

**9-12 NUTRIENT INFORMATION**

<b>Lunch 9-12 Week of 4/2, 4/23</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>							
<b>Cheese Steak Melt</b>	1 each	330	14	5	590	18	30
<b>Spicy Chicken Tender Sandwich</b>	1 each	422	17.6	3	673	22	46
Potato Rounds	1/2 cup	129	6	1	307	2	16
Green Beans	1/2 cup	23	0	0	7	1.2	5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Tuesday</b>							
<b>Burrito, Beef and Cheese</b>	1 each	304	10.75	4.1	497	15.3	39
<b>Salsa</b>	1/2 cup	25	0	0	177	0	5
<b>Italian Ciabatta Sandwich with pickles</b>	1 each	313	12.7	5	1186	19.5	33
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Corn	1/2 cup	68	0.5	0	1	2	16
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9	1	13

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Lunch 9-12 Week of 4/2, 4/23	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Wednesday</b>							
<b>Chicken Rings</b>	5 each	300	18	3.5	450	21	15
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Wheat Roll	1 each	171	2	0.5	150	5	32
<b>Fiesta Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
<b>Fiesta Salad-fajita meat</b>							0.8
<b>Fiesta Salad-cheese</b>							2
<b>Fiesta Salad- lettuce</b>							2.5
<b>Fiesta Salad- salsa</b>							4
<b>Fiesta Salad-tortilla chips</b>							31
<b>Fiesta Salad-Ranch dressing</b>							3
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fresh Pear	1 each	78	0	0	1	0.4	19
Banana	1 each	121	0	0	2	1	31
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Thursday</b>							
<b>Fajita Chicken Taco</b>	1 each	200	7	2.7	681	15.5	21

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Salsa	1/2 cup	25	0	0	177	0	5
Tortilla Chips	1 bag	270	15	1.5	220	3	31
<b>Turkey Bacon Cheeseburger</b>	1 each	411	8.7	3.1	749	16.8	15
<b>Hamburger</b>	1 each	356	14	5	547	28	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Ketchup	1 packet	10	0	0	25	0	2
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Sriracha Pinto Beans	1/2 cup	125	0	0	372	6.8	24.5
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Friday</b>							
<b>Personal Pan Cheese Pizza</b>	1 each	320	12	6	480	17	35
<b>Personal Pan Pepperoni Pizza</b>	1 each	330	13	5	540	17	35
<b>PB and J Uncrustable Meal- pb and j, cheesestick, baked chips</b>	1 each	485	25	6.25	732	15	46.5
Italian Vegetable Blend	1/2 cup	50	0.5	0	20	2	11

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<b>Lunch 9-12 Week of 4/2, 4/23</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Apple, Golden Delicious	1 each	77	0	0	2	0.5	21
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/9, 4/30	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
<b>Monday</b>							
<b>Mini Corn Dogs</b>	1 serving	269	12	3.7	417	10.4	30
<b>Spicy Chicken Tender Sandwich</b>	1 each	422	17.6	3	673	22	46
Potato Rounds	1/2 cup	129	6	1	307	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Tuesday</b>							
<b>Chicken Strips</b>	3 each	285	13.5	2.25	465	24	16.5
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Wheat Roll	1 each	171	2	0.5	150	5	32
<b>Italian Ciabatta Sandwich with pickles</b>	1 each	313	12.7	5	1186	19.5	33
Green Beans	1/2 cup	23	0	0	7	1.2	5
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14

**9-12 NUTRIENT INFORMATION**

<b>Lunch 9-12 Week of 4/9, 4/30</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Wednesday</b>							
<b>Spicy Chicken Sandwich</b>	1 each	376	10.5	1.5	814	27	45
<b>Fiesta Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
<b>Fiesta Salad-fajita meat</b>							0.8
<b>Fiesta Salad-cheese</b>							2
<b>Fiesta Salad- lettuce</b>							2.5
<b>Fiesta Salad- salsa</b>							4
<b>Fiesta Salad-tortilla chips</b>							31
<b>Fiesta Salad-Ranch dressing</b>							3
Corn	1/2 cup	68	0.5	0	1	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Fresh Pear	1 each	78	0	0	1	0.4	19
Banana	1 each	121	0	0	2	1	31
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Thursday</b>							

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<b>Lunch 9-12 Week of 4/9, 4/30</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Soft Turkey Taco</b>	1 each	278	12	6	591	22	22
Salsa	1/2 cup	25	0	0	177	0	5
Tortilla Chips	1 bag	270	15	1.5	220	3	31
<b>Turkey Bacon Cheeseburger</b>	1 each	411	8.7	3.1	749	16.8	15
<b>Hamburger</b>	1 each	356	14	5	547	28	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Ketchup	1 packet	10	0	0	25	0	2
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Sriracha Pinto Beans	1/2 cup	125	0	0	372	6.8	24.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Apple, Golden Delicious	1 each	77	0	0	2	0.5	21
Mixed Fruit	1/2 cup	57	0	0	9	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Friday</b>							
<b>Cheese Stuffed Breadsticks</b>	2 each	310	13	7	590	18	31
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
<b>PB and J Uncrustable Meal- pb and j, cheesestick, baked chips</b>	1 each	485	25	6.25	732	15	46.5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2

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<b>Lunch 9-12 Week of 4/9, 4/30</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
Green Beans	1/2 cup	23	0	0	7	1.2	5
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19



**9-12 NUTRIENT INFORMATION**

<b>Lunch 9-12 Week of 4/16</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>							
<b>Beef and Cheese Taco Stick</b>	1 each	345	12.8	8.3	630	20	31
<b>Spicy Chicken Tender Sandwich</b>	1 each	422	17.6	3	673	22	46
Potato Rounds	1/2 cup	129	6	1	307	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Sriracha Pinto Beans	1/2 cup	125	0	0	372	6.8	24.5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mandarin Orange Slices	1/2 cup	53	0	0	7	0	13.6
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Tuesday</b>							
<b>Chicken Smackers</b>	10 each	272	14	3	590	18	17
Macaroni and Cheese	1/2 cup	197	7.5	4.5	485	11	21
Wheat Roll	1 each	171	2	0.5	150	5	32
<b>Italian Ciabatta Sandwich with pickles</b>	1 each	313	12.7	5	1186	19.5	33
Green Beans	1/2 cup	23	0	0	7	1.2	5
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/16	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Wednesday</b>							
<b>Italian Dunkers</b>	2 each	350	18	7	450	22	29
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
<b>Fiesta Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
<b>Fiesta Salad-fajita meat</b>							0.8
<b>Fiesta Salad-cheese</b>							2
<b>Fiesta Salad- lettuce</b>							2.5
<b>Fiesta Salad- salsa</b>							4
<b>Fiesta Salad-tortilla chips</b>							31
<b>Fiesta Salad-Ranch dressing</b>							3
Italian Vegetable Blend	1/2 cup	50	0.5	0	20	2	11
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Pear	1 each	78	0	0	1	0.4	19

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<b>Lunch 9-12 Week of 4/16</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Thursday</b>							
<b>Spicy Grilled Cheese Sandwich</b>	1 each	317	12.8	7	975	15.7	33
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
<b>Turkey Bacon Cheeseburger</b>	1 each	411	8.7	3.1	749	16.8	15
<b>Hamburger</b>	1 each	356	14	5	547	28	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Ketchup	1 packet	10	0	0	25	0	2
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Strawberry Cup	1/2 cup	81	0	0	2	0.5	21
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Friday</b>							
<b>Big Daddy Cheese Pizza</b>	1 slice	340	15	7	670	18	36
<b>Big Daddy Fiesta Pizza</b>	1 slice	371	17	7	650	20	36

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/16	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
<b>Big Daddy Turkey Pepperoni Pizza</b>	1 slice	370	17	7	551	21	35
<b>PB and J Uncrustable Meal- pb and j, cheesestick, baked chips</b>	1 each	485	25	6.25	732	15	46.5
Corn	1/2 cup	68	0.5	0	1	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19