

Middle School Lunch 6-8

Monday, Sep 2, 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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

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Middle School Lunch 6-8

Tuesday, Sep 3, 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	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Bacon Cheeseburger	1 Each	505	88	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
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.	461	43	1084	6.31	3.65	506.07	866	1.44	1.55	18.65	42.51	24.15	9.83
Hot Dog w/ Tots	SVG.	392	20	755	4.03	1.72	139.95	100	3.66	4.00	13.03	43.25	18.60	5.02
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
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	349	65	707	3.27	13.56	230.03	9929	37.31	1.26	20.45	8.64	24.77	5.64
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	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	0.00	0.00	0	0.00	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
.....	...	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
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
Sliced Red Apples	1 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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Wednesday, Sep 4, 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	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Bacon Cheeseburger	1 Each	505	88	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
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	SANDWICH	392	32	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Chicken Nuggets & Tots	1 EACH	440	55	1060	5.00	2.16	100.00	200	3.60	0.00	22.00	47.00	17.50	3.00
Pasta w/Meat Sauce and Garlic Bread	2/3 Cup	383	27	994	5.23	4.47	116.68	1298	6.68	6.73*	18.53	48.08	11.85	4.23
Pasta w/Meatless Sauce	SVG	419	0	1199	9.76	6.69	187.11	1694	8.84	8.81	19.78	62.02	9.55	0.99
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	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
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
Sliced Red	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00

Apples														
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Thursday, Sep 5, 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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
.....	...	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	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
.....	...	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
Applesauce	SERVING, 4.5 oz	70	0	0	2.00	0.00	7.00	0	0.00	15.00	0.00	18.00	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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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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
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Monday, Sep 9, 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
Beef Taco Dip w/ Chips	SERVING	497	33	1059	9.67	5.04	99.60	482	6.99	1.62	17.96	47.54	23.24	6.31
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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Baked Chicken & Corn	1 EACH	271	70	474	3.49	1.60	22.07	199	4.15	0.00	18.65	25.09	11.64	2.60
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	896	6.51	4.55	419.83	7464	34.37	5.55	27.83	30.55	35.70	15.43
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
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	SERVING, 2.61 oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	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	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	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
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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Tuesday, Sep 10, 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	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Bacon Cheeseburger	1 Each	505	88	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
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.	461	43	1084	6.31	3.65	506.07	866	1.44	1.55	18.65	42.51	24.15	9.83
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
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	349	65	707	3.27	13.56	230.03	9929	37.31	1.26	20.45	8.64	24.77	5.64
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	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	0.00	0.00	0	0.00	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
.....	...	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
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
Sliced Red Apples	1 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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Wednesday, Sep 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
3 Bean Chili w/ Soy Chorizo	8 oz svg.	298	0	723	10.98	5.65	108.96	260	5.54	4.24	14.74	43.52	8.86	0.61
Cheeseburger	EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Bacon Cheeseburger	1 Each	505	88	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Chicken Nuggets & Tots	1 EACH	440	55	1060	5.00	2.16	100.00	200	3.60	0.00	22.00	47.00	17.50	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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
CHILI CONDIMENTS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Green Onions	SERVING	10	0	5	1.00	0.00	0.00	100	0.00	1.00	0.00	2.00	0.00	0.00
CD, Shredded Cheese	SVG	110	30	190	0.00	0.00	200.00	300	0.00	0.00	7.00	1.00	9.00	6.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	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
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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Thursday, Sep 12, 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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
.....	...	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	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
.....	...	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
Applesauce	SERVING, 4.5 oz	70	0	0	2.00	0.00	7.00	0	0.00	15.00	0.00	18.00	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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Friday, Sep 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	1 EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Orange Chicken/Brown Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Pizza Sticks	2 EACH	481	52	857	4.00	3.01	657.20	63	0.00	4.13	33.39	42.58	20.04	10.41
Shrimp Poppers w/Goldfish	1 EACH	522	51	736	6.10	2.00	37.01	0	0.00	3.40	27.51	61.63	18.81	2.20
Southwestern Chicken Supreme Salad	1 EACH	416	68	677	3.41	4.64	136.66	531	17.72	4.34*	21.04	26.49	25.60	6.43
Sriracha Tuna Tostada	SVG	397	42	640	5.03	1.46	215.23	1202	14.39	2.20*	20.38	29.18	22.41	4.50
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
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	0.00	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	110	30	190	0.00	0.00	200.00	300	0.00	0.00	7.00	1.00	9.00	6.00
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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	SERVING, 2.61oz	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
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00

Cucumber	SERVING, 3.0 oz	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	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	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
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Tuesday, Sep 17, 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	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Bacon Cheeseburger	1 Each	505	88	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
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
Bean Sopes	7.50 svg.	284	30	406	5.59	1.28	845.20	366	0.34	3.20*	13.27	35.81	10.71	6.17
Spicy Beef & Bean Sopes	5.50 oz. svg.	302	59	581	2.61	1.13	813.26	418	5.87	4.00*	18.86	28.00	13.76	6.87
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.	392	20	755	4.03	1.72	139.95	100	3.66	4.00	13.03	43.25	18.60	5.02
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	349	65	707	3.27	13.56	230.03	9929	37.31	1.26	20.45	8.64	24.77	5.64
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
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	0.00	0.29	0.59	0.05	0.01
CD, Shredded Cheese	SVG	110	30	190	0.00	0.00	200.00	300	0.00	0.00	7.00	1.00	9.00	6.00
Sour Cream Sauce	SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	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	0.00	0.00	0	0.00	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
.....	...	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
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
Sliced Red Apples	1 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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Wednesday, Sep 18, 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
Macaroni & Cheese w Bacon	5.0 oz	2157	225	3423	27.11	8.83	2243.19	3188	0.77	10.27	127.38	261.31	72.06	42.29
Cheeseburger	EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Bacon Cheeseburger	1 Each	505	88	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
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 Nuggets & Tots	1 EACH	440	55	1060	5.00	2.16	100.00	200	3.60	0.00	22.00	47.00	17.50	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 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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Mini Sweet Peppers	.5 CUP	13	0	2	0.91	1.91	15.19	1291	53.76	1.82	0.46	2.58	0.15	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
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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Thursday, Sep 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
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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
.....	...	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	SERVING, 2.61oz	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Corn	SERVING, 3 oz	67	0	1	2.00	0.00	0.00	0	0.00	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
.....	...	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
Applesauce	SERVING, 4.5 oz	70	0	0	2.00	0.00	7.00	0	0.00	15.00	0.00	18.00	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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Friday, Sep 20, 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	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Shrimp Poppers w/Goldfish	1 EACH	522	51	736	6.10	2.00	37.01	0	0.00	3.40	27.51	61.63	18.81	2.20
Orange Chicken/Brown Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Pizza Sticks	2 EACH	481	52	857	4.00	3.01	657.20	63	0.00	4.13	33.39	42.58	20.04	10.41
Southwestern Chicken Supreme Salad	1 EACH	416	68	677	3.41	4.64	136.66	531	17.72	4.34*	21.04	26.49	25.60	6.43
Tuna Sub Sandwich	SANDWICH	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
Strawberry Yogurt Parfait	EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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
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	SERVING, 2.61oz	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
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	0.00
Cucumber	SERVING, 3.0 oz	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	0.00	0.00	0	0.00	3.00	2.00	16.00	1.00	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
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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	1 oz. svg.	29	3	202	0.00	0.11	18.23	248	0.24	0.95	0.25	1.53	2.38	0.32
Barbeque Sauce	1 OZ	26	0	164	0.43	0.16	0.00	0	0.00	4.74	0.43	6.46	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
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	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tomato, Slices	1/8 CUP	2	0	2	0.08	0.06	1.57	78	1.88	0.23	0.08	0.39	0.00	0.00
Salsa	2 oz. servings	13	0	99	0.88	0.15	8.73	219	6.05	1.75*	0.43	2.78	0.02	0.00

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Middle School Lunch 6-8

Monday, Sep 23, 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
Carnitas Street Tacos	SERVING/2 TACOS	281	78	187	4.65	1.47	175.61	60	1.39	0.67	27.63	25.17	5.80	2.09
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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Baked Chicken & Corn	1 EACH	271	70	474	3.49	1.60	22.07	199	4.15	0.00	18.65	25.09	11.64	2.60
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	896	6.51	4.55	419.83	7464	34.37	5.55	27.83	30.55	35.70	15.43
4 Berry Blend Yogurt Parfait	1 EACH	443	13	272	6.58	2.50	315.67	939	29.24	45.10*	13.46	88.37	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
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
Cilantro Garnish	0.05 oz. svg.	0	0	1	0.04	0.03	1.00	95	0.39	0.01	0.03	0.05	0.01	0.00
Diced Onions	SERVING	23	0	2	1.13	0.10	11.34	0	4.08	2.27	0.57	5.10	0.00	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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, Sep 24, 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
Meatball Sandwich	1 EACH	388	55	746	3.89	2.96	301.28	359	2.41	3.16	25.75	37.54	16.13	6.33
Meatless Meatball Sandwich	1 EACH	382	15	962	8.07	3.49	343.04	791	12.41	5.14	19.31	53.81	11.65	3.90
Cheeseburger	EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Bacon Cheeseburger	1 Each	505	88	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
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
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
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
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 Chicken Caesar Salad	1 EACH	349	65	707	3.27	13.56	230.03	9929	37.31	1.26	20.45	8.64	24.77	5.64
Strawberry Yogurt Parfait	1 EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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

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Middle School Lunch 6-8

Wednesday, Sep 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
Cheeseburger	EACH	425	78	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	21.00	8.25
Bacon Cheeseburger	1 Each	505	88	1275	3.00	3.44	413.35	250	0.00	4.99	30.49	31.95	27.00	10.25
Beef Taco Dip w/ Chips	5.75 oz/serving	497	33	1059	9.67	5.04	99.60	482	6.99	1.62	17.96	47.54	23.24	6.31
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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Chicken Nuggets & Tots	1 EACH	440	55	1060	5.00	2.16	100.00	200	3.60	0.00	22.00	47.00	17.50	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
4 Berry Blend Yogurt Parfait	1 EACH	443	13	272	6.58	2.50	315.67	939	29.24	45.10*	13.46	88.37	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

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Middle School Lunch 6-8

Thursday, Sep 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
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
Strawberry Yogurt Parfait	1 EACH	457	13	271	6.47	3.16	319.30	868	61.39	46.21*	13.63	92.64	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.	140	8	158	3.43	0.82	42.32	7888	21.76	0.91	1.66	9.20	10.32	1.13
.....	...	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, Sep 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	775	3.00	3.44	413.35	250	0.00	4.99	24.49	31.95	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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	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	481	52	857	4.00	3.01	657.20	63	0.00	4.13	33.39	42.58	20.04	10.41
Shrimp Poppers w/Goldfish	1 EACH	522	51	736	6.10	2.00	37.01	0	0.00	3.40	27.51	61.63	18.81	2.20
Southwestern Chicken Supreme Salad	1 EACH	416	68	677	3.41	4.64	136.66	531	17.72	4.34*	21.04	26.49	25.60	6.43
Tuna Sub Sandwich	SANDWICH	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
4 Berry Blend Yogurt Parfait	1 EACH	443	13	272	6.58	2.50	315.67	939	29.24	45.10*	13.46	88.37	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	68	0	421	2.53	1.03	26.28	483	37.38	7.77	2.58	12.06	1.19	0.22
.....	...	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, Sep 30, 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
Carnitas Street Tacos	SERVING/2 TACOS	281	78	187	4.65	1.47	175.61	60	1.39	0.67	27.63	25.17	5.80	2.09
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
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	821	6.00	3.00	109.85	174	0.00	3.99*	21.99	50.95	11.20	1.00
Chicken & Waffles	1 EACH	260	75	565	2.00	1.80	40.00	0	0.00	1.00	18.00	17.00	13.50	2.50
Cheesy Bread	1 EACH	418	30	501	3.00	2.80	424.00	108	4.50	4.00	22.80	38.00	19.45	7.20
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
Gourmet Taco Salad	1 EACH	569	75	896	6.51	4.55	419.83	7464	34.37	5.55	27.83	30.55	35.70	15.43
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
4 Berry Blend Yogurt Parfait	1 EACH	443	13	272	6.58	2.50	315.67	939	29.24	45.10*	13.46	88.37	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
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
Cilantro Garnish	0.05 oz. svg.	0	0	1	0.04	0.03	1.00	95	0.39	0.01	0.03	0.05	0.01	0.00
Diced Onions	SERVING	23	0	2	1.13	0.10	11.34	0	4.08	2.27	0.57	5.10	0.00	0.00
Jalapenos	1.35 OZ. SVG.	7	0	697	1.37	0.98	27.34	410	3.28	0.00	0.00	1.37	0.00	0.00
Sour Cream Sauce	1 OZ. SVG	50	12	15	0.00	0.00	31.50	12	0.06	1.10	1.02	1.10	4.00	2.80
.....	...	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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