

Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1148 - Contains Gluten, Soy, Wheat	380	16.5	3	0	25	720	43	6	5	0(M)	18
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.777	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.909	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday, October 5, 2022

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Cinnamon Bun SR296 Contains Egg, Gluten, Milk, Soy, Wheat	240	7	3	0	5	280	40	3	16	16	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.832	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Orange Juice - SR 1295 (4oz)	60	0	0	0	0	0	14	0	12	0	0
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Teriyaki Chicken & Rice - CAR1309 - Contains Gluten, Soy, Wheat	339.818	6.8	2.037	0	76.396	641.534	52.086	1.378	22.327	0(M)	19.151
Spicy Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1149 - Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1(M)	17
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.775	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.344	4.256	4.256	0	7.448
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Thursday, October 6, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Banana Bread-SR2440 Contains Egg, Gluten, Milk, Soy, Wheat	260	8	1.5	0	0	240	45	2	24	23	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.832	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheesy Caesar Salad -CAR2272 Contains Egg, Gluten, Milk, Soy, Wheat	352.399	27.272	9.969	0	41.667	570.857	8.805	2.77	2.073	(M)	18.145
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Spicy Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1149 - Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1(M)	17
Pepperoni Pizza Galaxy - CAR1789 - contains Gluten, Milk, Soy, Wheat	290	13	6	0	35	490	26	3	5	3	16
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.777	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Cherry Tomato - SR3522 (1/2 c)	13.41	0.149	0.021	0	0	3.725	2.898	0.894	1.959	0	0.656
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Friday, October 7, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Bagel - SR1168 Contains Gluten, Wheat, Soy	170	1	0	0	0	310	35	4	3	3	6
Cream Cheese - CAR1468	70	7	4	0	20	115	1	0	1	(M)	1
Cinnamon Chex (SR2336)	116.816	2.632	0.252	0	0	173.04	22.848	1.4	5.768	5.628	1.372
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8

1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheese Nacho - CAR1332 - Contains Milk, Soy	414.738	23.261	12.132	0	30.286	30.375(M)	38.463	2.025	0	(M)	12.126
Garden Burger, K8 - 3.5 Bun - CAR1002 - Contains Egg, Gluten, Milk, Soy, Wheat	290	10.5	1.5	0	0	680	33	6	5	0(M)	20
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.775	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.909	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Monday, October 10, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
UBR -SR1976 Contains Egg, Gluten, Milk, Soy, Wheat	270	8	3	0	5	180	44	5	18	18	5
Cinnamon Toast Crunch (SR1164) Contains Gluten, Soy, Wheat	157.52	3.28	0.36	0.04	0	122	29.52	2.92	8.48	8.2	2.44
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Orange Juice - SR 1295 (4oz)	60	0	0	0	0	0	14	0	12	0	0
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Enchirito - CAR1059 - Contains milk, soy, Wheat	342.854	10.834	4.62	0	20.33	827.255	46.899	9.447	2.817	0(M)	16.8
Garden Burger, K8 - 3.5 Bun - CAR1002 - Contains Egg, Gluten, Milk, Soy, Wheat	290	10.5	1.5	0	0	680	33	6	5	0(M)	20
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.777	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Tuesday, October 11, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Benefit Bar-CAR1298 Contains Egg, Gluten, Milk, Soy, Wheat	290	9	3	0	20	200	48	3	23	(M)	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.832	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Corn Dog Chicken CAR1452 Contains Egg, Gluten, Soy, Wheat	240	8	2.5	0	40	390	30	5	5	(M)	9
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.909	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday, October 12, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Banana Mini Loaf - CAR1193 - contains Egg, Milk, Soy, Wheat	160	4.5	0.5	0	0	105	26	1	14	(M)	3
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.832	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Beef Taco - Flour Tortilla - CAR1987 - Contains Gluten, Milk, Wheat	323.08	15.703	7.382	0	34.15	557.138	29.516	2.183	0.295	0(M)	14.515
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Spicy Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1149 - Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1(M)	17
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15

Fruit; May Choose: 1												
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902	
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.777	1.399	20.98	6.993	0	
Vegetable; May Choose: 1												
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446	
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4	
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.344	4.256	4.256	0	7.448	
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8	
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10	

Thursday, October 13, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
Entrée/Combo; May Choose: 1												
Concha CAR1403 Contains Egg, Gluten, Milk, Soy, Wheat	200	6	1.5	0	5	90	34	2	8	(M)	5	
Cinnamon Toast Crunch (SR1164) Contains Gluten, Soy, Wheat	157.52	3.28	0.36	0.04	0	122	29.52	2.92	8.48	8.2	2.44	
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2	
Meat/MA; May Choose: 1												
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00	
Fruit Juice; May Choose: 1												
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00	
Fruit; May Choose: 1												
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286	
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8	
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10	
Lunch												
Entrée/Combo; May Choose: 1												
Cheesy Caesar Salad -CAR2272 Contains Egg, Gluten, Milk, Soy, Wheat	352.399	27.272	9.969	0	41.667	570.857	8.805	2.77	2.073	(M)	18.145	
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4	
Spicy Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1149 - Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1(M)	17	
Pepperoni Pizza Galaxy - CAR1789 - contains Gluten, Milk, Soy, Wheat	290	13	6	0	35	490	26	3	5	3	16	
Fruit; May Choose: 1												
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239	
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.775	0.984	12.791	(M)	0	
Vegetable; May Choose: 1												
Cherry Tomato - SR3522 (1/2 c)	13.41	0.149	0.021	0	0	3.725	2.898	0.894	1.959	0	0.656	
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4	
Milk; May Choose: 1												
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8	
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10	

Friday, October 14, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
Entrée/Combo; May Choose: 1												

Pop Tart CAR2289 Contains Gluten, Soy, Wheat Processed in a facility that also processes Egg, Milk	370	6	2	0	0	400	76	6	31	(M)	5
Golden Grahams (SR2432) Contains Gluten, Wheat	105.364	0.896	0.112	0	0	212.296	23.772	1.232	8.4	8.4	1.512
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Cream Cheese-CAR1468 Contains Milk	70	7	4	0	20	115	1	0	1	(M)	1
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten	420	24	13	0	50	760	34	1	1	(M)	18
Garden Burger, K8 - 3.5 Bun - CAR1002 - Contains Egg, Gluten, Milk, Soy, Wheat	290	10.5	1.5	0	0	680	33	6	5	0(M)	20
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.777	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Monday, October 17, 2022

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Total Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Blueberry Muffin - SR1454	190	6	2	0	30	130	30	2	16	16	3
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Cinnamon Chex (SR2336)	116.816	2.632	0.252	0	0	173.04	22.848	1.4	5.768	5.628	1.372
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Italian Pasta Baked WG - CAR1503 - Contains Gluten, Milk, Wheat	449.281	17.502	8.05	0	30.375	554.034	51.654	5.963	7.778	0(M)	22.138

Garden Burger, K8 - 3.5 Bun - CAR1002 - Contains Egg, Gluten, Milk, Soy, Wheat	290	10.5	1.5	0	0	680	33	6	5	0(M)	20
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.775	0.984	12.791	(M)	0
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Vegetable; May Choose: 1											
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Corn -CAR1029 1/2 cup	91.765	1.311	0	0	0	6.555	17.042	2.622	3.933	(M)	1.311
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Tuesday, October 18, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Frudel - SR1747 - Contains Gluten, Milk, Wheat	174.98	4.875	0.78	0.065	0.325	216.385	30.42	1.885	8.775	7.995	3.835
Golden Grahams (SR2432) Contains Gluten, Wheat	105.364	0.896	0.112	0	0	212.296	23.772	1.232	8.4	8.4	1.512
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1148 - Contains Gluten, Soy, Wheat	380	16.5	3	0	25	720	43	6	5	0(M)	18
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.777	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.909	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday, October 19, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Cinnamon Bun SR296 Contains Egg, Gluten, Milk, Soy, Wheat	240	7	3	0	5	280	40	3	16	16	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.832	2.884	1.428	1.428	3.584

Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Orange Juice - SR 1295 (4oz)	60	0	0	0	0	0	14	0	12	0	0
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Teriyaki Chicken & Rice - CAR1309 - Contains Gluten, Soy, Wheat	339.818	6.8	2.037	0	76.396	641.534	52.086	1.378	22.327	0(M)	19.151
Spicy Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1149 - Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1(M)	17
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.775	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.344	4.256	4.256	0	7.448
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Thursday, October 20, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Banana Bread-SR2440 Contains Egg, Gluten, Milk, Soy, Wheat	260	8	1.5	0	0	240	45	2	24	23	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.832	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheesy Caesar Salad -CAR2272 Contains Egg, Gluten, Milk, Soy, Wheat	352.399	27.272	9.969	0	41.667	570.857	8.805	2.77	2.073	(M)	18.145
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4
Spicy Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1149 - Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1(M)	17

Tuesday, October 25, 2022

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Benefit Bar-CAR1298 Contains Egg, Gluten, Milk, Soy, Wheat	290	9	3	0	20	200	48	3	23	(M)	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.832	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Corn Dog Chicken CAR1452 Contains Egg, Gluten, Soy, Wheat	240	8	2.5	0	40	390	30	5	5	(M)	9
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.909	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday, October 26, 2022

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Banana Mini Loaf - CAR1193 - contains Egg, Milk, Soy, Wheat	160	4.5	0.5	0	0	105	26	1	14	(M)	3
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.832	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Beef Taco - Flour Tortilla - CAR1987 - Contains Gluten, Milk, Wheat	323.08	15.703	7.382	0	34.15	557.138	29.516	2.183	0.295	0(M)	14.515
Roll WG - CAR1977 - Contains Gluten, Wheat	140	2.5	0.5	0	0	280	26	3	4	(M)	4

Spicy Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1149 - Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1(M)	17
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.777	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.344	4.256	4.256	0	7.448
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Thursday, October 27, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Concha CAR1403 Contains Egg, Gluten, Milk, Soy, Wheat	200	6	1.5	0	5	90	34	2	8	(M)	5
Cinnamon Toast Crunch (SR1164) Contains Gluten, Soy, Wheat	157.52	3.28	0.36	0.04	0	122	29.52	2.92	8.48	8.2	2.44
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheesy Caesar Salad -CAR2272 Contains Egg, Gluten, Milk, Soy, Wheat	352.399	27.272	9.969	0	41.667	570.857	8.805	2.77	2.073	(M)	18.145
Roll WG - CAR1977 - Contains Gluten, Wheat											
Spicy Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1149 - Contains Gluten, Soy, Wheat	370	15.5	3	0	20	630	42	5	5	1(M)	17
Pepperoni Pizza Galaxy - CAR1789 - contains Gluten, Milk, Soy, Wheat	290	13	6	0	35	490	26	3	5	3	16
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.775	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Cherry Tomato - SR3522 (1/2 c)	13.41	0.149	0.021	0	0	3.725	2.898	0.894	1.959	0	0.656
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Friday, October 28, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	total Fiber (g)	total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Pop Tart CAR2289 Contains Gluten, Soy, Wheat Processed in a facility that also processes Egg, Milk	370	6	2	0	0	400	76	6	31	(M)	5
Golden Grahams (SR2432) Contains Gluten, Wheat	105.364	0.896	0.112	0	0	212.296	23.772	1.232	8.4	8.4	1.512
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Cream Cheese-CAR1468 Contains Milk	70	7	4	0	20	115	1	0	1	(M)	1
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.951	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten	420	24	13	0	50	760	34	1	1	(M)	18
Garden Burger, K8 - 3.5 Bun - CAR1002 - Contains Egg, Gluten, Milk, Soy, Wheat	290	10.5	1.5	0	0	680	33	6	5	0(M)	20
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.777	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Monday, October 31, 2022

Breakfast

Menu Item	Calories (Kca)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	total Fiber (g)	total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Blueberry Muffin - SR1454	190	6	2	0	30	130	30	2	16	16	3
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	(M)	2.00
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											

Italian Pasta Baked WG - CAR1503 - Contains Gluten, Milk, Wheat	449.281	17.502	8.05	0	30.375	554.034	51.654	5.963	7.778	0(M)	22.138
Garden Burger, K8 - 3.5 Bun - CAR1002 - Contains Egg, Gluten, Milk, Soy, Wheat											
Cheese Pizza, Galaxy - SR2537 - Contains Gluten, Milk, Soy, Wheat	280	12	6	0	30	410	26	3	8	2	15
Fruit; May Choose: 1											
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.775	0.984	12.791	(M)	0
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.693	2.206	9.549	0	0.239
Vegetable; May Choose: 1											
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Corn -CAR1029 1/2 cup	91.765	1.311	0	0	0	6.555	17.042	2.622	3.933	(M)	1.311
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10