

Nutritional Information for Middle School Menus

Day	Ser Period	Item		CALORIES	PROTIEN	VITAMIN A RE	VITAMIN A IU	VITAMIN C	IRON	CALCIUM	TOTAL FAT	SAT FAT	CARBS	FIBER	CHOL	SODUIM	Trans Fat
W1D1	Breakfast	CHICKEN & BISCUIT	1 Sandwich	290	12	0	0	3.6	2.2	20	13.5	7	29	2	15	970	0
W1D1	Breakfast	MINI CINNI	PACKAGE (1)	240	5	0	0	0	1.4	20	7	2	40	2	0	300	0
W1D1	Breakfast	YOGURT/STRAWB BREAKFAST	1 parfait	279	5.7	1.2	800	1.7	0.5	100	3.4	0.9	56.6	3.8	2.5	138.5	0
W1D1	Breakfast	CEREAL COCOA PUFFS R-S WG	BOWL (1)	110	2	100	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D1	Breakfast	CEREAL TRIX R-S WG	BOWL (1)	110	1	80	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D1	Breakfast	CEREAL LUCKY CHARMS WG	BOWL (1)	110	2	80	500	6	4.5	100	1	0	23	2	0	180	0
W1D1	Breakfast	CEREAL FROOT LOOPS	BOWL (1)	110	2	80	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D1	Breakfast	CEREAL APPLE JACKS R-S WG	BOWL (1)	100	3	80	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D1	Breakfast	CEREAL RICE CHEX	BOWL (1)	100	2	100	500	6	9	100	0.5	0	24	1	0	250	0
W1D1	Breakfast	GRAB-GO BK BAG-CHEEZ-IT	1 BAG	270	11	0	600	9	1.1	300	6	3.5	44	5	10	360	0
W1D1	Breakfast	Toasted Bread	1 EA	65	3	0	0	0	0.7	20	1	0	12.5	1.5	0	125	0
W1D1	Breakfast	CHEESE TOAST	1 SLICE (1)	171	8.6	0.4	268	0	0.7	316	9.6	5	13.8	1.5	25	418	0
W1D1	Breakfast	APPLE JUICE	1 carton (4oz.)	96	0	0	0	0	0	0	0	0	24	0	0	24	0
W1D1	Breakfast	FRESH RED GRAPES 2015	1/2 CUP	90	1	0	100	15	0.4	20	1	0	24	1	0	0	0
W1D1	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D1	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D1	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D1	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D1	Lunch	CHEESEBURGER W/BUN	1 CHEESEBURGER	353	19.8	20.2	234	0	3.2	228	18.8	7.5	26.7	3	47.5	626.5	1
W1D1	Lunch	BEEF HOT DOG W/BUN	1 EACH	320	11	0	0	3.6	2	30	18.5	7	28	4	30	520	0
W1D1	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W1D1	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0
W1D1	Lunch	SEASONED FRIES	1/2 CUP	140	1	0	0	1.2	0	0	7	1	17	1	0	130	0
W1D1	Lunch	BAKED BEANS	1/2 CUP	161.5	6.5	0	0	0	1.9	64.6	1.1	0	32.3	7.5	5.4	581.3	0
W1D1	Lunch	FRESH ORANGES	1 EACH	70	1	0	100	78	0.4	60	0	0	21	7	0	0	0
W1D1	Lunch	APPLESAUCE	1/2 cup	100	0	0	0	2.4	0.4	0	0	0	25	2	0	5	0
W1D1	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20	0	0	0	0	0	0	0	0	6	0	0	170	0
W1D1	Lunch	MAYONNAISE REDC FAT REDC CALOR	POUCH (1)	80	0	0	200	0	0	0	8	1	2	0	10	180	0
W1D1	Lunch	MUSTARD INDIVIDUAL	PACKET (1)	5	0	0	0	0	0	0	0	0	0	0	0	65	0
W1D1	Lunch	PICKLE DILL SLICE	Pickle chip (3)	9	0	0	0	0.2	0	0	0	0	0.2	0	0	684	0
W1D1	Lunch	SLICE TOMATOES	SLICE	5.8	0.2	0	3.3	6.7	0.3	0.3	0	0	1.2	0.2	0	0.8	0
W1D1	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0	0	11.8	0.2	0	0	0	0	0.2	0.1	0	0.6	0
W1D1	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D1	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D1	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D1	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D1	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W1D2	Breakfast	WAFFLE (GINNY'S) 2017-18	EACH	290	4	0	500	0	1.4	0	14	6	37	2	15	160	0
W1D2	Breakfast	PANCAKE SAUSAGE ON STICK	1 EACH	210	7	0	0	1.2	1.4	20	12	3	20	0	20	390	0
W1D2	Breakfast	YOGURT/STRAWB BREAKFAST	1 parfait	279	5.7	1.2	800	1.7	0.5	100	3.4	0.9	56.6	3.8	2.5	138.5	0
W1D2	Breakfast	CEREAL COCOA PUFFS R-S WG	BOWL (1)	110	2	100	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D2	Breakfast	CEREAL FROOT LOOPS	BOWL (1)	110	2	80	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D2	Breakfast	CEREAL LUCKY CHARMS WG	BOWL (1)	110	2	80	500	6	4.5	100	1	0	23	2	0	180	0
W1D2	Breakfast	CEREAL TRIX R-S WG	BOWL (1)	110	1	80	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D2	Breakfast	CEREAL APPLE JACKS R-S WG	BOWL (1)	100	3	80	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D2	Breakfast	CEREAL TRIX R-S WG	BOWL (1)	110	1	80	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D2	Breakfast	GRAB-GO-BK CIN-TOAST CRUNC BAR	1 BAG	330	12	0	100	60	1.8	420	5.5	3	44	3	10	325	0
W1D2	Breakfast	Toasted Bread	1 EA	65	3	0	0	0	0.7	20	1	0	12.5	1.5	0	125	0

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W1D2	Breakfast	CHEESE TOAST	1 SLICE (1)	171	8.6	0.4	268	0	0.7	316	9.6	5	13.8	1.5	25	418	0
W1D2	Breakfast	SYRUP PANCAKE REDUCED CALORIE	PACKET	50	0	0	0	0	0	0	0	0	13	0	0	0	0
W1D2	Breakfast	FRESH BANANA	1 EACH	110	1	0	0	9	0.4	0	0	0	29	4	0	0	0
W1D2	Breakfast	ORANGE JUICE	1 carton (4oz.)	120	1	0	0	60	0	20	0	0	13	0	0	0	0
W1D2	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D2	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D2	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D2	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D2	Lunch	CHICKEN TACO MEAT	3 OZ	220	26	0	300	0	1.1	0	11	4.5	5	0	110	530	0
W1D2	Lunch	TOTALLY TACO MAX	3 pieces	240	15	0.4	100	0	2.7	200	8	2.5	29	4	10	600	0
W1D2	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W1D2	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0
W1D2	Lunch	WHOLE KERNAL CORN (FROZEN)	1/2 CUP	94.8	2	0	245.4	2.3	0.4	2.8	2.2	1	15	2	4.4	0	0
W1D2	Lunch	REFRIED BEANS	1/2 CUP	122.1	6.1	0	0	0	1.8	20.4	2	0	19.3	5.1	0	142.5	0
W1D2	Lunch	PEACHES (CN) W JUICE	1/2 CUP	70	0	0	300	1.2	0	0	0	0	17	0.5	0	10	0
W1D2	Lunch	GRAPE JUICE	1 carton (4oz.)	80	1	0	0	0	0	0	0	0	18	0	0	15	0
W1D2	Lunch	CHIPS/BARRELL O'FUN 2016	Package (1)	140	2	0	0	0	0	40	7	1	19	1	0	105	0
W1D2	Lunch	SHREDDED CHEESE	1 OUNCE	70	7	0	0	0	0	0	4	2.5	2	0	15	210	0
W1D2	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0	0	11.8	0.2	0	0	0	0	0.2	0.1	0	0.6	0
W1D2	Lunch	SALSA MILD THICK & CHUNKY	1/8th cup	10	0	80	100	3.6	0	0	0	0	2	0.5	0	160	0
W1D2	Lunch	SOUR CREAM LF	1 PKT	20.7	0.9	14.3	71.4	0	0	35	0	0	4.4	0	2.5	39.5	0
W1D2	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D2	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D2	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D2	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D2	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W1D3	Breakfast	SAUSAGE & BISCUIT	1 SAUSAGE-BISCUIT	370	13	0	0	3.6	2.2	20	24	11	23	1	40	1110	0
W1D3	Breakfast	MINI-PANCAKE-MAPLE	1 package	230	4	0	0	0	0.7	40	7	0.5	41	3	0	150	0
W1D3	Breakfast	YOGURT/STRAWB BREAKFAST	1 parfait	279	5.7	1.2	800	1.7	0.5	100	3.4	0.9	56.6	3.8	2.5	138.5	0
W1D3	Breakfast	CEREAL COCOA PUFFS R-S WG	BOWL (1)	110	2	100	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D3	Breakfast	CEREAL FROOT LOOPS	BOWL (1)	110	2	80	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D3	Breakfast	CEREAL LUCKY CHARMS WG	BOWL (1)	110	2	80	500	6	4.5	100	1	0	23	2	0	180	0
W1D3	Breakfast	CEREAL TRIX R-S WG	BOWL (1)	110	1	80	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D3	Breakfast	CEREAL APPLE JACKS R-S WG	BOWL (1)	100	3	80	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D3	Breakfast	CEREAL RICE CHEX	BOWL (1)	100	2	100	500	6	9	100	0.5	0	24	1	0	250	0
W1D3	Breakfast	GRAB-GO BK GRAHAM CRACKER	1 BAG	270	10	0	650	4.8	0.9	310	6.5	3.5	45.8	4.4	10	316	0
W1D3	Breakfast	Toasted Bread	1 EA	65	3	0	0	0	0.7	20	1	0	12.5	1.5	0	125	0
W1D3	Breakfast	CHEESE TOAST	1 SLICE (1)	171	8.6	0.4	268	0	0.7	316	9.6	5	13.8	1.5	25	418	0
W1D3	Breakfast	GRAPE JUICE	1 carton (4oz.)	80	1	0	0	0	0	0	0	0	18	0	0	15	0
W1D3	Breakfast	FRESH ORANGES	1 EACH	70	1	0	100	78	0.4	60	0	0	21	7	0	0	0
W1D3	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D3	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D3	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D3	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D3	Lunch	BONELESS CHICKEN WINGS	(5) EACH	240	22	0	0	0	1.4	0	10	2	14	1	50	380	0
W1D3	Lunch	PORK CHOP	3.75 OZ	273	18	0	105	5	2.8	63	13.7	3.7	19.95	2	162.6	210	0
W1D3	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0
W1D3	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W1D3	Lunch	MASHED POTATOES	1/2 cup	70	1	0.4	1.9	6.4	0.2	7.1	1	0	15	1	0	340	0

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W1D3	Lunch	GREEN BEANS 2015	1/2 CUP	57.9	1.1	0	340.6	1.3	0.4	22.6	4.1	2.6	4.3	2.1	10.9	149.6	0
W1D3	Lunch	BREAD/GRAIN BUNS HAMBURGER WW	BUN	130	5	0	0	0	1.4	40	1.5	0	24	2	0	260	0
W1D3	Lunch	MAC & CHEESE	1/2 CUP	172.4	9.7	8	153.4	0.2	0.5	38.9	8.2	4.9	14.9	0.6	25.6	228	0
W1D3	Lunch	JUICE FRUIT PUNCH 4OZ 2017	CARTON	60	0	0	0	0	0	20	0	0	15	0	0	15	0
W1D3	Lunch	TROPICAL FRUIT (CN)	1/2 CUP	90	0.9	0	0	0	0	0	0	0	22	2	0	0	0
W1D3	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20	0	0	0	0	0	0	0	0	6	0	0	170	0
W1D3	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3	0	0	0	0.1	0	0	0	0	0.1	0	0	228	0
W1D3	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D3	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D3	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D3	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D3	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W1D4	Breakfast	PIZZA BREAKFAST BACON SCRA	1 PIZZA (1)	190	10	0	100	0	1.8	150	8	2	20	2	45	300	0
W1D4	Breakfast	YOGURT/STRAWB BREAKFAST	1 parfait	279	5.7	1.2	800	1.7	0.5	100	3.4	0.9	56.6	3.8	2.5	138.5	0
W1D4	Breakfast	POPTART FUDGE FROSTED	1 PACKAGE	180	3	0	500	0	1.8	100	3	1	38	3	0	190	0
W1D4	Breakfast	POPTART BROWN SUGAR CINN	1 PASTRY	180	2	100	500	0	1.8	100	2.5	1	37	3	0	190	0
W1D4	Breakfast	POPTART STRAWBERRY WG	PASTRY	180	2	2	500	0	1.8	100	2.5	1	38	3	0	180	0
W1D4	Breakfast	CEREAL COCOA PUFFS R-S WG	BOWL (1)	110	2	100	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D4	Breakfast	CEREAL LUCKY CHARMS WG	BOWL (1)	110	2	80	500	6	4.5	100	1	0	23	2	0	180	0
W1D4	Breakfast	CEREAL FROOT LOOPS	BOWL (1)	110	2	80	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D4	Breakfast	CEREAL TRIX R-S WG	BOWL (1)	110	1	80	400	4.8	4.5	80	1	0	24	1	0	140	0
W1D4	Breakfast	CEREAL APPLE JACKS R-S WG	BOWL (1)	100	3	80	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D4	Breakfast	CEREAL RICE CHEX	BOWL (1)	100	2	100	500	6	9	100	0.5	0	24	1	0	250	0
W1D4	Breakfast	GRAB-GO-BK FRUITY PEBBLES BAR	1 BAG	330	11	0	200	64.8	1.8	420	5.5	3	44	3	10	315	0
W1D4	Breakfast	Toasted Bread	1 EA	65	3	0	0	0	0.7	20	1	0	12.5	1.5	0	125	0
W1D4	Breakfast	CHEESE TOAST	1 SLICE (1)	171	8.6	0.4	268	0	0.7	316	9.6	5	13.8	1.5	25	418	0
W1D4	Breakfast	FRESH RED GRAPES 2015	1/2 CUP	90	1	0	100	15	0.4	20	1	0	24	1	0	0	0
W1D4	Breakfast	ORANGE JUICE	1 carton (4oz.)	120	1	0	0	60	0	20	0	0	13	0	0	0	0
W1D4	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D4	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D4	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D4	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D4	Lunch	MINI CORN DOGS 2015	6 6 Pieces	250	11	0	0	0	3.6	0	10	1.5	31	1	15	630	0
W1D4	Lunch	PIZZA STUFF CRUST PEPP. 2016	PIZZA (1)	330	16	0	300	0	2.7	250	14	4.5	36	2	20	880	0
W1D4	Lunch	ALPHA PEPPERONI PIZZA 2017	1 PIZZA	440	22	0	500	6	1.4	400	160	10	47	1	35	630	0
W1D4	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W1D4	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0
W1D4	Lunch	PINTO BEANS	1/2 CUP	155	6.7	0	76.6	0	1.9	80.5	3.1	1.6	22.6	12	6.6	186	0
W1D4	Lunch	FRESH BROCCOLI W/RANCH DRESSING	1/2 CUP	80.4	2.2	0	114.4	29.7	0.3	35.5	7.1	1	3.5	1.1	5.1	282.9	0
W1D4	Lunch	DICED PEARS	1/2 CUP	60	0	0	0	0	0	0	0	0	14	2	0	10	0
W1D4	Lunch	FRESH STRAWBERRIES (whole)	1/2 CUP	22.5	0.5	0	0	48	0.4	10	0	0	6.2	2.1	0	0	0
W1D4	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D4	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D4	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D4	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D4	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W1D5	Breakfast	FRENCH TOAST STKS-W-SYRUP 2015	1 sticks (3)	257.8	7.7	46.6	232.9	0.1	1.5	73.1	8.8	2.1	38.6	2.5	104.9	281.8	0.1
W1D5	Breakfast	EGG& CHEESE SANDWICH	1 SANDWICH (1)	160	6	0	300	60	1.4	80	7	2.5	20	2	65	360	0
W1D5	Breakfast	YOGURT/STRAWB BREAKFAST	1 parfait	279	5.7	1.2	800	1.7	0.5	100	3.4	0.9	56.6	3.8	2.5	138.5	0
W1D5	Breakfast	CEREAL TRIX R-S WG	BOWL (1)	110	1	80	400	4.8	4.5	80	1	0	24	1	0	140	0

Nutritional Information for Middle School Menus

Day	Ser Period	Item		CALORIES	PROTIEN	VITAMIN A RE	VITAMIN A IU	VITAMIN C	IRON	CALCIUM	TOTAL FAT	SAT FAT	CARBS	FIBER	CHOL	SODUIM	Trans Fat
W1D5	Breakfast	CEREAL LUCKY CHARMS WG	BOWL (1)	110	2	80	500	6	4.5	100	1	0	23	2	0	180	0
W1D5	Breakfast	CEREAL COCOA PUFFS R-S WG	BOWL (1)	110	2	100	500	6	4.5	100	1.5	0	25	2	0	160	0
W1D5	Breakfast	CEREAL APPLE JACKS R-S WG	BOWL (1)	100	3	80	500	6	8.1	100	2	0.5	20	3	0	140	0
W1D5	Breakfast	CEREAL RICE CHEX	BOWL (1)	100	2	100	500	6	9	100	0.5	0	24	1	0	250	0
W1D5	Breakfast	CEREAL FROOT LOOPS	BOWL (1)	110	2	80	400	12	3.6	0	1	0.5	24	3	0	170	0
W1D5	Breakfast	GRAB-GO BK CHO.KRISPIE BAR	1 BAG	300	11	0	700	15	1.1	320	8	3.5	52	4	10	350	0
W1D5	Breakfast	Toasted Bread	1 EA	65	3	0	0	0	0.7	20	1	0	12.5	1.5	0	125	0
W1D5	Breakfast	CHEESE TOAST	1 SLICE (1)	171	8.6	0.4	268	0	0.7	316	9.6	5	13.8	1.5	25	418	0
W1D5	Breakfast	JUICE FRUIT PUNCH 4OZ 2017	CARTON	60	0	0	0	0	0	20	0	0	15	0	0	15	0
W1D5	Breakfast	FRESH APPLE RED DELICIOUS 201	1 APPLE	90	0	0	50	4.8	0.2	10	0	0	23.8	3.4	0	1	0
W1D5	Breakfast	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D5	Breakfast	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D5	Breakfast	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D5	Breakfast	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D5	Lunch	CHICKEN SANDWICH	1 PATTY	360	27	0	0	0	2.9	60	11.5	2	38	3	50	640	0
W1D5	Lunch	CHICKEN ALFREDO W/PASTA	1 CUP	278.9	18.2	0	226	27.7	2.3	129.4	7.5	2.8	35	2.5	10.1	497.6	0
W1D5	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W1D5	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0
W1D5	Lunch	ROMAINE GARDEN SALAD	1/2 CUP	82.8	1.8	0	410.1	17.2	1.3	21	7.1	1	4.4	1.1	5.1	277.8	0
W1D5	Lunch	FRESH BABY CARROTS (2015)	1/2 CUP	92.8	1.6	2334.7	8781	3	0.2	32.8	7.1	1	7	1.3	5.1	311	0
W1D5	Lunch	GARLIC BREADSTICK	1 BREADSTICK	110	3	0	0	2.4	1.1	0	4	1	17	2	0	230	0
W1D5	Lunch	MANDARIN ORANGES/w/JUICE (CN)	1/2 CUP	80	0	0	500	21	0.4	20	0	0	20	1	0	10	0
W1D5	Lunch	FRESH APPLE (GALA)	1 APPLE	80	0	0	100	4.8	0.4	0	0	0	22	5	0	0	0
W1D5	Lunch	CHEESE AMERICAN SLICED	SLICE	53	2.8	0.2	134	0	0	148	4.3	2.5	0.7	0	12.5	146.5	0
W1D5	Lunch	SLICE TOMATOES	SLICE	5.8	0.2	0	3.3	6.7	0.3	0.3	0	0	1.2	0.2	0	0.8	0
W1D5	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3	0	0	0	0.1	0	0	0	0	0.1	0	0	228	0
W1D5	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0	0	11.8	0.2	0	0	0	0	0.2	0.1	0	0.6	0
W1D5	Lunch	DRESSING HONEY MUSTARD CUP	CUP (1 OZ)	120	0	0	0	0	0	0	10	1.5	8	0	10	125	0
W1D5	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W1D5	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W1D5	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W1D5	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W1D5	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W2D1	Lunch	BIG CHICKEN & BISCUIT	1 Sandwich	430	27	0	0	3.6	2.9	40	19	8	37	2	50	1130	0
W2D1	Lunch	OMELET FARMHOUSE	EACH	180	11	0	400	2.4	1.1	150	12	5	5	0	190	540	0
W2D1	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W2D1	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0
W2D1	Lunch	JUICE DRAGON PUNCH VEG/FRT	JUICE (4 OZ)	50	0	0	500	30	0	0	0	0	13	0	0	35	0
W2D1	Lunch	HASHBROWN POTATO 2016-17	2 EACH	260	2	0	0	5.8	0.1	0	16	2.5	28	0	0	230	0
W2D1	Lunch	BISCUIT 2.25 OZ. WILMA'S	BISCUIT	200	5	0	0	3.6	1.4	20	9	6	23	1	0	750	0
W2D1	Lunch	FRESH ORANGES	1 EACH	70	1	0	100	78	0.4	60	0	0	21	7	0	0	0
W2D1	Lunch	APPLESAUCE (CN)	1/2 cup	100	0	0	0	2.4	0.4	0	0	0	25	2	0	5	0
W2D1	Lunch	CHEESE AMERICAN SLICED	SLICE	53	2.8	0.2	134	0	0	148	4.3	2.5	0.7	0	12.5	146.5	0
W2D1	Lunch	Country Gravy	1/4 cup	10.4	0	0	0	0	0	1.3	0.6	0.3	1.5	0	0	42.9	0
W2D1	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20	0	0	0	0	0	0	0	0	6	0	0	170	0
W2D1	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W2D1	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W2D1	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0

Nutritional Information for Middle School Menus

Day	Ser Period	Item		CALORIES	PROTIEN	VITAMIN A RE	VITAMIN A IU	VITAMIN C	IRON	CALCIUM	TOTAL FAT	SAT FAT	CARBS	FIBER	CHOL	SODUIM	Trans Fat
W2D1	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W2D1	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W2D2	Lunch	SPAGHETTI & MEAT SAUCE	1 CUP	368.5	21.8	0	652.4	19.2	3.7	63.4	8	2.8	48.1	3.9	55.5	292.4	0
W2D2	Lunch	ALPHA CHEESE PIZZA 2017	1 PIZZA	420	22	0	750	6	1.1	450	140	9	47	1	30	510	0
W2D2	Lunch	CHEESE PIZZA STUFF CRUST	PIZZA (1)	330	16	0	300	0	2.7	300	14	4.5	36	2	15	840	0
W2D2	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W2D2	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0
W2D2	Lunch	FROZEN STEAMED GREEN PEAS	1/2 cup	114.2	4.6	397.4	2107.6	17	1.6	23.9	3.9	2.5	13.6	4.5	10.4	107.9	0
W2D2	Lunch	ROMAINE GARDEN SALAD	1/2 CUP	82.8	1.8	0	410.1	17.2	1.3	21	7.1	1	4.4	1.1	5.1	277.8	0
W2D2	Lunch	GARLIC BREADSTICK	1 BREADSTICK	110	3	0	0	2.4	1.1	0	4	1	17	2	0	230	0
W2D2	Lunch	FRESH RED APPLE	1 APPLE	90	0	0	50	4.8	0.2	10	0	0	23.8	3.4	0	1	0
W2D2	Lunch	MIXED FRUIT (CN) W JUICE	1/2 CUP	80	1	0	200	1.2	0	0	0	0	18	1	0	5	0
W2D2	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20	0	0	0	0	0	0	0	0	6	0	0	170	0
W2D2	Lunch	MUSTARD INDIVIDUAL	PACKET (1)	5	0	0	0	0	0	0	0	0	0	0	0	65	0
W2D2	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W2D2	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W2D2	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W2D2	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W2D2	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W2D3	Lunch	CHEESEBURGER W/BUN	1 CHEESEBURGER	353	19.8	20.2	234	0	3.2	228	18.8	7.5	26.7	3	47.5	626.5	1
W2D3	Lunch	CHICKEN BRD DRUMSTICK TYSON	1 EACH	190	16	0	100	0	1.1	20	11	2.5	5	1	50	450	0
W2D3	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	434.2	22.5	3.1	4791.4	58.9	6	393.7	29.8	8.1	24.4	5.9	60.1	1167.8	0
W2D3	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W2D3	Lunch	GARLIC BREADSTICK 2015	1 BREADSTICK	110	3	0	0	2.4	1.1	0	4	1	17	2	0	230	0
W2D3	Lunch	STEAMED BROCCOLI	1/2 CUP	38.7	1.2	0	215.6	29.7	0.3	16.2	3.3	2.1	1.5	1.1	8.7	9.5	0
W2D3	Lunch	WHOLE KERNAL CORN	1/2 CUP	94.8	2	0	245.4	2.3	0.4	2.8	2.2	1	15	2	4.4	0	0
W2D3	Lunch	GRAPE JUICE	1 carton (4oz.)	80	1	0	0	0	0	0	0	0	18	0	0	15	0
W2D3	Lunch	FRESH BANANA	1 EACH	110	1	0	0	9	0.4	0	0	0	29	4	0	0	0
W2D3	Lunch	SLICE TOMATOES	SLICE	5.8	0.2	0	3.3	6.7	0.3	0.3	0	0	1.2	0.2	0	0.8	0
W2D3	Lunch	LETTUCE SHREDDED	1/8th cup	0.9	0	0	11.8	0.2	0	0	0	0	0.2	0.1	0	0.6	0
W2D3	Lunch	PICKLE DILL SLICE	Pickle chip (3)	3	0	0	0	0.1	0	0	0	0	0.1	0	0	228	0
W2D3	Lunch	MAYONNAISE REDC FAT REDC CALOR	POUCH (1)	40	0	0	100	0	0	0	4	0.5	1	0	5	90	0
W2D3	Lunch	MUSTARD INDIVIDUAL	PACKET (1)	5	0	0	0	0	0	0	0	0	0	0	0	65	0
W2D3	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20	0	0	0	0	0	0	0	0	6	0	0	170	0
W2D3	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W2D3	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W2D3	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W2D3	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W2D3	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W2D4	Lunch	SALISBURY STEAK & GRAVY	1 STEAK	223.5	14	0	0	1.2	1.8	40	14.6	6	7.5	1	45	514.6	0
W2D4	Lunch	TOASTED GRILLED CHEESE SAND.	1 SAND	423.6	17.3	0.8	819.4	0	1.4	634.7	28.4	15.8	27.6	3	74.4	836	0
W2D4	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	398.2	23.9	2.7	4523.4	58.9	6	97.7	25.2	5.6	25.1	5.9	50.1	1084.8	0
W2D4	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W2D4	Lunch	FRESH BABY CARROTS	1/2 CUP	92.8	1.6	2334.7	8781	3	0.2	32.8	7.1	1	7	1.3	5.1	311	0
W2D4	Lunch	MASHED POTATOES	1/2 cup	70	1	0.4	1.9	6.4	0.2	7.1	1	0	15	1	0	340	0
W2D4	Lunch	PINEAPPLE TIBITS (CN) W JUICE	1/2 CUP	70	0	0	0	6	0.4	20	0	0	16	1	0	0	0
W2D4	Lunch	FRESH STRAWBERRIES (whole)	1/2 CUP	22.5	0.5	0	0	48	0.4	10	0	0	6.2	2.1	0	0	0
W2D4	Lunch	MAS WG ROLL	1 ROLL	140	5	0	0	0	1.4	20	2.5	1	32	7	5	80	0
W2D4	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0

Nutritional Information for Middle School Menus

Day	Ser Period	Item		CALORIES	PROTIEN	VITAMIN A RE	VITAMIN A IU	VITAMIN C	IRON	CALCIUM	TOTAL FAT	SAT FAT	CARBS	FIBER	CHOL	SODUIM	Trans Fat
W2D4	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W2D4	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W2D4	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W2D4	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0
W2D5	Lunch	BONELESS CHICKEN WINGS	5 PIECES	240	22	0	0	0	1.4	0	10	2	14	1	50	380	0
W2D5	Lunch	FISH STICKS	4 STICKS	210	12	0	0	0	1.1	20	8	1.5	22	3	35	270	0
W2D5	Lunch	(CHICKEN)CHEF SALAD/RANCH	1 salad	434.2	22.5	3.1	4791.4	58.9	6	393.7	29.8	8.1	24.4	5.9	60.1	1167.8	0
W2D5	Lunch	YOGURT PARFAIT STRWBRYw/granol	1 parfait	379	9.2	1.2	1300	1.7	0.5	200	4.2	1.4	76.1	3.8	5	191	0
W2D5	Lunch	ROMAINE GARDEN SALAD	1/2 CUP	82.8	1.8	0	410.1	17.2	1.3	21	7.1	1	4.4	1.1	5.1	277.8	0
W2D5	Lunch	NORTHERN BEANS	1/2 CUP	278.5	9.8	0	177.1	1.9	2.9	99.2	6.6	3.6	40.6	9.7	15.2	422.5	0
W2D5	Lunch	COLE SLAW	1/2 cup	209.5	1	5.7	1429.4	28.6	0.3	38.1	15.7	2.9	13.3	1.9	7.1	533.3	0
W2D5	Lunch	TROPICAL FRUIT (CN)	1/2 CUP	90	0.9	0	0	0	0	0	0	0	22	2	0	0	0
W2D5	Lunch	FRESH CANTALOUPE	1/2 CUP	29.1	0.6	0	2910.4	27.9	0.2	11.6	0	0	7	0.6	0	14.6	0
W2D5	Lunch	MAC & CHEESE	1/2 CUP	172.4	9.7	8	153.4	0.2	0.5	38.9	8.2	4.9	14.9	0.6	25.6	228	0
W2D5	Lunch	DRESSING HONEY MUSTARD CUP	CUP (1 OZ)	120	0	0	0	0	0	0	10	1.5	8	0	10	125	0
W2D5	Lunch	OS CHOCOLATE CHIP DOUGH 2016	(1) COOKIE	240	2	0	0	0	1.4	0	5	1.5	28	2	10	105	0
W2D5	Lunch	SAUCE TARTAR	PACKET	40	0	0	0	0	0	0	3	0	3	0	5	100	0
W2D5	Lunch	KETCHUP INDIVIDUAL	PACKET (1)	20	0	0	0	0	0	0	0	0	6	0	0	170	0
W2D5	Lunch	MILK HALF PINT 1% SWEET	CARTON (8 OZ)	110	8	100	500	2.4	0	300	2.5	1.5	13	0	10	125	0
W2D5	Lunch	MILK HALF PINT CHOC	CARTON (8 OZ)	120	8	2	500	1.2	0	300	0	0	20	0	5	180	0
W2D5	Lunch	MILK HALF PINT SKIM	CARTON (8 OZ)	90	9	100	500	2.4	0	300	0	0	13	0	3	125	0
W2D5	Lunch	MILK HALF PINT STRAWBERRY	CARTON (8 OZ)	130	8	100	500	1.2	0	300	0	0	23	0	5	125	0
W2D5	Lunch	CRACKERS WG SALTINES	2 Pkgs	120	4	0	0	0	1.4	0	3	0	18	2	0	260	0