

**Carb Count**  
**Middle High Breakfast and Lunch**  
**Oct 3 - 31**

**Monday, October 3, 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) | Total Sugars (g) | Protein (g) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Strawberry Mini Bagel - SR1188 - Contains Gluten, Milk, Wheat   | 177.537        | 4.761         | 1.794       | 0.138         | 7.452     | 154.974     | 33.672   | 1.932           | 10.557           | 9.66             | 4.623       |
| 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           |
| Cheerios (SR1160) - 1 bowl  | 100.52         | 1.792         | 0.364       | 0             | 0         | 136.416     | 20.832   | 2.884           | 1.428            | 1.428            | 3.584       |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Orange Whole - 1171   | 45.12          | 0.115         | 0.014       | 0             | 0         | 0           | 11.28    | 2.304           | 8.976            | 0                | 0.902       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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, G6-12 - 4.0 Bun - CAR1306 - Contains Egg, Gluten, Milk, Soy, Wheat                     | 290            | 10.5          | 1.5         | 0             | 0         | 680         | 33       | 6               | 5                | 0(M)             | 20          |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400            | 16            | 7           | 0             | 35        | 440         | 43       | 4               | 7                | (M)              | 19          |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Vegetable; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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 4, 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) | Total Sugars (g) | Protein (g) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Belgain Waffle - CAR1058 - Contains Egg, Milk, Soy, Wheat   | 190            | 6             | 1           | 0             | 20        | 280         | 32       | 4               | 7                | (M)              | 4           |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |

|   |         |        |       |   |       |         |        |       |        |       |        |  |
|---|---------|--------|-------|---|-------|---------|--------|-------|--------|-------|--------|--|
| <b>Fruit; May Choose: 1</b>   |         |        |       |   |       |         |        |       |        |       |        |  |
| Banana-SR1166   | 105.02  | 0.389  | 0.132 | 0 | 0     | 1.18    | 26.951 | 3.068 | 14.431 | (M)   | 1.286  |  |
| <b>Milk; May Choose: 1</b>  |         |        |       |   |       |         |        |       |        |       |        |  |
| 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     |  |
| <b>Lunch</b>  |         |        |       |   |       |         |        |       |        |       |        |  |
| <b>Entrée/Combo; May Choose: 1</b>  |         |        |       |   |       |         |        |       |        |       |        |  |
| Bean & Cheese Burrito - CAR1378 Contains Gluten, Milk, Wheat                          | 320.855 | 8.79   | 3.54  | 0 | 14.94 | 475.082 | 44.169 | 8.17  | 1.75   | 0     | 16.71  |  |
| Spicy Crispy Chicken Sandwich, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat | 370     | 15.5   | 3     | 0 | 20    | 630     | 42     | 5     | 5      | 1(M)  | 17     |  |
| Pepperoni Pizza, 8-cut, pork, Big Daddys -SR2084 Contains Gluten, Milk, Soy, Wheat    | 431.59  | 18.916 | 8.094 | 0 | 42.29 | 544.49  | 43     | 4     | 7      | 1     | 20.458 |  |
| <b>Fruit; May Choose: 1</b>   |         |        |       |   |       |         |        |       |        |       |        |  |
| 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      |  |
| <b>Vegetable; May Choose: 1</b>   |         |        |       |   |       |         |        |       |        |       |        |  |
| 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  |  |
| <b>Milk; May Choose: 1</b>  |         |        |       |   |       |         |        |       |        |       |        |  |
| 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 (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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| EggoMini, French Toast - SR1205 - Contains Egg, Gluten, Milk, Soy, Wheat                              | 200            | 5             | 1.5         | 0             | 0         | 240         | 37       | 3               | 13               | (M)              | 4           |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 100% Orange Juice - SR 1295 (4oz)   | 60             | 0             | 0           | 0             | 0         | 0           | 14       | 0               | 12               | 0                | 0           |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat                 | 370            | 15.5          | 3           | 0             | 20        | 630         | 42       | 5               | 5                | 1(M)             | 17          |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400            | 16            | 7           | 0             | 35        | 440         | 43       | 4               | 7                | (M)              | 19          |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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           |
| <b>Vegetable; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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 |
| <b>Milk; May Choose: 1</b>                      |         |       |       |   |    |         |        |       |       |     |       |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Breakfast Burrito-SR1358  | 236.24         | 10.15         | 3.73        | 0             | 64.23     | 318.5       | 26.99    | 3.97            | 0.7              | (M)              | 11.1        |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Orange Whole - 1171   | 45.12          | 0.115         | 0.014       | 0             | 0         | 0           | 11.28    | 2.304           | 8.976            | 0                | 0.902       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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**

|   |         |        |       |   |        |         |        |       |        |       |        |
|---|---------|--------|-------|---|--------|---------|--------|-------|--------|-------|--------|
| <b>Entrée/Combo; May Choose: 1</b>  |         |        |       |   |        |         |        |       |        |       |        |
| 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, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat | 370     | 15.5   | 3     | 0 | 20     | 630     | 42     | 5     | 5      | 1(M)  | 17     |
| Pepperoni Pizza, 8-cut, pork, Big Daddys -SR2084 Contains Gluten, Milk, Soy, Wheat    | 431.59  | 18.916 | 8.094 | 0 | 42.29  | 544.49  | 43     | 4     | 7      | 1     | 20.458 |
| <b>Fruit; May Choose: 1</b>   |         |        |       |   |        |         |        |       |        |       |        |
| 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      |
| <b>Vegetable; May Choose: 1</b>   |         |        |       |   |        |         |        |       |        |       |        |
| 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    |
| <b>Milk; May Choose: 1</b>  |         |        |       |   |        |         |        |       |        |       |        |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Pancake on Stick - SR2494 - Contains Egg, Gluten, Soy, Wheat  | 200            | 10            | 2.5         | 0             | 25        | 310         | 17       | 3               | 4                | (M)              | 7           |
| 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           |

|   |         |        |        |      |        |           |        |       |        |      |        |  |
|---|---------|--------|--------|------|--------|-----------|--------|-------|--------|------|--------|--|
| <b>Meat/MA; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |      |        |  |
| 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   |  |
| <b>Fruit Juice; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |      |        |  |
| 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   |  |
| <b>Fruit; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |      |        |  |
| Banana-SR1166   | 105.02  | 0.389  | 0.132  | 0    | 0      | 1.18      | 26.951 | 3.068 | 14.431 | (M)  | 1.286  |  |
| <b>Milk; May Choose: 1</b>  |         |        |        |      |        |           |        |       |        |      |        |  |
| 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     |  |
| <b>Lunch</b>  |         |        |        |      |        |           |        |       |        |      |        |  |
| <b>Entrée/Combo; May Choose: 1</b>  |         |        |        |      |        |           |        |       |        |      |        |  |
| 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, G6-12 - 4.0 Bun - CAR1306 - Contains Egg, Gluten, Milk, Soy, Wheat | 290     | 10.5   | 1.5    | 0    | 0      | 680       | 33     | 6     | 5      | 0(M) | 20     |  |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat               | 400     | 16     | 7      | 0    | 35     | 440       | 43     | 4     | 7      | (M)  | 19     |  |
| <b>Fruit; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |      |        |  |
| 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      |  |
| <b>Vegetable; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |      |        |  |
| 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  |  |
| <b>Milk; May Choose: 1</b>  |         |        |        |      |        |           |        |       |        |      |        |  |
| 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) |  |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|--|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |  |
| Egg & Cheese Muffin - CAR1050 - Contains Egg, Gluten, Milk, Wheat                                     | 225.563        | 10.044        | 3.778       | 0             | 125.125   | 436.188     | 22       | 3               | 2                | 0(M)             | 14.544      |  |
| 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           |  |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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        |  |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |  |
| 100% Orange Juice - SR 1295 (4oz)   | 60             | 0             | 0           | 0             | 0         | 0           | 14       | 0               | 12               | 0                | 0           |  |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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       |  |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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          |  |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |  |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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, G6-12 - 4.0 Bun - CAR1306 - Contains Egg, Gluten, Milk, Soy, Wheat                     | 290            | 10.5          | 1.5         | 0             | 0         | 680         | 33       | 6               | 5                | 0(M)             | 20          |  |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400            | 16            | 7           | 0             | 35        | 440         | 43       | 4               | 7                | (M)              | 19          |  |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |  |

|   |        |       |       |   |    |      |        |       |       |       |       |
|---|--------|-------|-------|---|----|------|--------|-------|-------|-------|-------|
| 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     |
| <b>Vegetable; May Choose: 1</b>                 |        |       |       |   |    |      |        |       |       |       |       |
| Cauliflower SR3388 1/2 Cup                      | 21     | 0.235 | 0.109 | 0 | 0  | 25.2 | 4.175  | 1.68  | 1.604 | 0     | 1.613 |
| <b>Milk; May Choose: 1</b>                      |        |       |       |   |    |      |        |       |       |       |       |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Mini Pancake-SR1190- Contains Egg, Gluten, Milk, Soy, Wheat   | 210            | 6             | 1           | 0             | 10        | 310         | 35       | 4               | 11               | (M)              | 4           |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Banana-SR1166   | 105.02         | 0.389         | 0.132       | 0             | 0         | 1.18        | 26.951   | 3.068           | 14.431           | (M)              | 1.286       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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**

|   |        |        |       |   |       |         |        |       |       |      |        |
|---|--------|--------|-------|---|-------|---------|--------|-------|-------|------|--------|
| <b>Entrée/Combo; May Choose: 1</b>  |        |        |       |   |       |         |        |       |       |      |        |
| Corn Dog Chicken CAR1452 Contains Egg, Gluten, Soy, Wheat                             | 240    | 8      | 2.5   | 0 | 40    | 390     | 30     | 5     | 5     | (M)  | 9      |
| Spicy Crispy Chicken Sandwich, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat | 370    | 15.5   | 3     | 0 | 20    | 630     | 42     | 5     | 5     | 1(M) | 17     |
| Pepperoni Pizza, 8-cut, pork, Big Daddys -SR2084 Contains Gluten, Milk, Soy, Wheat    | 431.59 | 18.916 | 8.094 | 0 | 42.29 | 544.49  | 43     | 4     | 7     | 1    | 20.458 |
| <b>Fruit; May Choose: 1</b>   |        |        |       |   |       |         |        |       |       |      |        |
| 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  |
| <b>Vegetable; May Choose: 1</b>   |        |        |       |   |       |         |        |       |       |      |        |
| 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  |
| <b>Milk; May Choose: 1</b>  |        |        |       |   |       |         |        |       |       |      |        |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>                                |                |               |             |               |           |             |          |                 |                  |                  |             |
| Sausage Breakfast Pizza- SR2977 Contains Gluten, Milk, Soy, Wheat | 240.103        | 8.003         | 2.501       | 0             | 15.006    | 340.145     | 31.013   | 3.001           | 4.002            | 2.001            | 11.005      |
| 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      |
| <b>Meat/MA; May Choose: 1</b>   |         |        |       |      |       |         |        |       |        |       |        |
| 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   |
| <b>Fruit Juice; May Choose: 1</b>   |         |        |       |      |       |         |        |       |        |       |        |
| 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   |
| <b>Fruit; May Choose: 1</b>   |         |        |       |      |       |         |        |       |        |       |        |
| Banana-SR1166   | 105.02  | 0.389  | 0.132 | 0    | 0     | 1.18    | 26.951 | 3.068 | 14.431 | (M)   | 1.286  |
| <b>Milk; May Choose: 1</b>  |         |        |       |      |       |         |        |       |        |       |        |
| 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     |
| <b>Lunch</b>  |         |        |       |      |       |         |        |       |        |       |        |
| <b>Entrée/Combo; May Choose: 1</b>  |         |        |       |      |       |         |        |       |        |       |        |
| 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, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat                 | 370     | 15.5   | 3     | 0    | 20    | 630     | 42     | 5     | 5      | 1(M)  | 17     |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400     | 16     | 7     | 0    | 35    | 440     | 43     | 4     | 7      | (M)   | 19     |
| <b>Fruit; May Choose: 1</b>   |         |        |       |      |       |         |        |       |        |       |        |
| 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      |
| <b>Vegetable; May Choose: 1</b>   |         |        |       |      |       |         |        |       |        |       |        |
| 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  |
| <b>Milk; May Choose: 1</b>  |         |        |       |      |       |         |        |       |        |       |        |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Mini Waffle-SR2443-Contains Egg, Gluten, Milk, Soy, Wheat   | 190.05         | 5.11          | 0.77        | 0.07          | 0.49      | 154.63      | 32.83    | 1.82            | 10.64            | 10.01            | 3.15        |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Banana-SR1166   | 105.02         | 0.389         | 0.132       | 0             | 0         | 1.18        | 26.951   | 3.068           | 14.431           | (M)              | 1.286       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat | 370    | 15.5   | 3     | 0 | 20    | 630    | 42     | 5     | 5      | 1(M) | 17     |
| Pepperoni Pizza, 8-cut, pork, Big Daddys -SR2084 Contains Gluten, Milk, Soy, Wheat    | 431.59 | 18.916 | 8.094 | 0 | 42.29 | 544.49 | 43     | 4     | 7      | 1    | 20.458 |
| <b>Fruit; May Choose: 1</b>   |        |        |       |   |       |        |        |       |        |      |        |
| 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      |
| <b>Vegetable; May Choose: 1</b>   |        |        |       |   |       |        |        |       |        |      |        |
| 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    |
| <b>Milk; May Choose: 1</b>  |        |        |       |   |       |        |        |       |        |      |        |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| French Toast-SR2164 Contains Gluten, Soy, Wheat   | 300            | 14            | 2.5         | 0             | 0         | 390         | 39       | 1               | 8                | 7                | 5           |
| Pop Tart CAR2289 Contains Gluten, Soy, Wheat<br>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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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           |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Banana-SR1166   | 105.02         | 0.389         | 0.132       | 0             | 0         | 1.18        | 26.951   | 3.068           | 14.431           | (M)              | 1.286       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten  | 420            | 24            | 13          | 0             | 50        | 760         | 34       | 1               | 1                | (M)              | 18          |
| Garden Burger, G6-12 - 4.0 Bun - CAR1306 - Contains Egg, Gluten, Milk, Soy, Wheat                     | 290            | 10.5          | 1.5         | 0             | 0         | 680         | 33       | 6               | 5                | 0(M)             | 20          |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400            | 16            | 7           | 0             | 35        | 440         | 43       | 4               | 7                | (M)              | 19          |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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           |
| <b>Vegetable; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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 (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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Strawberry Mini Bagel - SR1188 - Contains Gluten, Milk, Wheat   | 177.537        | 4.761         | 1.794       | 0.138         | 7.452     | 154.974     | 33.672   | 1.932           | 10.557           | 9.66             | 4.623       |
| 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       |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Orange Whole - 1171   | 45.12          | 0.115         | 0.014       | 0             | 0         | 0           | 11.28    | 2.304           | 8.976            | 0                | 0.902       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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, G6-12 - 4.0 Bun - CAR1306 - Contains Egg, Gluten, Milk, Soy, Wheat                     | 290            | 10.5          | 1.5         | 0             | 0         | 680         | 33       | 6               | 5                | 0(M)             | 20          |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400            | 16            | 7           | 0             | 35        | 440         | 43       | 4               | 7                | (M)              | 19          |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Vegetable; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Belgain Waffle and Sausage - CAR1674 - Contains Egg, Milk, Soy, Wheat                                 | 350.109        | 12.003        | 3.001       | 0             | 40.011    | 540.16      | 53.018   | 4.002           | 21.004           | (M)              | 10.002      |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Banana-SR1166   | 105.02         | 0.389         | 0.132       | 0             | 0         | 1.18        | 26.951   | 3.068           | 14.431           | (M)              | 1.286       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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     |
| <b>Lunch</b>  |         |        |       |      |       |         |        |       |       |       |        |
| <b>Entrée/Combo; May Choose: 1</b>  |         |        |       |      |       |         |        |       |       |       |        |
| Bean & Cheese Burrito - CAR1378 Contains Gluten, Milk, Wheat                          | 320.855 | 8.79   | 3.54  | 0    | 14.94 | 475.082 | 44.169 | 8.17  | 1.75  | 0     | 16.71  |
| Spicy Crispy Chicken Sandwich, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat | 370     | 15.5   | 3     | 0    | 20    | 630     | 42     | 5     | 5     | 1(M)  | 17     |
| Pepperoni Pizza, 8-cut, pork, Big Daddys -SR2084 Contains Gluten, Milk, Soy, Wheat    | 431.59  | 18.916 | 8.094 | 0    | 42.29 | 544.49  | 43     | 4     | 7     | 1     | 20.458 |
| <b>Meat/MA; May Choose: 1</b>   |         |        |       |      |       |         |        |       |       |       |        |
| 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   |
| <b>Fruit; May Choose: 1</b>   |         |        |       |      |       |         |        |       |       |       |        |
| 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      |
| <b>Vegetable; May Choose: 1</b>   |         |        |       |      |       |         |        |       |       |       |        |
| 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  |
| <b>Milk; May Choose: 1</b>  |         |        |       |      |       |         |        |       |       |       |        |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| EggoMini, French Toast - SR1205 - Contains Egg, Gluten, Milk, Soy, Wheat                              | 200            | 5             | 1.5         | 0             | 0         | 240         | 37       | 3               | 13               | (M)              | 4           |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 100% Orange Juice - SR 1295 (4oz)   | 60             | 0             | 0           | 0             | 0         | 0           | 14       | 0               | 12               | 0                | 0           |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat                 | 370            | 15.5          | 3           | 0             | 20        | 630         | 42       | 5               | 5                | 1(M)             | 17          |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400            | 16            | 7           | 0             | 35        | 440         | 43       | 4               | 7                | (M)              | 19          |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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           |
| <b>Vegetable; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |

| <b>Milk; May Choose: 1</b>                      |     |     |     |   |    |     |    |   |     |     |    |  |
|---|-----|-----|-----|---|----|-----|----|---|-----|-----|----|--|
| 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 (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) |  |
|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|--|
| <b>Entrée/Combo; May Choose: 1</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| Egg & Cheese Breakfast Burrito - CAR1276 contains Egg, Gluten, Milk, Soy, Wheat                       | 153.84          | 6.84          | 3.16        | 0.01          | 58.61     | 207.57      | 15.92    | 2.39            | 0.5              | (M)              | 7.93        |  |
| 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           |  |
| <b>Meat/MA; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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        |  |
| <b>Fruit Juice; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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        |  |
| <b>Fruit; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| Orange Whole - 1171   | 45.12           | 0.115         | 0.014       | 0             | 0         | 0           | 11.28    | 2.304           | 8.976            | 0                | 0.902       |  |
| <b>Milk; May Choose: 1</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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          |  |
| <b>Lunch</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| <b>Entrée/Combo; May Choose: 1</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat                 | 370             | 15.5          | 3           | 0             | 20        | 630         | 42       | 5               | 5                | 1(M)             | 17          |  |
| Pepperoni Pizza, 8-cut, pork, Big Daddys -SR2084 Contains Gluten, Milk, Soy, Wheat                    | 431.59          | 18.916        | 8.094       | 0             | 42.29     | 544.49      | 43       | 4               | 7                | 1                | 20.458      |  |
| <b>Fruit; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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           |  |
| <b>Vegetable; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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         |  |
| <b>Milk; May Choose: 1</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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 21, 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) |  |
|---|-----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|--|
| <b>Entrée/Combo; May Choose: 1</b>  |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| Pancake on Stick - SR2494 - Contains Egg, Gluten, Soy, Wheat  | 200             | 10            | 2.5         | 0             | 25        | 310         | 17       | 3               | 4                | (M)              | 7           |  |
| Bagel - SR1168 Contains Gluten, Wheat, Soy  | 170             | 1             | 0           | 0             | 0         | 310         | 35       | 4               | 3                | 3                | 6           |  |
| 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           |  |
| <b>Meat/MA; May Choose: 1</b>   |                 |               |             |               |           |             |          |                 |                  |                  |             |  |
| 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        |  |

|   |         |        |        |      |        |           |        |       |        |     |        |
|---|---------|--------|--------|------|--------|-----------|--------|-------|--------|-----|--------|
| <b>Fruit Juice; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |     |        |
| 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   |
| <b>Fruit; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |     |        |
| Banana-SR1166   | 105.02  | 0.389  | 0.132  | 0    | 0      | 1.18      | 26.951 | 3.068 | 14.431 | (M) | 1.286  |
| <b>Milk; May Choose: 1</b>  |         |        |        |      |        |           |        |       |        |     |        |
| 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     |
| <b>Lunch</b>  |         |        |        |      |        |           |        |       |        |     |        |
| <b>Entrée/Combo; May Choose: 1</b>  |         |        |        |      |        |           |        |       |        |     |        |
| 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, G6-12 - 4.0 Bun - CAR1306 - Contains Egg, Gluten, Milk, Soy, Wheat |         |        |        |      |        |           |        |       |        |     |        |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat               | 400     | 16     | 7      | 0    | 35     | 440       | 43     | 4     | 7      | (M) | 19     |
| <b>Fruit; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |     |        |
| 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      |
| <b>Vegetable; May Choose: 1</b>   |         |        |        |      |        |           |        |       |        |     |        |
| 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  |
| <b>Milk; May Choose: 1</b>  |         |        |        |      |        |           |        |       |        |     |        |
| 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 24, 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) |
|------------------------------------|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b> |                |               |             |               |           |             |          |                 |                  |                  |             |
| NO SCHOOL                          | 0              | 0             | 0           | 0             | 0         | 0           | 0        | 0               | 0                | 0                | 0           |

**Tuesday, October 25, 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Mini Pancake-SR1190- Contains Egg, Gluten, Milk, Soy, Wheat   | 210            | 6             | 1           | 0             | 10        | 310         | 35       | 4               | 11               | (M)              | 4           |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Banana-SR1166   | 105.02         | 0.389         | 0.132       | 0             | 0         | 1.18        | 26.951   | 3.068           | 14.431           | (M)              | 1.286       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Corn Dog Chicken CAR1452 Contains Egg, Gluten, Soy, Wheat   | 240            | 8             | 2.5         | 0             | 40        | 390         | 30       | 5               | 5                | (M)              | 9           |

|   |        |        |       |   |       |         |        |       |       |     |        |  |
|---|--------|--------|-------|---|-------|---------|--------|-------|-------|-----|--------|--|
| Spicy Crispy Chicken Sandwich, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat |        |        |       |   |       |         |        |       |       |     |        |  |
| Pepperoni Pizza, 8-cut, pork, Big Daddys -SR2084 Contains Gluten, Milk, Soy, Wheat    | 431.59 | 18.916 | 8.094 | 0 | 42.29 | 544.49  | 43     | 4     | 7     | 1   | 20.458 |  |
| <b>Fruit; May Choose: 1</b>   |        |        |       |   |       |         |        |       |       |     |        |  |
| 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  |  |
| <b>Vegetable; May Choose: 1</b>   |        |        |       |   |       |         |        |       |       |     |        |  |
| 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  |  |
| <b>Milk; May Choose: 1</b>  |        |        |       |   |       |         |        |       |       |     |        |  |
| 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 (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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Sausage Breakfast Pizza- SR2977 Contains Gluten, Milk, Soy, Wheat                                     | 240.103        | 8.003         | 2.501       | 0             | 15.006    | 340.145     | 31.013   | 3.001           | 4.002            | 2.001            | 11.005      |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Banana-SR1166   | 105.02         | 0.389         | 0.132       | 0             | 0         | 1.18        | 26.951   | 3.068           | 14.431           | (M)              | 1.286       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat                 | 370            | 15.5          | 3           | 0             | 20        | 630         | 42       | 5               | 5                | 1(M)             | 17          |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400            | 16            | 7           | 0             | 35        | 440         | 43       | 4               | 7                | (M)              | 19          |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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           |
| <b>Vegetable; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| Mini Waffle-SR2443-Contains Egg, Gluten, Milk, Soy, Wheat   | 190.05         | 5.11          | 0.77        | 0.07          | 0.49      | 154.63      | 32.83    | 1.82            | 10.64            | 10.01            | 3.15        |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| Banana-SR1166   | 105.02         | 0.389         | 0.132       | 0             | 0         | 1.18        | 26.951   | 3.068           | 14.431           | (M)              | 1.286       |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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          |
| <b>Lunch</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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, G6-12, 4.0 Bun - CAR1083 - Contains Gluten, Soy, Wheat                 | 370            | 15.5          | 3           | 0             | 20        | 630         | 42       | 5               | 5                | 1(M)             | 17          |
| Cheese Pizza, Big Daddy's -SR2081 Contains Gluten, Milk, Soy, Wheat                                   | 400            | 16            | 7           | 0             | 35        | 440         | 43       | 4               | 7                | (M)              | 19          |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |
| <b>Fruit; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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           |
| <b>Vegetable; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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         |
| <b>Milk; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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) |
|---|----------------|---------------|-------------|---------------|-----------|-------------|----------|-----------------|------------------|------------------|-------------|
| <b>Entrée/Combo; May Choose: 1</b>  |                |               |             |               |           |             |          |                 |                  |                  |             |
| French Toast-SR2164 Contains Gluten, Soy, Wheat   | 300            | 14            | 2.5         | 0             | 0         | 390         | 39       | 1               | 8                | 7                | 5           |
| 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           |
| <b>Meat/MA; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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           |
| <b>Fruit Juice; May Choose: 1</b>   |                |               |             |               |           |             |          |                 |                  |                  |             |
| 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        |



|   |     |     |     |   |    |     |    |   |     |     |    |
|---|-----|-----|-----|---|----|-----|----|---|-----|-----|----|
| 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 |