

## Middle School Lunch

| Mon - 02/01/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
|------------------------------|-----------------|----------|-----------|----------|-----------|--------|---------|---------|
| CHICKEN FRIED STEAK SANDWICH | ONE EACH        | 460      | 590       | 6.00     | 22.00     | 48.00  | 21.00   | 4.50    |
| GRILLED CHEESE               | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| SIDEWINDER POTATOES          | 3.0 OZ          | 190      | 400       | 0.00     | 2.00      | 35.00  | 5.00    | 0.50    |
| APPLE WEDGES                 | 2 OZ            | 29       | 1         | 5.89     | 0.15      | 7.83   | 0.10    | 0.02    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                      | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| MUSTARD                      | ONE PC PACKET   | 5        | 70        | 0.00     | 1.00      | 0.00   | 0.00    | 0.00    |
| MAYONNAISE                   | 1 PC PACKET     | 25       | 105       | 0.00     | 0.00      | 2.00   | 2.50    | 0.00    |
| Tue - 02/02/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| CHICKEN LEG WITH ROLL        | 1 EACH          | 355      | 790       | *4.21    | 20.32     | 34.58  | 14.06   | 3.78    |
| GRILLED CHEESE               | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| MASHED POTATOES              | 1/2 CUP         | 98       | 131       | 0.97     | 1.69      | 17.14  | 2.54    | 1.01    |
| CARROTS, FRESH               | 3 OUNCE         | 35       | 59        | 4.03     | 0.79      | 8.15   | 0.20    | 0.03    |
| ORANGE, FRESH                | 1 EACH          | 62       | 0         | 12.25    | 1.23      | 15.39  | 0.16    | 0.03    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                      | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| RANCH DRESSING (LITE)        | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| PEPPER GRAVY                 | 2 OZ LADLE      | 39       | 158       | 1.12     | 0.00      | 5.60   | 2.24    | 1.12    |
| Wed - 02/03/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| PIZZA STICKS                 | THREE STICKS    | 450      | 1110      | 9.00     | 21.00     | 51.00  | 18.00   | 6.00    |
| CUCUMBER/TOMATO              | 1.5 OZ/1.5 OZ   | 14       | 3         | 1.82     | 0.65      | 3.21   | 0.13    | 0.03    |
| APPLESAUCE CUP               | 1 EACH          | 87       | 3         | 18.71    | 0.20      | 22.31  | 0.22    | 0.04    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| RANCH DRESSING (LITE)        | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| MARINARA SAUCE               | 2 OZ LADLE      | 34       | 66        | 3.89     | 0.97      | 5.84   | 0.73    | 0.00    |
| Thu - 02/04/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| ORANGE CHICKEN/RICE          | 4.3 OZ/RICE     | 476      | 646       | 0.00     | 20.89     | 62.49  | 15.15   | 3.10    |
| GRILLED CHEESE               | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| CARROTS, FRESH               | 2.5 OZ          | 29       | 49        | 3.36     | 0.66      | 6.79   | 0.17    | 0.02    |
| PARMESAN ROASTED POTATOES    | 3.25 OZ         | 107      | 149       | 1.30     | 3.24      | 16.03  | 3.39    | 1.01    |
| APPLE, FRESH                 | ONE EACH        | 72       | 1         | 14.34    | 0.36      | 19.06  | 0.23    | 0.04    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                      | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| RANCH DRESSING (LITE)        | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| Fri - 02/05/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| CHEESE PIZZA                 | 8 CUT           | 360      | 600       | 9.00     | 21.00     | 34.00  | 16.00   | 7.00    |
| PEPPERONI PIZZA              | 8 CUT           | 370      | 660       | 9.00     | 21.00     | 34.00  | 16.00   | 7.00    |
| CORN, SEASONED               | 1/2 CUP         | 92       | 0         | 4.58     | 2.75      | 19.24  | 0.92    | 0.00    |
| FRUIT-CHECK W/ CAMPUS        | 1/2 CUP         | 0        | 0         | 0.00     | 0.00      | 0.00   | 0.00    | 0.00    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| Mon - 02/08/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| BURGER ON BUN                | 1 EACH          | 350      | 540       | 4.00     | 24.00     | 29.00  | 15.00   | 5.00    |
| CHEESEBURGER ON BUN          | 1 EACH          | 345      | 673       | *N/A*    | 21.54     | 32.01  | 15.03   | 5.77    |
| GRILLED CHEESE               | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| LETTUCE, TOMATO, PICKLE      | SERVING         | 15       | 231       | 1.90     | 0.75      | 3.08   | 0.20    | 0.04    |
| SIDEWINDER POTATOES          | 3.0 OZ          | 190      | 400       | 0.00     | 2.00      | 35.00  | 5.00    | 0.50    |
| APPLE WEDGES                 | 2 OZ            | 29       | 1         | 5.89     | 0.15      | 7.83   | 0.10    | 0.02    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                      | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| MUSTARD                      | ONE PC PACKET   | 5        | 70        | 0.00     | 1.00      | 0.00   | 0.00    | 0.00    |
| MAYONNAISE                   | 1 PC PACKET     | 25       | 105       | 0.00     | 0.00      | 2.00   | 2.50    | 0.00    |
| Tue - 02/09/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| CHICKEN NUGGETS/GARLIC TOAST | 10 NUGGET/G TST | 369      | 710       | 1.00     | 21.00     | 34.00  | 16.50   | 3.50    |
| GRILLED CHEESE               | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| MASHED POTATOES              | 1/2 CUP         | 98       | 131       | 0.97     | 1.69      | 17.14  | 2.54    | 1.01    |
| CARROTS, FRESH               | 3 OUNCE         | 35       | 59        | 4.03     | 0.79      | 8.15   | 0.20    | 0.03    |
| ORANGE, FRESH                | 1 EACH          | 62       | 0         | 12.25    | 1.23      | 15.39  | 0.16    | 0.03    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                      | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| RANCH DRESSING (LITE)        | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| PEPPER GRAVY                 | 2 OZ LADLE      | 39       | 158       | 1.12     | 0.00      | 5.60   | 2.24    | 1.12    |

| Wed - 02/10/2021          | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
|---------------------------|-----------------|----------|-----------|----------|-----------|--------|---------|---------|
| STEAK FINGERS/BREADSTICK  | 4 EACH /BRSTICK | 459      | 449       | 3.00     | 19.16     | 44.07  | 21.93   | 5.45    |
| GRILLED CHEESE            | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| CUCUMBER/TOMATO           | 1.5 OZ/1.5 OZ   | 14       | 3         | 1.82     | 0.65      | 3.21   | 0.13    | 0.03    |
| APPLESAUCE CUP            | 1 EACH          | 87       | 3         | 18.71    | 0.20      | 22.31  | 0.22    | 0.04    |
| MILK, 1% LOWFAT           | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT       | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                   | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| RANCH DRESSING (LITE)     | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| Thu - 02/11/2021          | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| BREADED CHICKEN ON BUN    | ONE EACH        | 447      | 706       | 5.06     | 24.03     | 46.03  | 17.96   | 2.66    |
| GRILLED CHEESE            | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| LETTUCE,TOMATO,PICKLE     | SERVING         | 15       | 231       | 1.90     | 0.75      | 3.08   | 0.20    | 0.04    |
| PARMESAN ROASTED POTATOES | 3.25 OZ         | 107      | 149       | 1.30     | 3.24      | 16.03  | 3.39    | 1.01    |
| APPLE, FRESH              | ONE EACH        | 72       | 1         | 14.34    | 0.36      | 19.06  | 0.23    | 0.04    |
| MILK, 1% LOWFAT           | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT       | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                   | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| MUSTARD                   | ONE PC PACKET   | 5        | 70        | 0.00     | 1.00      | 0.00   | 0.00    | 0.00    |
| MAYONNAISE                | 1 PC PACKET     | 25       | 105       | 0.00     | 0.00      | 2.00   | 2.50    | 0.00    |
| RANCH DRESSING (LITE)     | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| Fri - 02/12/2021          | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| CHEESE PIZZA              | ONE SLICE       | 360      | 600       | 9.00     | 21.00     | 34.00  | 16.00   | 7.00    |
| PEPPERONI PIZZA           | ONE SLICE       | 370      | 660       | 9.00     | 21.00     | 34.00  | 16.00   | 7.00    |
| CORN, SEASONED            | 1/2 CUP         | 92       | 0         | 4.58     | 2.75      | 19.24  | 0.92    | 0.00    |
| FRUIT-CHECK W/ CAMPUS     | 1/2 CUP         | 0        | 0         | 0.00     | 0.00      | 0.00   | 0.00    | 0.00    |
| MILK, 1% LOWFAT           | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT       | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| Wed - 02/17/2021          | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| PIZZA STICKS              | THREE STICKS    | 450      | 1110      | 9.00     | 21.00     | 51.00  | 18.00   | 6.00    |
| CUCUMBER/TOMATO           | 1.5 OZ/1.5 OZ   | 14       | 3         | 1.82     | 0.65      | 3.21   | 0.13    | 0.03    |
| APPLESAUCE CUP            | 1 EACH          | 87       | 3         | 18.71    | 0.20      | 22.31  | 0.22    | 0.04    |
| MILK, 1% LOWFAT           | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT       | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| RANCH DRESSING (LITE)     | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| MARINARA SAUCE            | 2 OZ LADLE      | 34       | 66        | 3.89     | 0.97      | 5.84   | 0.73    | 0.00    |
| Thu - 02/18/2021          | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| ORANGE CHICKEN/RICE       | 4.3 OZ/RICE     | 476      | 646       | 0.00     | 20.89     | 62.49  | 15.15   | 3.10    |
| GRILLED CHEESE            | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| CARROTS, FRESH            | 2.5 OZ          | 29       | 49        | 3.36     | 0.66      | 6.79   | 0.17    | 0.02    |
| PARMESAN ROASTED POTATOES | 3.25 OZ         | 107      | 149       | 1.30     | 3.24      | 16.03  | 3.39    | 1.01    |
| APPLE, FRESH              | ONE EACH        | 72       | 1         | 14.34    | 0.36      | 19.06  | 0.23    | 0.04    |
| MILK, 1% LOWFAT           | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT       | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                   | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| RANCH DRESSING (LITE)     | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| Fri - 02/19/2021          | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| CHEESE PIZZA              | 8 CUT           | 360      | 600       | 9.00     | 21.00     | 34.00  | 16.00   | 7.00    |
| PEPPERONI PIZZA           | 8 CUT           | 370      | 660       | 9.00     | 21.00     | 34.00  | 16.00   | 7.00    |
| CORN, SEASONED            | 1/2 CUP         | 92       | 0         | 4.58     | 2.75      | 19.24  | 0.92    | 0.00    |
| FRUIT-CHECK W/ CAMPUS     | 1/2 CUP         | 0        | 0         | 0.00     | 0.00      | 0.00   | 0.00    | 0.00    |
| MILK, 1% LOWFAT           | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT       | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| Mon - 02/22/2021          | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| BURGER ON BUN             | 1 EACH          | 350      | 540       | 4.00     | 24.00     | 29.00  | 15.00   | 5.00    |
| CHEESEBURGER ON BUN       | 1 EACH          | 345      | 673       | *N/A*    | 21.54     | 32.01  | 15.03   | 5.77    |
| GRILLED CHEESE            | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| LETTUCE,TOMATO,PICKLE     | SERVING         | 15       | 231       | 1.90     | 0.75      | 3.08   | 0.20    | 0.04    |
| SIDEWINDER POTATOES       | 3.0 OZ          | 190      | 400       | 0.00     | 2.00      | 35.00  | 5.00    | 0.50    |
| APPLE WEDGES              | 2 OZ            | 29       | 1         | 5.89     | 0.15      | 7.83   | 0.10    | 0.02    |
| MILK, 1% LOWFAT           | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT       | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                   | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| MUSTARD                   | ONE PC PACKET   | 5        | 70        | 0.00     | 1.00      | 0.00   | 0.00    | 0.00    |
| MAYONNAISE                | 1 PC PACKET     | 25       | 105       | 0.00     | 0.00      | 2.00   | 2.50    | 0.00    |

| Tue - 02/23/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
|------------------------------|-----------------|----------|-----------|----------|-----------|--------|---------|---------|
| CHICKEN NUGGETS/GARLIC TOAST | 10 NUGGET/G TST | 369      | 710       | 1.00     | 21.00     | 34.00  | 16.50   | 3.50    |
| GRILLED CHEESE               | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| MASHED POTATOES              | 1/2 CUP         | 98       | 131       | 0.97     | 1.69      | 17.14  | 2.54    | 1.01    |
| CARROTS, FRESH               | 3 OUNCE         | 35       | 59        | 4.03     | 0.79      | 8.15   | 0.20    | 0.03    |
| ORANGE, FRESH                | 1 EACH          | 62       | 0         | 12.25    | 1.23      | 15.39  | 0.16    | 0.03    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                      | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| RANCH DRESSING (LITE)        | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| PEPPER GRAVY                 | 2 OZ LADLE      | 39       | 158       | 1.12     | 0.00      | 5.60   | 2.24    | 1.12    |
| Wed - 02/24/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| STEAK FINGERS/BREADSTICK     | 4 EACH /BRSTICK | 459      | 449       | 3.00     | 19.16     | 44.07  | 21.93   | 5.45    |
| GRILLED CHEESE               | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| CUCUMBER/TOMATO              | 1.5 OZ/1.5 OZ   | 14       | 3         | 1.82     | 0.65      | 3.21   | 0.13    | 0.03    |
| APPLESAUCE CUP               | 1 EACH          | 87       | 3         | 18.71    | 0.20      | 22.31  | 0.22    | 0.04    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                      | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| RANCH DRESSING (LITE)        | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| Thu - 02/25/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| BREADED CHICKEN ON BUN       | ONE EACH        | 447      | 706       | 5.06     | 24.03     | 46.03  | 17.96   | 2.66    |
| GRILLED CHEESE               | ONE EACH        | 402      | 1231      | *4.00    | 20.27     | 34.00  | 21.42   | 6.87    |
| LETTUCE,TOMATO,PICKLE        | SERVING         | 15       | 231       | 1.90     | 0.75      | 3.08   | 0.20    | 0.04    |
| PARMESAN ROASTED POTATOES    | 3.25 OZ         | 107      | 149       | 1.30     | 3.24      | 16.03  | 3.39    | 1.01    |
| APPLE, FRESH                 | ONE EACH        | 72       | 1         | 14.34    | 0.36      | 19.06  | 0.23    | 0.04    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |
| KETCHUP                      | 1 PC TUB        | 30       | 75        | 5.00     | 0.00      | 7.00   | 0.00    | 0.00    |
| MUSTARD                      | ONE PC PACKET   | 5        | 70        | 0.00     | 1.00      | 0.00   | 0.00    | 0.00    |
| MAYONNAISE                   | 1 PC PACKET     | 25       | 105       | 0.00     | 0.00      | 2.00   | 2.50    | 0.00    |
| RANCH DRESSING (LITE)        | # 24 SCOOP      | 147      | 360       | 1.33     | 1.33      | 1.33   | 13.33   | 2.00    |
| Fri - 02/26/2021             | Portion Size    | Calories | Mg Sodium | G Sugars | G Protein | G Carb | G T-Fat | G S-Fat |
| CHEESE PIZZA                 | ONE SLICE       | 360      | 600       | 9.00     | 21.00     | 34.00  | 16.00   | 7.00    |
| PEPPERONI PIZZA              | ONE SLICE       | 370      | 660       | 9.00     | 21.00     | 34.00  | 16.00   | 7.00    |
| CORN, SEASONED               | 1/2 CUP         | 92       | 0         | 4.58     | 2.75      | 19.24  | 0.92    | 0.00    |
| FRUIT-CHECK W/ CAMPUS        | 1/2 CUP         | 0        | 0         | 0.00     | 0.00      | 0.00   | 0.00    | 0.00    |
| MILK, 1% LOWFAT              | HALF PINT       | 100      | 125       | 12.00    | 8.00      | 12.00  | 2.50    | 1.50    |
| MILK, CHOC, NON FAT          | HALF PINT       | 110      | 100       | 18.00    | 8.00      | 19.00  | 0.00    | 0.00    |

This institution is an equal opportunity provider.

\*N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice.

Please consult a medical professional for assistance in planning for or treating medical conditions.