

## Middle School Lunch

Mon - 05/03/2021	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 - 05/04/2021	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 - 05/05/2021	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 - 05/06/2021	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 - 05/07/2021	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
Mon - 05/10/2021	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 - 05/11/2021	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 - 05/12/2021	Portion Size			G	G	G	G	G
		Calories	Mg Sodium	Sugars	Protein	Carb	T-Fat	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 - 05/13/2021	Portion Size			G	G	G	G	G
		Calories	Mg Sodium	Sugars	Protein	Carb	T-Fat	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 - 05/14/2021	Portion Size			G	G	G	G	G
		Calories	Mg Sodium	Sugars	Protein	Carb	T-Fat	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
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
Mon - 05/17/2021	Portion Size			G	G	G	G	G
		Calories	Mg Sodium	Sugars	Protein	Carb	T-Fat	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
TATOR TOTS	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 - 05/18/2021	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 - 05/19/2021	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
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
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 - 05/20/2021	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 - 05/21/2021	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
Mon - 05/24/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN TENDERS & BISCUIT	3 EACH/BISCUIT	780	1290	3.00	41.00	73.00	33.00	7.50
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
TATOR TOTS	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 - 05/25/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
FIESTA NACHOS	UNIT	450	740	0.00	18.00	33.50	28.51	13.50
NACHO GRANDE	UNIT	395	696	1.00	17.48	34.99	22.00	8.40
RICE, SPANISH	1/2 CUP	125	139	1.10	1.64	24.97	1.71	0.34
REFRIED BEANS	#6 SCOOP	255	802	*0.00	13.15	32.70	8.74	3.71
FRUIT OF THE DAY	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 - 05/26/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
THAI SWEET CHILI CHICKEN/RICE	4 OZ/RICE	361	498	15.44	17.66	61.74	4.47	0.70
GENERAL TSO'S CHICKEN/RICE	4.0 OZ/RICE	392	545	14.00	16.22	66.69	5.67	1.00
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00	0.00
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
Thu - 05/27/2021	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
CARROTS, FRESH	2.5 OZ	29	49	3.36	0.66	6.79	0.17	0.02
FRUIT OF THE DAY	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

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.