

# Elementary Lunch

Wednesday, Sep 1, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Orange Chicken/ Rice-PS	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Shrimp Poppers w/Goldfish Cracker	1 EACH	522	46	726	6.10	1.62	37.01	0	0.00	3.40	27.51	61.63	18.81	2.20
Grilled Cheese Sandwich- PS	1 EACH	262	30	948	0.00	2.00	470.94	182	0.00	6.05	18.17	28.05	10.10	5.06
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	1 EACH	110	0	0	3.00	0.36	0.00	100	9.00	19.00	1.00	30.00	0.00	0.00
Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
Yam Sticks	4.50 OZ SVG.	156	0	13	5.20	0.65	22.10	0	0.00	0.00	2.60	36.40	0.00	0.00
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Thursday, Sep 2, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheese Pizza Round	1 EACH	344	41	548	2.00	1.08	300.00	0	0.00	2.00	30.00	32.00	16.00	11.00
Spicy Chicken Sandwich, WGR	1 EACH	382	51	877	6.03	3.09	115.10	202	0.00	5.01*	23.22	49.17	10.10	1.52
Peach Yogurt Parfait-PS	1 EACH	467	13	271	5.47	2.43	299.30	1268	12.79	54.21*	13.63	95.64	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
Orange Smiles	SERVING 4.75	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Hot Corn	2.93 OZ. SVG.	25	0	3	0.31	0.00	0.00	0	0.76	1.58	0.94	5.98	0.31	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Friday, Sep 3, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Waffle & Sausage Brunch 4 Lunch	1 EACH	140	50	520	0.00	0.72	40.02	0	0.00	0.00	14.01	0.00	10.01	3.00
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
PB & J Sandwich Strawberry	1 Each	630	0	630	6.00	1.80	60.00	0	0.00	28.00	19.00	64.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
TREAT	1 Each	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Blue Raspberry-Lemon Frozen Treat	1 EACH	90	0	20	0.00	1.40	90.00	180	60.00	21.00	0.00	23.00	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
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Sliced Cucumber	SERVING	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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## Elementary Lunch

Monday, Sep 6, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
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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# Elementary Lunch

Tuesday, Sep 7, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Soft Taco's-PS	2 EACH	551	137	1027	3.95	2.13	517.54	0	0.00	1.98	32.08	31.73	32.15	16.13
Bean & Rice Burrito	1 EACH	400	10	500	8.00	5.40	150.00	100	0.00	4.00	16.00	53.00	14.00	0.00
Shrimp,Rice &Cheese Burrito	1 EACH	783	167	1363	7.60	6.98	250.89	142	5.29	2.72	38.78	83.55	31.69	14.80
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Nectarine	EACH	68	0	0	2.67	0.36	9.89	494	0.00	11.86	1.68	15.82	0.50	0.00
Wild River Dried Fruit	1 EACH	120	0	10	2.00	36.00	26.00	0	1.20	24.00	1.00	31.00	0.00	0.00
Jicama sticks	2.70 OZ. SVG.	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Refried Beans	4.0 oz svg.	57	0	108	3.54	1.28	42.70	63	0.28	0.20	4.13	10.84	0.03	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tajin Packet	1 EACH	2	0	127	0.00	0.00	0.00	0	5.40	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
1% Milk	CARTON	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Wednesday, Sep 8, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken & Waffles	SVG	374	51	591	2.99	1.39	71.76	78	1.00	3.98	15.98	34.91	18.98	3.00
Hot Ham & Cheese Croissant-PS	1 EACH	357	55	737	2.00	2.36	120.24	46	0.00	7.57	19.66	33.35	16.47	6.32
Yogurt & Graham Cracker	1 Each	210	5	125	0.00	0.00	250.00	0	6.00	30.00	7.00	41.00	2.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	1 EACH	110	0	0	3.00	0.36	0.00	100	9.00	19.00	1.00	30.00	0.00	0.00
Pears, Diced Cupped	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Yam Sticks	4.50 OZ SVG.	156	0	13	5.20	0.65	22.10	0	0.00	0.00	2.60	36.40	0.00	0.00
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Thursday, Sep 9, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cheeseburger-PS	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Teriyaki Chicken w/ Rice & Veggies	SERVING	242	73	395	4.00	1.61	40.00	0	0.00	9.25	19.63	32.75	4.15	1.04
Peach Yogurt Parfait	1 EACH	467	13	271	5.47	2.43	299.30	1268	12.79	54.21*	13.63	95.64	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
Orange Smiles	SERVING 4.75	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Hot Corn	2.93 OZ. SVG.	25	0	3	0.31	0.00	0.00	0	0.76	1.58	0.94	5.98	0.31	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Friday, Sep 10, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Spaghetti & Meatballs with Texas Toast	11.20 oz svgs	650	40	841	10.30	6.15	140.24	848	13.07	8.90	30.92	102.13	12.91	3.03
Cheesy Bites w/ Marinara Sauce-PS	SERVING, 4 pc	316	20	909	5.75	2.10	260.07	1253	13.07	4.11	17.90	34.66	12.75	4.09
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Sliced Cucumber	SERVING	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Monday, Sep 13, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Strips and Smiley Fries-PS	SVG	361	56	494	4.00	1.72	14.00	0	0.00	3.00	22.00	38.00	13.50	2.50
Turkey, Cheese Croissant, Cold	1 EACH	345	53	917	2.00	1.80	120.24	46	0.00	6.01	28.54	31.01	12.53	5.27
Cheesy Bread WGR Marinara Sauce	1 EACH	450	30	864	4.70	3.44	441.07	956	17.57	8.11	24.50	44.31	20.05	7.24
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	1 Each	37	0	0	1.69	0.11	4.37	33	3.56	*N/A*	0.12	9.53	0.22	0.04
Juice, Place Holder	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Green Peas	SVG.	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Tuesday, Sep 14, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Tamale w/ Green Sauce	1 EACH	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
Chips & Nacho Cheese-GF	SVG	357	0	600	3.00	0.80	242.00	133	0.00	0.00	8.33	34.33	21.00	5.50
Chili & Cheese Tamale-PS	1 EACH	370	35	470	2.00	0.00	250.00	750	9.00	2.00	11.00	29.00	24.00	10.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Nectarine	EACH	68	0	0	2.67	0.36	9.89	494	0.00	11.86	1.68	15.82	0.50	0.00
Wild River Dried Fruit	1 EACH	120	0	10	2.00	36.00	26.00	0	1.20	24.00	1.00	31.00	0.00	0.00
Jicama sticks	2.70 OZ. SVG.	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Refried Beans	4.0 oz svg.	57	0	108	3.54	1.28	42.70	63	0.28	0.20	4.13	10.84	0.03	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tajin Packet	1 EACH	2	0	127	0.00	0.00	0.00	0	5.40	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
1% Milk	CARTON	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Wednesday, Sep 15, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
3 Bean Chili w/ Meat,Chips	SVG	325	0	598	12.99	4.43	121.67	238	5.03	4.08	13.41	52.14	7.15	1.01
Breaded Chicken Sandwich-PS	1 EACH	373	53	693	4.99	3.00	107.85	0	0.00	3.99	24.99	45.95	10.00	1.50
3 Bean Chili w/ Chips	SVG	325	0	598	12.99	4.43	121.67	238	5.03	4.08	13.41	52.14	7.15	1.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	1 EACH	110	0	0	3.00	0.36	0.00	100	9.00	19.00	1.00	30.00	0.00	0.00
Pears, Diced Cupped	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Yam Sticks	4.50 OZ SVG.	156	0	13	5.20	0.65	22.10	0	0.00	0.00	2.60	36.40	0.00	0.00
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Thursday, Sep 16, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza,Nardone Bros. WGR	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Cheese Pizza	1 EACH	344	41	548	2.00	1.08	300.00	0	0.00	2.00	30.00	32.00	16.00	11.00
Peach Yogurt Parfait	1 EACH	467	13	271	5.47	2.43	299.30	1268	12.79	54.21*	13.63	95.64	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
Orange Smiles	SERVING 4.75	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Hot Corn	2.93 OZ. SVG.	25	0	3	0.31	0.00	0.00	0	0.76	1.58	0.94	5.98	0.31	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Friday, Sep 17, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Nuggets w/ Cheez It-PS	SERVING	358	42	602	3.35	2.95	162.50	0	0.00	1.00	23.05	33.90	12.72	2.75
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
PB & J Sandwich Strawberry	1 Each	630	0	630	6.00	1.80	60.00	0	0.00	28.00	19.00	64.00	33.00	7.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Sliced Cucumber	SERVING	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Monday, Sep 20, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pancake Brunch 4 Lunch-PS	1 EACH	140	50	520	0.00	0.72	40.02	0	0.00	0.00	14.01	0.00	10.01	3.00
Corn Dog w/ Cheez Its	1 EACH	351	41	602	6.01	2.45	171.37	0	0.00	9.00	12.04	44.17	12.54	3.51
Grilled Cheese Sandwich-PS	1 EACH	262	30	948	0.00	2.00	470.94	182	0.00	6.05	18.17	28.05	10.10	5.06
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	1 Each	37	0	0	1.69	0.11	4.37	33	3.56	*N/A*	0.12	9.53	0.22	0.04
Juice, Place Holder	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Green Peas	SVG.	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Tuesday, Sep 21, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Carnitas Street Tacos	SERVING/2 TACOS	377	79	500	6.46	1.13	198.67	1127	24.25	4.51	28.30	32.38	12.05	4.50
Beef & Bean Tostada	1 Each	355	65	617	2.74	2.13	118.92	115	5.76	1.01	19.65	22.68	21.07	7.03
Bean & Rice Burrito	1 EACH	400	10	500	8.00	5.40	150.00	100	0.00	4.00	16.00	53.00	14.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pico de Gallo	2.0 oz svg	10	0	281	0.10	0.04	3.12	135	6.74	1.51	0.10	0.83	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
Nectarine	EACH	68	0	0	2.67	0.36	9.89	494	0.00	11.86	1.68	15.82	0.50	0.00
Wild River Dried Fruit	1 EACH	120	0	10	2.00	36.00	26.00	0	1.20	24.00	1.00	31.00	0.00	0.00
Jicama sticks	2.70 OZ. SVG.	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Refried Beans	4.0 oz svg.	57	0	108	3.54	1.28	42.70	63	0.28	0.20	4.13	10.84	0.03	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tajin Packet	1 EACH	2	0	127	0.00	0.00	0.00	0	5.40	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
1% Milk	CARTON	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Wednesday, Sep 22, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Chicken & Cornbread Poppers	1 Each	365	51	582	2.00	1.08	22.00	78	1.00	5.00	14.00	30.00	21.00	6.50
Pulled Pork Sandwich	1 Each	508	106	730	3.83	3.91	114.85	0	3.60	15.16	37.82	45.45	18.00	6.00
Yogurt & Graham Cracker-PS	1 Each	459	5	364	2.98	1.79	548.42	0	6.00	44.92	10.98	81.78	9.96	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	1 EACH	110	0	0	3.00	0.36	0.00	100	9.00	19.00	1.00	30.00	0.00	0.00
Pears, Diced Cupped	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Yam Sticks	4.50 OZ SVG.	156	0	13	5.20	0.65	22.10	0	0.00	0.00	2.60	36.40	0.00	0.00
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Thursday, Sep 23, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza,Nardone Bros. WGR	1 EACH	350	40	580	3.00	2.70	350.00	500	12.00	7.00	22.00	30.00	16.00	7.00
Cheese Pizza	1 EACH	344	41	548	2.00	1.08	300.00	0	0.00	2.00	30.00	32.00	16.00	11.00
Peach Yogurt Parfait	1 EACH	467	13	271	5.47	2.43	299.30	1268	12.79	54.21*	13.63	95.64	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
Orange Smiles	SERVING 4.75	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Hot Corn	2.93 OZ. SVG.	25	0	3	0.31	0.00	0.00	0	0.76	1.58	0.94	5.98	0.31	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Friday, Sep 24, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
Cheeseburger-PS	1 EACH	425	78	826	3.00	3.44	215.08	46	0.00	5.01	24.54	31.96	21.02	8.27
Breaded Chicken Sandwich	1 EACH	400	25	740	6.00	3.90	124.86	0	0.00	4.99	19.00	46.96	16.01	2.50
PB & J Sandwich-PS	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Sliced Cucumber	SERVING	9	0	0	0.86	0.31	17.18	172	5.15	0.86	0.86	1.72	0.00	0.00
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Monday, Sep 27, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Popcorn Chix w/ Goldfish-PS	SVG	355	60	620	3.00	2.40	32.00	0	0.00	2.00	18.00	28.00	19.50	3.80
Hot Dog w/ Tots	SVG.	391	20	1052	4.01	2.08	79.00	100	3.62	4.00	13.01	43.10	18.54	5.01
Pizza Sticks/WGR Marinara Sauce	1 EACH	226	20	501	2.85	1.76	258.53	424	6.54	4.05	14.85	24.16	8.30	4.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	1 Each	37	0	0	1.69	0.11	4.37	33	3.56	*N/A*	0.12	9.53	0.22	0.04
Juice, Place Holder	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Green Peas	SVG.	60	0	58	4.00	0.00	0.00	0	0.00	4.00	4.00	11.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Tuesday, Sep 28, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Beef Taco Dip w/ Chips	7.75 Oz. Svg	459	63	878	5.05	3.34	40.48	382	1.21	0.02	21.91	26.95	26.27	11.35
Chicken Quesadilla Pocket	1 EACH	351	70	736	4.00	3.49	320.12	283	0.00	1.00	24.73	24.36	16.73	8.31
Cheese Quesidilla-PK	1 Each	504	91	877	4.00	2.00	720.45	0	0.00	1.00	23.22	27.04	33.34	20.22
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Nectarine	EACH	68	0	0	2.67	0.36	9.89	494	0.00	11.86	1.68	15.82	0.50	0.00
Wild River Dried Fruit	1 EACH	120	0	10	2.00	36.00	26.00	0	1.20	24.00	1.00	31.00	0.00	0.00
Jicama sticks	2.70 OZ. SVG.	29	0	3	3.83	0.41	7.65	38	0.00	0.77	0.77	6.89	0.00	0.00
Refried Beans	4.0 oz svg.	57	0	108	3.54	1.28	42.70	63	0.28	0.20	4.13	10.84	0.03	0.01
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tajin Packet	1 EACH	2	0	127	0.00	0.00	0.00	0	5.40	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
1% Milk	CARTON	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	8 OZ SVG	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Wednesday, Sep 29, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Orange Chicken/ Rice-PS	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Shrimp Poppers w/Goldfish Cracker	1 EACH	522	46	726	6.10	1.62	37.01	0	0.00	3.40	27.51	61.63	18.81	2.20
Grilled Cheese Sandwich- PS	1 EACH	262	30	948	0.00	2.00	470.94	182	0.00	6.05	18.17	28.05	10.10	5.06
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	1 EACH	110	0	0	3.00	0.36	0.00	100	9.00	19.00	1.00	30.00	0.00	0.00
Pears, Diced Cupped	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Yam Sticks	4.50 OZ SVG.	156	0	13	5.20	0.65	22.10	0	0.00	0.00	2.60	36.40	0.00	0.00
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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# Elementary Lunch

Thursday, Sep 30, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Spaghetti & Meatballs with Texas Toast	9.50 oz. svg.	650	40	841	10.30	6.15	140.24	848	13.07	8.90	30.92	102.13	12.91	3.03
Spicy Chicken Sandwich, WGR	1 EACH	382	51	877	6.03	3.09	115.10	202	0.00	5.01*	23.22	49.17	10.10	1.52
Peach Yogurt Parfait-PS	1 EACH	467	13	271	5.47	2.43	299.30	1268	12.79	54.21*	13.63	95.64	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
Orange Smiles	SERVING 4.75	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
Baby Carrots	1 EACH	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Hot Corn	2.93 OZ. SVG.	25	0	3	0.31	0.00	0.00	0	0.76	1.58	0.94	5.98	0.31	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	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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