sandwich                    | EACH         | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait             | EACH         | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                              | ...          | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Marinara Dipping Sauce Cup         | 1 EACH       | 45       | 0              | 230       | 2.00            | 0.36    | 20.00      | 500          | 66.00        | 4.00     | 1.00      | 7.00           | 1.00        | 0.00            |
| .....                              | ...          | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| MEXICAN CONDIMENTS                 | 1 EA         | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Pico de Gallo                      | 2 OZ. SVGS   | 15       | 0              | 81        | 0.63            | 0.21    | 4.31       | 386          | 9.27         | 0.49*    | 0.48      | 3.83           | 0.21        | 0.02            |
| Lettuce, Shredded                  | SVG          | 3        | 0              | 3         | 0.40            | 0.14    | 5.39       | 94           | 1.11         | *N/A*    | 0.29      | 0.59           | 0.05        | 0.01            |
| CD, Shredded Cheese                | SVG          | 111      | 30             | 192       | 0.00            | 0.00    | 202.50     | 304          | 0.00         | 0.00     | 7.09      | 1.01           | 9.11        | 6.08            |
| Sour Cream Sauce                   | SVG          | 50       | 12             | 15        | 0.00            | 0.00    | 23.50      | 173          | 0.06         | 1.10     | 1.02      | 1.90           | 4.00        | 2.40            |
| .....                              | ...          | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                              | ...          | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                              | ...          | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad                 | 1 CUP        | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                       | EACH - 3 oz  | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape                              | SVG. 2.66    | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |

|                        |                    |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Tomatoes               | OZ.                |     |    |     |       |       |        |       |        |       |       |       |       |      |
| Broccoli florets       | SERVING,<br>1.1 oz | 18  | 0  | 4   | 0.00  | 0.00  | 12.59  | 0     | 24.55  | 0.00  | 2.52  | 2.52  | 0.00  | 0.00 |
| Sugar Snap Peas        | SVG                | 50  | 0  | 70  | 3.00  | 1.08  | 20.00  | 1500  | 12.00  | 3.00  | 3.00  | 9.00  | 0.00  | 0.00 |
| Cucumber               | SVG.               | 10  | 0  | 2   | 0.60  | 0.19  | 11.91  | 202   | 2.72   | 1.17  | 0.50  | 1.84  | 0.14  | 0.00 |
| .....                  | ...                | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Zucchini               | .5 CUP             | 6   | 0  | 3   | 0.34  | 0.13  | 5.44   | 68    | 6.09   | 0.85  | 0.41  | 1.06  | 0.11  | 0.03 |
| .....                  | ...                | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Peaches, canned        | SERVING,<br>4.5 oz | 71  | 0  | 10  | 1.01  | 0.00  | 0.00   | 304   | 1.21   | 16.20 | 0.00  | 17.21 | 0.00  | 0.00 |
| Halo Mandarin Oranges  | EACH               | 50  | 0  | 0   | 2.00  | 0.00  | 40.00  | 300   | 27.00  | 9.00  | 1.00  | 13.00 | 0.00  | 0.00 |
| Sliced Red Apples      | EACH               | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| Red Apples             | EACH               | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| .....                  | ...                | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH             | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH             | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH             | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...                | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ               | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp         | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ               | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING<br>1 OZ    | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP           | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ               | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ               | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP           | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP           | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ               | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE              | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...                | 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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|                        |                 |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|-----------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Broccoli florets       | SERVING, 1.1 oz | 18  | 0  | 4   | 0.00  | 0.00  | 12.59  | 0     | 24.55  | 0.00  | 2.52  | 2.52  | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Mandarin Oranges       | SERVING 4 oz    | 31  | 0  | 4   | 0.44  | 0.32  | 8.87   | 133   | 94.19  | 7.54  | 0.44  | 7.54  | 0.00  | 0.00 |
| Red Apples             | EACH            | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| Sliced Red Apples      | EACH            | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| Mangos                 | SERVING, 3 oz   | 65  | 0  | 0   | 1.80  | 0.00  | 0.00   | 765   | 27.70  | 14.80 | 0.27  | 17.00 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH          | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH          | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH          | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ            | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp      | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ            | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ    | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP        | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ            | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ            | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP        | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP        | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ            | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE           | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...             | 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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|                        |                 |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|-----------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Pears, Can,Light Syrup | SERVING, 3.5 oz | 74  | 0  | 12  | 2.46  | 0.00  | 0.00   | 74    | 0.00   | 14.78 | 0.00  | 17.24 | 0.00  | 0.00 |
| Kumquats               | EACH            | 13  | 0  | 2   | 1.24  | 0.17  | 11.40  | 57    | 8.32   | 1.71  | 0.38  | 3.04  | 0.19  | 0.00 |
| Red Apples             | EACH            | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| Sliced Red Apples      | EACH            | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH          | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH          | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH          | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ            | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp      | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ            | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ    | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP        | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ            | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ            | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP        | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP        | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ            | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE           | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...             | 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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|                        |              |     |    |     |       |       |        |       |       |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|-------|-------|-------|-------|-------|------|
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40  | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00  | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40  | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20  | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00  | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41  | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33  | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A* | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76  | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12  | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60 | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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

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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.

# Middle School Lunch 6-8

Thursday, Mar 7, 2019

| Recipes                        | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|--------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Pepperoni Pizza, PZA Guy LUNCH | Slice           | 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            |
| Mini Cheeseburgers             | EACH            | 272      | 45             | 355       | 2.60            | 2.80    | 82.00      | 100          | 0.00         | 3.50     | 19.70     | 31.30          | 7.80        | 2.90            |
| Grilled Cheese Sandwich        | 1 EACH          | 280      | 32             | 581       | 3.00            | 1.64    | 465.91     | 524          | 0.00         | 5.65     | 18.55     | 30.96          | 9.91        | 5.56            |
| Bean & Cheese Burrito          | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| PB & J Sandwich                | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait         | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Caesar Salad                   | 5 oz. svg.      | 378      | 9              | 588       | 9.23            | 0.51    | 35.90      | 4930*        | 13.60*       | 0.57     | 1.51      | 34.10          | 24.87       | 1.42            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| BEAN OF THE MONTH              | 1 EA            | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Bean of the Month Lentils      | 1 oz. servings  | 80       | 0*             | 5         | 4.70*           | 1.65    | 26.95      | 427          | 13.57        | 1.83*    | 4.81      | 11.80          | 1.72        | 0.24            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad             | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                   | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                 | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Roasted Beets                  | 2.78 oz.svg.    | 91       | 0              | 441       | 2.03            | 0.01    | 0.46       | 0            | 2.46         | 6.00*    | 1.06      | 11.25          | 5.04        | 0.63            |
| Sugar Snap Peas                | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                       | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| Corn                           | SVG             | 67       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 3.00     | 2.00      | 16.00          | 1.00        | 0.00            |
| Celery Sticks                  | SERVING- 2.5 oz | 9        | 0              | 44        | 0.88            | 0.11    | 21.88      | 40           | 1.75         | 0.00     | 0.38      | 1.64           | 0.10        | 0.02            |
| Peanut Butter Cup              | SVG             | 180      | 0              | 160       | 2.00            | 0.72    | 20.00      | 0            | 0.00         | 3.00     | 7.00      | 8.00           | 15.00       | 2.00            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Mixed Fruit, Light Syrup       | SERVING, 3.5 oz | 72       | 0              | 8         | 1.40            | 0.40    | 7.60       | 132          | 2.40         | *N/A*    | 0.60      | 18.80          | 0.00        | 0.00            |
| Tropical Blend                 | SERVING         | 38       | 0              | 7         | 1.26            | 0.22    | 7.02       | 102          | 76.20        | 6.74     | 0.62      | 9.27           | 0.00        | 0.00            |
| Red Apples                     | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Sliced Red Apples      | EACH         | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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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# Middle School Lunch 6-8

Friday, Mar 8, 2019

| Recipes                            | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|------------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Cheeseburger                       | EACH            | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Bean & Cheese Burrito              | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Spicy Chicken Sandwich             | Each            | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Shrimp Poppers w Goldfish          | 1 EACH          | 416      | 39             | 597       | 4.83            | 1.77    | 32.76      | 0            | 0.00         | 0.00*    | 21.14     | 49.72          | 14.98       | 1.78            |
| Pizza Sticks                       | 2 EACH          | 420      | 30             | 540       | 4.00            | 2.88    | 0.00       | 400          | 0.00         | 4.00     | 24.00     | 50.00          | 12.00       | 6.00            |
| Southwestern Chicken Supreme Salad | 1 EACH          | 440      | 111            | 791       | 4.94            | 1.34    | 141.72     | 521          | 52.95        | 5.16*    | 20.46     | 26.57          | 28.17       | 6.88            |
| Tuna Sub Sandwich                  | SANDWICH        | 278      | 32             | 558       | 3.03            | 1.64    | 77.48      | 445          | 0.42         | 4.12     | 22.52     | 31.25          | 7.03        | 0.52            |
| PB & J Sandwich                    | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait             | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Marinara Dipping Sauce Cup         | 1 EACH          | 45       | 0              | 230       | 2.00            | 0.36    | 20.00      | 500          | 66.00        | 4.00     | 1.00      | 7.00           | 1.00        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad                 | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                       | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                     | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Broccoli florets                   | SERVING, 1.1 oz | 18       | 0              | 4         | 0.00            | 0.00    | 12.59      | 0            | 24.55        | 0.00     | 2.52      | 2.52           | 0.00        | 0.00            |
| Sugar Snap Peas                    | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                           | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Zucchini                           | .5 CUP          | 6        | 0              | 3         | 0.34            | 0.13    | 5.44       | 68           | 6.09         | 0.85     | 0.41      | 1.06           | 0.11        | 0.03            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Peaches, canned                    | SERVING, 4.5 oz | 71       | 0              | 10        | 1.01            | 0.00    | 0.00       | 304          | 1.21         | 16.20    | 0.00      | 17.21          | 0.00        | 0.00            |
| Halo Mandarin Oranges              | EACH            | 50       | 0              | 0         | 2.00            | 0.00    | 40.00      | 300          | 27.00        | 9.00     | 1.00      | 13.00          | 0.00        | 0.00            |
| Sliced Red Apples                  | EACH            | 34       | 0              | 0         | 2.00            | 0.18    | 10.00      | 50           | 123.60       | 6.00     | 0.00      | 8.00           | 0.00        | 0.00            |
| Red Apples                         | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |       |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|-------|-------|-------|-------|-------|------|
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40  | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00  | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40  | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20  | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00  | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41  | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33  | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A* | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76  | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12  | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60 | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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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# Middle School Lunch 6-8

Monday, Mar 11, 2019

| Recipes                | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Mini Cheeseburgers     | 1 EACH          | 272      | 45             | 355       | 2.60            | 2.80    | 82.00      | 100          | 0.00         | 3.50     | 19.70     | 31.30          | 7.80        | 2.90            |
| Bean & Cheese Burrito  | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Spicy Chicken Sandwich | Each            | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Baked Chicken & Corn   | 1 EACH          | 273      | 71             | 480       | 3.50            | 1.61    | 22.32      | 199          | 4.15         | 0.00*    | 18.85     | 25.17          | 11.78       | 2.63            |
| Chicken Taquitos       | Serving         | 280      | 30             | 800       | 4.00            | 2.16    | 119.94     | 200          | 4.80         | 2.00     | 15.99     | 29.99          | 11.99       | 3.00            |
| Chicken Tamale         | 1 EACH          | 340      | 40             | 800       | 3.00            | 2.70    | 80.00      | 300          | 21.00        | 1.00     | 19.00     | 32.00          | 18.00       | 2.00            |
| Pizza,Nardone Bros.    | 1 EACH          | 350      | 40             | 580       | 3.00            | 2.70    | 350.00     | 500          | 12.00        | 7.00     | 22.00     | 30.00          | 16.00       | 7.00            |
| Turkey Sub Sandwich    | SANDWICH        | 270      | 30             | 460       | 3.00            | 1.44    | 260.00     | 400          | 0.00         | 3.00     | 12.00     | 29.00          | 11.50       | 6.00            |
| PB & J Sandwich        | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Gourmet Taco Salad     | 1 EACH          | 569      | 75             | 940       | 6.63            | 4.50    | 452.29     | 7022         | 31.94        | 3.69*    | 25.20     | 34.22          | 34.93       | 15.47           |
| Yogurt Granola Parfait | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                  | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                  | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad     | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots           | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes         | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Sugar Snap Peas        | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber               | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| .....                  | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Broccoli florets       | SERVING, 1.1 oz | 18       | 0              | 4         | 0.00            | 0.00    | 12.59      | 0            | 24.55        | 0.00     | 2.52      | 2.52           | 0.00        | 0.00            |
| .....                  | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                  | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Mandarin Oranges       | SERVING 4 oz    | 31       | 0              | 4         | 0.44            | 0.32    | 8.87       | 133          | 94.19        | 7.54     | 0.44      | 7.54           | 0.00        | 0.00            |
| Red Apples             | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |
| Sliced Red Apples      | EACH            | 34       | 0              | 0         | 2.00            | 0.18    | 10.00      | 50           | 123.60       | 6.00     | 0.00      | 8.00           | 0.00        | 0.00            |
| Kumquats               | EACH            | 13       | 0              | 2         | 1.24            | 0.17    | 11.40      | 57           | 8.32         | 1.71     | 0.38      | 3.04           | 0.19        | 0.00            |
| .....                  | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| 1% Milk                | 1 EACH          | 120      | 10             | 150       | 0.00            | 0.00    | 350.00     | 500          | 2.40         | 14.00    | 10.00     | 14.00          | 2.50        | 1.50            |

|                        |              |     |   |     |       |       |        |       |       |       |      |       |       |      |
|------------------------|--------------|-----|---|-----|-------|-------|--------|-------|-------|-------|------|-------|-------|------|
| Milk, Chocolate FF     | 1 EACH       | 110 | 5 | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00  | 18.00 | 8.00 | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5 | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40  | 12.00 | 9.00 | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0 | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00 | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0 | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20  | 4.00  | 0.00 | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9 | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.94  | 0.00 | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0 | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 3.66  | 0.00 | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0 | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00  | 9.00  | 0.00 | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0 | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41  | 0.00  | 0.00 | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6 | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33  | 1.16  | 0.00 | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0 | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00 | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0 | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A* | 0.00  | 0.00 | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0 | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76  | 0.22* | 0.05 | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0 | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12  | *N/A* | 0.01 | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0 | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60 | *N/A* | 0.92 | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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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|                        |                 |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|-----------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Pears, Can,Light Syrup | SERVING, 3.5 oz | 74  | 0  | 12  | 2.46  | 0.00  | 0.00   | 74    | 0.00   | 14.78 | 0.00  | 17.24 | 0.00  | 0.00 |
| Fresh Fruit            | 1 EACH          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Red Apples             | EACH            | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| Sliced Red Apples      | EACH            | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH          | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH          | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH          | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ            | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp      | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ            | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ    | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP        | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ            | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ            | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP        | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP        | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ            | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE           | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...             | 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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# Middle School Lunch 6-8

Wednesday, Mar 13, 2019

| Recipes                 | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|-------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Cheeseburger            | EACH            | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Beef Taco Dip w/ Chips  | 5.75 oz/serving | 497      | 33             | 1060      | 9.93            | 5.04    | 80.48      | 482          | 7.00         | 1.62     | 17.96     | 47.90          | 23.25       | 6.32            |
| Bean & Cheese Burrito   | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Spicy Chicken Sandwich  | Each            | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Chicken Nuggets & Tots  | 1 EACH          | 430      | 50             | 970       | 5.80            | 2.08    | 35.00      | 187          | 3.60         | 0.00     | 21.00     | 47.00          | 16.50       | 3.00            |
| Pizza,Nardone Bros.     | 1 EACH          | 350      | 40             | 580       | 3.00            | 2.70    | 350.00     | 500          | 12.00        | 7.00     | 22.00     | 30.00          | 16.00       | 7.00            |
| Asian Tofu Salad        | 1 EACH          | 429      | 0              | 417       | 11.69           | 6.33    | 257.65     | 5234*        | 128.91*      | 9.12*    | 22.36     | 47.80          | 17.20       | 3.05            |
| Asian Chicken Salad     | 1 EACH          | 329      | 33             | 697       | 7.69            | 3.75    | 57.65      | 5234         | 139.00       | 9.12*    | 18.36     | 44.47          | 9.53        | 2.38            |
| PB & J Sandwich         | 1 EACH          | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait  | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                   | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| HOTM Pink Grapefruit    | SERVING         | 34       | 0              | 1         | *N/A*           | 0.07    | 10.13      | 239          | 35.10        | *N/A*    | 0.46      | 8.93           | 0.09        | 0.01            |
| .....                   | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad      | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots            | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes          | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Sugar Snap Peas         | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| Bell Peppers 4 Colors   | SERVING, 2.75oz | 22       | 0              | 2         | 1.41            | 0.24    | 4.76       | 1312         | 66.64        | 2.06     | 0.79      | 4.64           | 0.16        | 0.02            |
| Broccoli florets        | SERVING, 1.1 oz | 18       | 0              | 4         | 0.00            | 0.00    | 12.59      | 0            | 24.55        | 0.00     | 2.52      | 2.52           | 0.00        | 0.00            |
| Harvest of the Month    | EACH            | *N/A*    | *N/A*          | *N/A*     | *N/A*           | *N/A*   | *N/A*      | *N/A*        | *N/A*        | *N/A*    | *N/A*     | *N/A*          | *N/A*       | *N/A*           |
| .....                   | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Pineapple, Can,Lt Syrup | SERVING, 4.0 oz | 94       | 0              | 0         | 1.34            | 0.48    | 26.82      | 0            | 12.07        | 18.78    | 1.01      | 22.80          | 0.00        | 0.00            |
| Banana                  | EACH            | 89       | 0              | 1         | 2.60            | 0.26    | 5.00       | 64           | 8.70         | 12.20    | 1.10      | 22.80          | 0.30        | 0.10            |
| Red Apples              | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |
| Sliced Red Apples       | EACH            | 34       | 0              | 0         | 2.00            | 0.18    | 10.00      | 50           | 123.60       | 6.00     | 0.00      | 8.00           | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |       |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|-------|-------|-------|-------|-------|------|
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40  | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00  | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40  | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20  | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00  | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41  | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33  | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A* | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76  | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12  | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60 | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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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# Middle School Lunch 6-8

Thursday, Mar 14, 2019

| Recipes                        | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|--------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Pepperoni Pizza, PZA Guy LUNCH | Slice           | 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            |
| Mini Cheeseburgers             | EACH            | 272      | 45             | 355       | 2.60            | 2.80    | 82.00      | 100          | 0.00         | 3.50     | 19.70     | 31.30          | 7.80        | 2.90            |
| Grilled Cheese Sandwich        | 1 EACH          | 280      | 32             | 581       | 3.00            | 1.64    | 465.91     | 524          | 0.00         | 5.65     | 18.55     | 30.96          | 9.91        | 5.56            |
| Bean & Cheese Burrito          | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| PB & J Sandwich                | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait         | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Caesar Salad                   | 5 oz. svg.      | 378      | 9              | 588       | 9.23            | 0.51    | 35.90      | 4930*        | 13.60*       | 0.57     | 1.51      | 34.10          | 24.87       | 1.42            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| BEAN OF THE MONTH              | 1 EA            | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Bean of the Month Lentils      | 1 oz. servings  | 80       | 0*             | 5         | 4.70*           | 1.65    | 26.95      | 427          | 13.57        | 1.83*    | 4.81      | 11.80          | 1.72        | 0.24            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad             | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                   | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                 | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Roasted Beets                  | 2.78 oz.svg.    | 91       | 0              | 441       | 2.03            | 0.01    | 0.46       | 0            | 2.46         | 6.00*    | 1.06      | 11.25          | 5.04        | 0.63            |
| Sugar Snap Peas                | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                       | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| Corn                           | SVG             | 67       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 3.00     | 2.00      | 16.00          | 1.00        | 0.00            |
| Celery Sticks                  | SERVING- 2.5 oz | 9        | 0              | 44        | 0.88            | 0.11    | 21.88      | 40           | 1.75         | 0.00     | 0.38      | 1.64           | 0.10        | 0.02            |
| Peanut Butter Cup              | SVG             | 180      | 0              | 160       | 2.00            | 0.72    | 20.00      | 0            | 0.00         | 3.00     | 7.00      | 8.00           | 15.00       | 2.00            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Mixed Fruit, Light Syrup       | SERVING, 3.5 oz | 72       | 0              | 8         | 1.40            | 0.40    | 7.60       | 132          | 2.40         | *N/A*    | 0.60      | 18.80          | 0.00        | 0.00            |
| Fresh Fruit                    | 1 EACH          | 4        | *N/A*          | *N/A*     | *N/A*           | *N/A*   | *N/A*      | *N/A*        | *N/A*        | *N/A*    | *N/A*     | *N/A*          | *N/A*       | *N/A*           |
| Red Apples                     | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Sliced Red Apples      | EACH         | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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.

# Middle School Lunch 6-8

Friday, Mar 15, 2019

| Recipes                            | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|------------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Teriyaki Chicken Bowl              | 7.0 oz. svg.    | 307      | 64             | 901       | 1.99            | 2.10    | 36.92      | 46           | 0.00         | 4.48*    | 23.76     | 40.62          | 3.94        | 0.60            |
| Cheeseburger                       | 1 EACH          | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Bean & Cheese Burrito              | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Spicy Chicken Sandwich             | Each            | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Pizza Sticks                       | 2 EACH          | 420      | 30             | 540       | 4.00            | 2.88    | 0.00       | 400          | 0.00         | 4.00     | 24.00     | 50.00          | 12.00       | 6.00            |
| Shrimp Poppers w Goldfish          | 1 EACH          | 416      | 39             | 597       | 4.83            | 1.77    | 32.76      | 0            | 0.00         | 0.00*    | 21.14     | 49.72          | 14.98       | 1.78            |
| Southwestern Chicken Supreme Salad | 1 EACH          | 440      | 111            | 791       | 4.94            | 1.34    | 141.72     | 521          | 52.95        | 5.16*    | 20.46     | 26.57          | 28.17       | 6.88            |
| Tuna Sub Sandwich                  | SANDWICH        | 278      | 32             | 558       | 3.03            | 1.64    | 77.48      | 445          | 0.42         | 4.12     | 22.52     | 31.25          | 7.03        | 0.52            |
| PB & J Sandwich                    | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait             | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Marinara Dipping Sauce Cup         | 1 EACH          | 45       | 0              | 230       | 2.00            | 0.36    | 20.00      | 500          | 66.00        | 4.00     | 1.00      | 7.00           | 1.00        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Food & Nutrition Cracker           | EACH            | 120      | 0              | 65        | 2.00            | 1.08    | 4.00       | *N/A*        | *N/A*        | 6.00     | 2.00      | 22.00          | 4.00        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad                 | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                       | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                     | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Broccoli florets                   | SERVING, 1.1 oz | 18       | 0              | 4         | 0.00            | 0.00    | 12.59      | 0            | 24.55        | 0.00     | 2.52      | 2.52           | 0.00        | 0.00            |
| Sugar Snap Peas                    | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                           | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Zucchini                           | .5 CUP          | 6        | 0              | 3         | 0.34            | 0.13    | 5.44       | 68           | 6.09         | 0.85     | 0.41      | 1.06           | 0.11        | 0.03            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Peaches, canned                    | SERVING, 4.5 oz | 71       | 0              | 10        | 1.01            | 0.00    | 0.00       | 304          | 1.21         | 16.20    | 0.00      | 17.21          | 0.00        | 0.00            |
| Halo Mandarin Oranges              | EACH            | 50       | 0              | 0         | 2.00            | 0.00    | 40.00      | 300          | 27.00        | 9.00     | 1.00      | 13.00          | 0.00        | 0.00            |

|                        |                 |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|-----------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Sliced Red Apples      | EACH            | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| Red Apples             | EACH            | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH          | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH          | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH          | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ            | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp      | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ            | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ    | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP        | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ            | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ            | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP        | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP        | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ            | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE           | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Garden Fresh Salad     | 1 CUP           | 13  | 0  | 15  | 1.42  | 2.15  | 31.39  | 4289  | 9.87   | 0.38* | 1.05  | 2.47  | 0.11  | 0.00 |
| Baby Carrots           | EACH - 3 oz     | 35  | 0  | 65  | 2.00  | 0.36  | 20.01  | 6003  | 6.00   | 5.00  | 1.00  | 8.00  | 0.00  | 0.00 |
| Grape Tomatoes         | SVG. 2.66 OZ.   | 13  | 0  | 3   | 0.88  | 0.26  | 4.89   | 611   | 9.09   | 1.92  | 0.64  | 2.85  | 0.15  | 0.03 |
| Broccoli florets       | SERVING, 1.1 oz | 18  | 0  | 4   | 0.00  | 0.00  | 12.59  | 0     | 24.55  | 0.00  | 2.52  | 2.52  | 0.00  | 0.00 |
| Sugar Snap Peas        | SVG             | 50  | 0  | 70  | 3.00  | 1.08  | 20.00  | 1500  | 12.00  | 3.00  | 3.00  | 9.00  | 0.00  | 0.00 |
| Cucumber               | SVG.            | 10  | 0  | 2   | 0.60  | 0.19  | 11.91  | 202   | 2.72   | 1.17  | 0.50  | 1.84  | 0.14  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Zucchini               | .5 CUP          | 6   | 0  | 3   | 0.34  | 0.13  | 5.44   | 68    | 6.09   | 0.85  | 0.41  | 1.06  | 0.11  | 0.03 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Peaches, canned        | SERVING, 4.5 oz | 71  | 0  | 10  | 1.01  | 0.00  | 0.00   | 304   | 1.21   | 16.20 | 0.00  | 17.21 | 0.00  | 0.00 |
| Halo Mandarin Oranges  | EACH            | 50  | 0  | 0   | 2.00  | 0.00  | 40.00  | 300   | 27.00  | 9.00  | 1.00  | 13.00 | 0.00  | 0.00 |
| Sliced Red Apples      | EACH            | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| Red Apples             | EACH            | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH          | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |

|                        |              |     |   |     |       |       |        |       |       |       |      |       |       |      |
|------------------------|--------------|-----|---|-----|-------|-------|--------|-------|-------|-------|------|-------|-------|------|
| Milk, Chocolate FF     | 1 EACH       | 110 | 5 | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00  | 18.00 | 8.00 | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5 | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40  | 12.00 | 9.00 | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0 | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00 | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0 | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20  | 4.00  | 0.00 | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9 | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.94  | 0.00 | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0 | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 3.66  | 0.00 | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0 | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00  | 9.00  | 0.00 | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0 | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41  | 0.00  | 0.00 | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6 | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33  | 1.16  | 0.00 | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0 | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00 | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0 | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A* | 0.00  | 0.00 | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0 | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76  | 0.22* | 0.05 | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0 | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12  | *N/A* | 0.01 | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0 | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60 | *N/A* | 0.92 | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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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|                        |              |     |    |     |       |       |        |       |       |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|-------|-------|-------|-------|-------|------|
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40  | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00  | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40  | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20  | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00  | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41  | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33  | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A* | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76  | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12  | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60 | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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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# Middle School Lunch 6-8

Tuesday, Mar 19, 2019

| Recipes                      | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Cheeseburger                 | EACH            | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Bean & Cheese Burrito        | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Cheesy Nachos                | 5 OZ.SVG.       | 468      | 46             | 936       | 6.40            | 3.67    | 504.56     | 1034         | 1.91*        | 2.20*    | 18.43     | 41.76          | 25.86       | 10.70           |
| Chicken Quesadilla           | SERVING         | 303      | 45             | 570       | 3.00            | 2.70    | 200.00     | 300          | 0.00         | 3.00     | 19.00     | 32.00          | 11.00       | 5.00            |
| Corn Dog w/Tots              | SERVING         | 382      | 40             | 765       | 7.03            | 1.44    | 120.95     | 0            | 3.66         | 5.00     | 5.03      | 46.25          | 15.10       | 3.52            |
| Hot Dog w/ Tots              | SVG.            | 412      | 20             | 1077      | 5.80            | 2.53    | 80.00      | 101          | 3.60         | 4.01     | 16.09     | 47.01          | 19.15       | 5.05            |
| Pizza Sticks                 | 2 EACH          | 420      | 30             | 540       | 4.00            | 2.88    | 0.00       | 400          | 0.00         | 4.00     | 24.00     | 50.00          | 12.00       | 6.00            |
| Ham Sub Sandwich             | 1 EACH          | 390      | 85             | 960       | 3.00            | 2.16    | 310.00     | 300          | 0.00         | 5.00     | 27.00     | 32.00          | 15.50       | 7.00            |
| Gourmet Chicken Caesar Salad | 1 EACH          | 454      | 65             | 902       | 5.27            | 3.24    | 290.03     | 9929         | 37.31        | 4.26     | 27.45     | 32.64          | 24.77       | 6.14            |
| PB & J Sandwich              | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait       | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                        | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Marinara Dipping Sauce Cup   | 1 EACH          | 45       | 0              | 230       | 2.00            | 0.36    | 20.00      | 500          | 66.00        | 4.00     | 1.00      | 7.00           | 1.00        | 0.00            |
| .....                        | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad           | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                 | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes               | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Sugar Snap Peas              | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                     | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| Roasted Beets                | 2.78 oz.svg.    | 91       | 0              | 441       | 2.03            | 0.01    | 0.46       | 0            | 2.46         | 6.00*    | 1.06      | 11.25          | 5.04        | 0.63            |
| .....                        | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Corn                         | SVG             | 67       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 3.00     | 2.00      | 16.00          | 1.00        | 0.00            |
| Celery Sticks                | SERVING- 2.5 oz | 9        | 0              | 44        | 0.88            | 0.11    | 21.88      | 40           | 1.75         | 0.00     | 0.38      | 1.64           | 0.10        | 0.02            |
| Peanut Butter Cup            | SVG             | 180      | 0              | 160       | 2.00            | 0.72    | 20.00      | 0            | 0.00         | 3.00     | 7.00      | 8.00           | 15.00       | 2.00            |
| .....                        | ...             | 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            |
| Pears, Can,Light Syrup       | SERVING, 3.5 oz | 74       | 0              | 12        | 2.46            | 0.00    | 0.00       | 74           | 0.00         | 14.78    | 0.00      | 17.24          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Fresh Fruit            | 1 EACH       | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Red Apples             | EACH         | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| Sliced Red Apples      | EACH         | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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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|                        |              |     |    |     |       |       |        |       |       |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|-------|-------|-------|-------|-------|------|
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40  | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00  | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40  | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20  | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00  | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41  | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33  | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A* | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76  | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12  | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60 | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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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# Middle School Lunch 6-8

Thursday, Mar 21, 2019

| Recipes                        | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|--------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Pepperoni Pizza, PZA Guy LUNCH | Slice           | 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            |
| Mini Cheeseburgers             | EACH            | 272      | 45             | 355       | 2.60            | 2.80    | 82.00      | 100          | 0.00         | 3.50     | 19.70     | 31.30          | 7.80        | 2.90            |
| Grilled Cheese Sandwich        | 1 EACH          | 280      | 32             | 581       | 3.00            | 1.64    | 465.91     | 524          | 0.00         | 5.65     | 18.55     | 30.96          | 9.91        | 5.56            |
| Bean & Cheese Burrito          | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| PB & J Sandwich                | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait         | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Caesar Salad                   | 5 oz. svg.      | 378      | 9              | 588       | 9.23            | 0.51    | 35.90      | 4930*        | 13.60*       | 0.57     | 1.51      | 34.10          | 24.87       | 1.42            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| BEAN OF THE MONTH              | 1 EA            | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Bean of the Month Lentils      | 1 oz. servings  | 80       | 0*             | 5         | 4.70*           | 1.65    | 26.95      | 427          | 13.57        | 1.83*    | 4.81      | 11.80          | 1.72        | 0.24            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad             | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                   | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                 | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Roasted Beets                  | 2.78 oz.svg.    | 91       | 0              | 441       | 2.03            | 0.01    | 0.46       | 0            | 2.46         | 6.00*    | 1.06      | 11.25          | 5.04        | 0.63            |
| Sugar Snap Peas                | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                       | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| Corn                           | SVG             | 67       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 3.00     | 2.00      | 16.00          | 1.00        | 0.00            |
| Celery Sticks                  | SERVING- 2.5 oz | 9        | 0              | 44        | 0.88            | 0.11    | 21.88      | 40           | 1.75         | 0.00     | 0.38      | 1.64           | 0.10        | 0.02            |
| Peanut Butter Cup              | SVG             | 180      | 0              | 160       | 2.00            | 0.72    | 20.00      | 0            | 0.00         | 3.00     | 7.00      | 8.00           | 15.00       | 2.00            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Mixed Fruit, Light Syrup       | SERVING, 3.5 oz | 72       | 0              | 8         | 1.40            | 0.40    | 7.60       | 132          | 2.40         | *N/A*    | 0.60      | 18.80          | 0.00        | 0.00            |
| Fresh Fruit                    | 1 EACH          | 4        | *N/A*          | *N/A*     | *N/A*           | *N/A*   | *N/A*      | *N/A*        | *N/A*        | *N/A*    | *N/A*     | *N/A*          | *N/A*       | *N/A*           |
| Red Apples                     | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Sliced Red Apples      | EACH         | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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.



# Middle School Lunch 6-8

Friday, Mar 22, 2019

| Recipes                            | Portion Size  | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|------------------------------------|---------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Cheeseburger                       | EACH          | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Bean & Cheese Burrito              | EACH          | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Spicy Chicken Sandwich             | Each          | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Shrimp Poppers w Goldfish          | 1 EACH        | 416      | 39             | 597       | 4.83            | 1.77    | 32.76      | 0            | 0.00         | 0.00*    | 21.14     | 49.72          | 14.98       | 1.78            |
| Pizza Sticks                       | 2 EACH        | 420      | 30             | 540       | 4.00            | 2.88    | 0.00       | 400          | 0.00         | 4.00     | 24.00     | 50.00          | 12.00       | 6.00            |
| Southwestern Chicken Supreme Salad | 1 EACH        | 440      | 111            | 791       | 4.94            | 1.34    | 141.72     | 521          | 52.95        | 5.16*    | 20.46     | 26.57          | 28.17       | 6.88            |
| Tuna Sriracha Tostada - GF         | 5.50 oz.      | 321      | 42*            | 835       | 2.67            | 1.27    | 186.57     | 1580*        | 22.29*       | 2.69*    | 19.39     | 24.23          | 15.12       | 3.74*           |
| PB & J Sandwich                    | EACH          | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait             | EACH          | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                              | ...           | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Marinara Dipping Sauce Cup         | 1 EACH        | 45       | 0              | 230       | 2.00            | 0.36    | 20.00      | 500          | 66.00        | 4.00     | 1.00      | 7.00           | 1.00        | 0.00            |
| .....                              | ...           | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Food & Nutrition Cracker           | EACH          | 120      | 0              | 65        | 2.00            | 1.08    | 4.00       | *N/A*        | *N/A*        | 6.00     | 2.00      | 22.00          | 4.00        | 0.00            |
| .....                              | ...           | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| MEXICAN CONDIMENTS                 | 1 EA          | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Pico de Gallo                      | 2 OZ. SVGS    | 15       | 0              | 81        | 0.63            | 0.21    | 4.31       | 386          | 9.27         | 0.49*    | 0.48      | 3.83           | 0.21        | 0.02            |
| Lettuce, Shredded                  | SVG           | 3        | 0              | 3         | 0.40            | 0.14    | 5.39       | 94           | 1.11         | *N/A*    | 0.29      | 0.59           | 0.05        | 0.01            |
| CD, Shredded Cheese                | SVG           | 111      | 30             | 192       | 0.00            | 0.00    | 202.50     | 304          | 0.00         | 0.00     | 7.09      | 1.01           | 9.11        | 6.08            |
| Sour Cream Sauce                   | SVG           | 50       | 12             | 15        | 0.00            | 0.00    | 23.50      | 173          | 0.06         | 1.10     | 1.02      | 1.90           | 4.00        | 2.40            |
| .....                              | ...           | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                              | ...           | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                              | ...           | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad                 | 1 CUP         | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                       | EACH - 3 oz   | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                     | SVG. 2.66 OZ. | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Broccoli florets                   | SERVING,      | 18       | 0              | 4         | 0.00            | 0.00    | 12.59      | 0            | 24.55        | 0.00     | 2.52      | 2.52           | 0.00        | 0.00            |

|                        |                 |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|-----------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
|                        | 1.1 oz          |     |    |     |       |       |        |       |        |       |       |       |       |      |
| Sugar Snap Peas        | SVG             | 50  | 0  | 70  | 3.00  | 1.08  | 20.00  | 1500  | 12.00  | 3.00  | 3.00  | 9.00  | 0.00  | 0.00 |
| Cucumber               | SVG.            | 10  | 0  | 2   | 0.60  | 0.19  | 11.91  | 202   | 2.72   | 1.17  | 0.50  | 1.84  | 0.14  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Zucchini               | .5 CUP          | 6   | 0  | 3   | 0.34  | 0.13  | 5.44   | 68    | 6.09   | 0.85  | 0.41  | 1.06  | 0.11  | 0.03 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Peaches, canned        | SERVING, 4.5 oz | 71  | 0  | 10  | 1.01  | 0.00  | 0.00   | 304   | 1.21   | 16.20 | 0.00  | 17.21 | 0.00  | 0.00 |
| Halo Mandarin Oranges  | EACH            | 50  | 0  | 0   | 2.00  | 0.00  | 40.00  | 300   | 27.00  | 9.00  | 1.00  | 13.00 | 0.00  | 0.00 |
| Sliced Red Apples      | EACH            | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| Red Apples             | EACH            | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH          | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH          | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH          | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...             | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ            | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp      | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ            | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ    | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP        | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ            | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ            | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP        | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP        | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ            | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE           | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...             | 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

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# Middle School Lunch 6-8

Monday, Mar 25, 2019

| Recipes                         | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|---------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Soy Chorizo,Bean Cheese Burrito | 1 EACH          | 413      | 0              | 866       | 12.20*          | 4.46    | 169.72     | 247          | 1.41         | 3.14*    | 16.50     | 51.79*         | 15.58       | 3.76            |
| Spicy Chicken Sandwich          | Each            | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Pizza,Nardone Bros.             | 1 EACH          | 350      | 40             | 580       | 3.00            | 2.70    | 350.00     | 500          | 12.00        | 7.00     | 22.00     | 30.00          | 16.00       | 7.00            |
| Baked Chicken & Corn            | 1 EACH          | 273      | 71             | 480       | 3.50            | 1.61    | 22.32      | 199          | 4.15         | 0.00*    | 18.85     | 25.17          | 11.78       | 2.63            |
| Bean & Cheese Burrito           | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Chicken Taquitos                | Serving         | 280      | 30             | 800       | 4.00            | 2.16    | 119.94     | 200          | 4.80         | 2.00     | 15.99     | 29.99          | 11.99       | 3.00            |
| Cheesy Bread                    | 1 EACH          | 399      | 30             | 501       | 3.00            | 2.80    | 424.00     | 108          | 4.50         | 3.00     | 22.85     | 37.96          | 17.26       | 6.81            |
| Turkey Sub Sandwich             | SANDWICH        | 270      | 30             | 460       | 3.00            | 1.44    | 260.00     | 400          | 0.00         | 3.00     | 12.00     | 29.00          | 11.50       | 6.00            |
| PB & J Sandwich                 | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait          | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| Gourmet Taco Salad              | 1 EACH          | 569      | 75             | 940       | 6.63            | 4.50    | 452.29     | 7022         | 31.94        | 3.69*    | 25.20     | 34.22          | 34.93       | 15.47           |
| .....                           | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Marinara Dipping Sauce Cup      | 1 EACH          | 45       | 0              | 230       | 2.00            | 0.36    | 20.00      | 500          | 66.00        | 4.00     | 1.00      | 7.00           | 1.00        | 0.00            |
| .....                           | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                           | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad              | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                    | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                  | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Sugar Snap Peas                 | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                        | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| .....                           | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Broccoli florets                | SERVING, 1.1 oz | 18       | 0              | 4         | 0.00            | 0.00    | 12.59      | 0            | 24.55        | 0.00     | 2.52      | 2.52           | 0.00        | 0.00            |
| .....                           | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                           | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Mandarin Oranges                | SERVING 4 oz    | 31       | 0              | 4         | 0.44            | 0.32    | 8.87       | 133          | 94.19        | 7.54     | 0.44      | 7.54           | 0.00        | 0.00            |
| Red Apples                      | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Sliced Red Apples      | EACH         | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| Kumquats               | EACH         | 13  | 0  | 2   | 1.24  | 0.17  | 11.40  | 57    | 8.32   | 1.71  | 0.38  | 3.04  | 0.19  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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.

# Middle School Lunch 6-8

Tuesday, Mar 26, 2019

| Recipes                      | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Cheeseburger                 | EACH            | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Bean & Cheese Burrito        | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Chicken Quesadilla           | SERVING         | 303      | 45             | 570       | 3.00            | 2.70    | 200.00     | 300          | 0.00         | 3.00     | 19.00     | 32.00          | 11.00       | 5.00            |
| Corn Dog w/Tots              | SERVING         | 382      | 40             | 765       | 7.03            | 1.44    | 120.95     | 0            | 3.66         | 5.00     | 5.03      | 46.25          | 15.10       | 3.52            |
| Hot Dog w/ Tots              | SVG.            | 412      | 20             | 1077      | 5.80            | 2.53    | 80.00      | 101          | 3.60         | 4.01     | 16.09     | 47.01          | 19.15       | 5.05            |
| Pizza Sticks                 | 2 EACH          | 420      | 30             | 540       | 4.00            | 2.88    | 0.00       | 400          | 0.00         | 4.00     | 24.00     | 50.00          | 12.00       | 6.00            |
| Ham Sub Sandwich             | 1 EACH          | 390      | 85             | 960       | 3.00            | 2.16    | 310.00     | 300          | 0.00         | 5.00     | 27.00     | 32.00          | 15.50       | 7.00            |
| Gourmet Chicken Caesar Salad | 1 EACH          | 454      | 65             | 902       | 5.27            | 3.24    | 290.03     | 9929         | 37.31        | 4.26     | 27.45     | 32.64          | 24.77       | 6.14            |
| PB & J Sandwich              | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait       | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                        | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Marinara Dipping Sauce Cup   | 1 EACH          | 45       | 0              | 230       | 2.00            | 0.36    | 20.00      | 500          | 66.00        | 4.00     | 1.00      | 7.00           | 1.00        | 0.00            |
| .....                        | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| .....                        | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad           | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                 | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes               | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Sugar Snap Peas              | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                     | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| Roasted Beets                | 2.78 oz.svg.    | 91       | 0              | 441       | 2.03            | 0.01    | 0.46       | 0            | 2.46         | 6.00*    | 1.06      | 11.25          | 5.04        | 0.63            |
| .....                        | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Corn                         | SVG             | 67       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 3.00     | 2.00      | 16.00          | 1.00        | 0.00            |
| Celery Sticks                | SERVING- 2.5 oz | 9        | 0              | 44        | 0.88            | 0.11    | 21.88      | 40           | 1.75         | 0.00     | 0.38      | 1.64           | 0.10        | 0.02            |
| Peanut Butter Cup            | SVG             | 180      | 0              | 160       | 2.00            | 0.72    | 20.00      | 0            | 0.00         | 3.00     | 7.00      | 8.00           | 15.00       | 2.00            |
| .....                        | ...             | 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            |
| Pears, Can,Light Syrup       | SERVING, 3.5 oz | 74       | 0              | 12        | 2.46            | 0.00    | 0.00       | 74           | 0.00         | 14.78    | 0.00      | 17.24          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Fresh Fruit            | 1 EACH       | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Red Apples             | EACH         | 76  | 0  | 2   | 2.37  | 0.00  | 0.00   | 0     | 0.00   | 14.23 | 0.00  | 18.97 | 0.00  | 0.00 |
| Sliced Red Apples      | EACH         | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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

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# Middle School Lunch 6-8

Wednesday, Mar 27, 2019

| Recipes                 | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|-------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Cheeseburger            | 1 EACH          | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Beef Taco Dip w/ Chips  | 5.75 oz/serving | 497      | 33             | 1060      | 9.93            | 5.04    | 80.48      | 482          | 7.00         | 1.62     | 17.96     | 47.90          | 23.25       | 6.32            |
| Spicy Chicken Sandwich  | Each            | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Chicken Nuggets & Tots  | 1 EACH          | 430      | 50             | 970       | 5.80            | 2.08    | 35.00      | 187          | 3.60         | 0.00     | 21.00     | 47.00          | 16.50       | 3.00            |
| Bean & Cheese Burrito   | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Pizza,Nardone Bros.     | 1 EACH          | 350      | 40             | 580       | 3.00            | 2.70    | 350.00     | 500          | 12.00        | 7.00     | 22.00     | 30.00          | 16.00       | 7.00            |
| Asian Chicken Salad     | 1 EACH          | 329      | 33             | 697       | 7.69            | 3.75    | 57.65      | 5234         | 139.00       | 9.12*    | 18.36     | 44.47          | 9.53        | 2.38            |
| Asian Tofu Salad        | 1 EACH          | 429      | 0              | 417       | 11.69           | 6.33    | 257.65     | 5234*        | 128.91*      | 9.12*    | 22.36     | 47.80          | 17.20       | 3.05            |
| PB & J Sandwich         | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait  | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                   | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| HOTM Pink Grapefruit    | SERVING         | 34       | 0              | 1         | *N/A*           | 0.07    | 10.13      | 239          | 35.10        | *N/A*    | 0.46      | 8.93           | 0.09        | 0.01            |
| .....                   | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad      | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots            | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes          | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Sugar Snap Peas         | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| Bell Peppers 4 Colors   | SERVING, 2.75oz | 22       | 0              | 2         | 1.41            | 0.24    | 4.76       | 1312         | 66.64        | 2.06     | 0.79      | 4.64           | 0.16        | 0.02            |
| Broccoli florets        | SERVING, 1.1 oz | 18       | 0              | 4         | 0.00            | 0.00    | 12.59      | 0            | 24.55        | 0.00     | 2.52      | 2.52           | 0.00        | 0.00            |
| Harvest of the Month    | EACH            | *N/A*    | *N/A*          | *N/A*     | *N/A*           | *N/A*   | *N/A*      | *N/A*        | *N/A*        | *N/A*    | *N/A*     | *N/A*          | *N/A*       | *N/A*           |
| .....                   | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Pineapple, Can,Lt Syrup | SERVING, 4.0 oz | 94       | 0              | 0         | 1.34            | 0.48    | 26.82      | 0            | 12.07        | 18.78    | 1.01      | 22.80          | 0.00        | 0.00            |
| Banana                  | EACH            | 89       | 0              | 1         | 2.60            | 0.26    | 5.00       | 64           | 8.70         | 12.20    | 1.10      | 22.80          | 0.30        | 0.10            |
| Red Apples              | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |
| Sliced Red Apples       | EACH            | 34       | 0              | 0         | 2.00            | 0.18    | 10.00      | 50           | 123.60       | 6.00     | 0.00      | 8.00           | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |       |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|-------|-------|-------|-------|-------|------|
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40  | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00  | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40  | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20  | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00  | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41  | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33  | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A* | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76  | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12  | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60 | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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.



# Middle School Lunch 6-8

Thursday, Mar 28, 2019

| Recipes                        | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|--------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Pepperoni Pizza, PZA Guy LUNCH | Slice           | 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            |
| Mini Cheeseburgers             | EACH            | 272      | 45             | 355       | 2.60            | 2.80    | 82.00      | 100          | 0.00         | 3.50     | 19.70     | 31.30          | 7.80        | 2.90            |
| Grilled Cheese Sandwich        | 1 EACH          | 280      | 32             | 581       | 3.00            | 1.64    | 465.91     | 524          | 0.00         | 5.65     | 18.55     | 30.96          | 9.91        | 5.56            |
| Bean & Cheese Burrito          | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| PB & J Sandwich                | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait         | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Caesar Salad                   | 5 oz. svg.      | 378      | 9              | 588       | 9.23            | 0.51    | 35.90      | 4930*        | 13.60*       | 0.57     | 1.51      | 34.10          | 24.87       | 1.42            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| BEAN OF THE MONTH              | 1 EA            | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Bean of the Month Lentils      | 1 oz. servings  | 80       | 0*             | 5         | 4.70*           | 1.65    | 26.95      | 427          | 13.57        | 1.83*    | 4.81      | 11.80          | 1.72        | 0.24            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad             | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                   | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                 | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Roasted Beets                  | 2.78 oz.svg.    | 91       | 0              | 441       | 2.03            | 0.01    | 0.46       | 0            | 2.46         | 6.00*    | 1.06      | 11.25          | 5.04        | 0.63            |
| Sugar Snap Peas                | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                       | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| Corn                           | SVG             | 67       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 3.00     | 2.00      | 16.00          | 1.00        | 0.00            |
| Celery Sticks                  | SERVING-2.5 oz  | 9        | 0              | 44        | 0.88            | 0.11    | 21.88      | 40           | 1.75         | 0.00     | 0.38      | 1.64           | 0.10        | 0.02            |
| Peanut Butter Cup              | SVG             | 180      | 0              | 160       | 2.00            | 0.72    | 20.00      | 0            | 0.00         | 3.00     | 7.00      | 8.00           | 15.00       | 2.00            |
| .....                          | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Mixed Fruit, Light Syrup       | SERVING, 3.5 oz | 72       | 0              | 8         | 1.40            | 0.40    | 7.60       | 132          | 2.40         | *N/A*    | 0.60      | 18.80          | 0.00        | 0.00            |
| Fresh Fruit                    | 1 EACH          | 4        | *N/A*          | *N/A*     | *N/A*           | *N/A*   | *N/A*      | *N/A*        | *N/A*        | *N/A*    | *N/A*     | *N/A*          | *N/A*       | *N/A*           |
| Red Apples                     | EACH            | 76       | 0              | 2         | 2.37            | 0.00    | 0.00       | 0            | 0.00         | 14.23    | 0.00      | 18.97          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Sliced Red Apples      | EACH         | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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

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# Middle School Lunch 6-8

Friday, Mar 29, 2019

| Recipes                            | Portion Size    | Calories | Cholesterol mg | Sodium mg | Dietary Fiber g | Iron mg | Calcium mg | Vitamin A IU | Vitamin C mg | Sugars g | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
|------------------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| Cheeseburger                       | EACH            | 425      | 78             | 765       | 3.00            | 3.24    | 218.50     | 250          | 0.00*        | 4.00*    | 27.50     | 33.00          | 21.00       | 8.25            |
| Orange Chicken / Brown Rice        | 12 OZ.          | 320      | 40             | 280       | 2.00            | 1.44    | 0.00       | 0*           | 1.20         | 10.00    | 15.00     | 56.00          | 4.00        | 0.50            |
| Spicy Chicken Sandwich             | SANDWICH        | 392      | 32             | 811       | 6.00            | 2.80    | 115.00     | 174          | 0.00         | 3.00*    | 25.00     | 52.00          | 11.20       | 1.00            |
| Bean & Cheese Burrito              | EACH            | 350      | 15             | 480       | 6.00            | 5.40    | 150.00     | 100          | 0.00         | 4.00     | 14.00     | 45.00          | 11.00       | 0.00            |
| Pizza Sticks                       | 2 EACH          | 420      | 30             | 540       | 4.00            | 2.88    | 0.00       | 400          | 0.00         | 4.00     | 24.00     | 50.00          | 12.00       | 6.00            |
| Shrimp Poppers w Goldfish          | 1 EACH          | 416      | 39             | 597       | 4.83            | 1.77    | 32.76      | 0            | 0.00         | 0.00*    | 21.14     | 49.72          | 14.98       | 1.78            |
| Southwestern Chicken Supreme Salad | 1 EACH          | 440      | 111            | 791       | 4.94            | 1.34    | 141.72     | 521          | 52.95        | 5.16*    | 20.46     | 26.57          | 28.17       | 6.88            |
| Tuna Sub                           | 1 EACH          | 267      | 27             | 529       | 3.04            | 1.68    | 80.81      | 529          | 0.50         | 4.33     | 18.33     | 31.68          | 7.51        | 0.62            |
| PB & J Sandwich                    | EACH            | 550      | 0              | 480       | 7.00            | 2.70    | 60.00      | 100          | 1.20         | 18.00    | 20.00     | 52.00          | 33.00       | 7.00            |
| Yogurt Granola Parfait             | EACH            | 502      | 13             | 285       | 4.83            | 2.08    | 299.30     | 1277*        | 3.02*        | 62.02*   | 12.63     | 102.81         | 6.14        | 1.91            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Marinara Dipping Sauce Cup         | 1 EACH          | 45       | 0              | 230       | 2.00            | 0.36    | 20.00      | 500          | 66.00        | 4.00     | 1.00      | 7.00           | 1.00        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Food & Nutrition Cracker           | EACH            | 120      | 0              | 65        | 2.00            | 1.08    | 4.00       | *N/A*        | *N/A*        | 6.00     | 2.00      | 22.00          | 4.00        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Garden Fresh Salad                 | 1 CUP           | 13       | 0              | 15        | 1.42            | 2.15    | 31.39      | 4289         | 9.87         | 0.38*    | 1.05      | 2.47           | 0.11        | 0.00            |
| Baby Carrots                       | EACH - 3 oz     | 35       | 0              | 65        | 2.00            | 0.36    | 20.01      | 6003         | 6.00         | 5.00     | 1.00      | 8.00           | 0.00        | 0.00            |
| Grape Tomatoes                     | SVG. 2.66 OZ.   | 13       | 0              | 3         | 0.88            | 0.26    | 4.89       | 611          | 9.09         | 1.92     | 0.64      | 2.85           | 0.15        | 0.03            |
| Broccoli florets                   | SERVING, 1.1 oz | 18       | 0              | 4         | 0.00            | 0.00    | 12.59      | 0            | 24.55        | 0.00     | 2.52      | 2.52           | 0.00        | 0.00            |
| Sugar Snap Peas                    | SVG             | 50       | 0              | 70        | 3.00            | 1.08    | 20.00      | 1500         | 12.00        | 3.00     | 3.00      | 9.00           | 0.00        | 0.00            |
| Cucumber                           | SVG.            | 10       | 0              | 2         | 0.60            | 0.19    | 11.91      | 202          | 2.72         | 1.17     | 0.50      | 1.84           | 0.14        | 0.00            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Zucchini                           | .5 CUP          | 6        | 0              | 3         | 0.34            | 0.13    | 5.44       | 68           | 6.09         | 0.85     | 0.41      | 1.06           | 0.11        | 0.03            |
| .....                              | ...             | 0        | 0              | 0         | 0.00            | 0.00    | 0.00       | 0            | 0.00         | 0.00     | 0.00      | 0.00           | 0.00        | 0.00            |
| Peaches, canned                    | SERVING, 4.5 oz | 71       | 0              | 10        | 1.01            | 0.00    | 0.00       | 304          | 1.21         | 16.20    | 0.00      | 17.21          | 0.00        | 0.00            |
| Halo Mandarin Oranges              | EACH            | 50       | 0              | 0         | 2.00            | 0.00    | 40.00      | 300          | 27.00        | 9.00     | 1.00      | 13.00          | 0.00        | 0.00            |

|                        |              |     |    |     |       |       |        |       |        |       |       |       |       |      |
|------------------------|--------------|-----|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Sliced Red Apples      | EACH         | 34  | 0  | 0   | 2.00  | 0.18  | 10.00  | 50    | 123.60 | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| Green Apples           | EACH 1.9 oz  | 32  | 0  | 1   | 1.00  | 0.00  | 0.00   | 0     | 0.00   | 6.00  | 0.00  | 8.00  | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| 1% Milk                | 1 EACH       | 120 | 10 | 150 | 0.00  | 0.00  | 350.00 | 500   | 2.40   | 14.00 | 10.00 | 14.00 | 2.50  | 1.50 |
| Milk, Chocolate FF     | 1 EACH       | 110 | 5  | 135 | 0.00  | 0.72  | 250.00 | 500   | 0.00   | 18.00 | 8.00  | 20.00 | 0.00  | 0.00 |
| Milk,FF,Carton,8 oz.   | 1 EACH       | 90  | 5  | 120 | 0.00  | 0.00  | 300.00 | 500   | 2.40   | 12.00 | 9.00  | 12.00 | 0.00  | 0.00 |
| .....                  | ...          | 0   | 0  | 0   | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Catsup                 | 1 OZ         | 20  | 0  | 160 | 0.00  | 0.00  | 0.00   | 100   | 1.20   | 4.00  | 0.00  | 5.00  | 0.00  | 0.00 |
| Ranch Dressing         | Svg 2 Tbsp   | 151 | 9  | 227 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.94  | 0.00  | 0.94  | 16.06 | 2.83 |
| Barbeque Sauce         | 1 OZ         | 32  | 0  | 274 | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 3.66  | 0.00  | 7.32  | 0.00  | 0.00 |
| Honey Mustard Dressing | SERVING 1 OZ | 36  | 0  | 178 | 0.00  | 0.00  | 0.00   | 45    | 0.00   | 9.00  | 0.00  | 9.00  | 0.00  | 0.00 |
| Jalapenos              | .125 CUP     | 1   | 0  | 87  | 0.17  | 0.12  | 3.42   | 51    | 0.41   | 0.00  | 0.00  | 0.17  | 0.00  | 0.00 |
| Mayonnaise, Lite       | 1 OZ         | 51  | 6  | 98  | 0.00  | 0.22  | 18.96  | 492   | 0.33   | 1.16  | 0.00  | 2.32  | 4.63  | 0.58 |
| Mustard                | 1 OZ         | 0   | 0  | 60  | 0.00  | 0.00  | 0.00   | 0     | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Pickles, Dill          | .125 CUP     | 0   | 0  | 3   | 0.00  | *N/A* | *N/A*  | *N/A* | *N/A*  | 0.00  | 0.00  | 0.00  | 0.00  | 0.00 |
| Salsa                  | .125 CUP     | 2   | 0  | 12  | 0.11* | 0.02  | 1.09   | 27    | 0.76   | 0.22* | 0.05  | 0.35* | 0.00  | 0.00 |
| Tapatio Sauce          | 1 OZ         | 0   | 0  | 4   | 0.01  | 0.01  | 0.08   | 3     | 0.12   | *N/A* | 0.01  | 0.07  | 0.00  | 0.00 |
| Tomato, Slices         | SLICE        | 13  | 0  | 33  | 0.70  | 0.37  | 4.00   | 184   | 12.60  | *N/A* | 0.92  | 2.51  | 0.15  | 0.02 |
| .....                  | ...          | 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.