

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 1/8, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Mini Corn Dogs	1 serving	269	12	3.7	417	10.4	30
Spicy Chicken Tender Sandwich	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
Tuesday							
Chicken Strips	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
Italian Ciabatta Sandwich with pickles	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

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Lunch 9-12 Week of 1/8, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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
Wednesday							
Spicy Chicken Sandwich	1 each	376	10.5	1.5	814	27	45
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							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
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
Thursday							
Soft Turkey Taco	1 each	278	12	6	591	22	22

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Lunch 9-12 Week of 1/8, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Salsa	1/2 cup	25	0	0	177	0	5
Tortilla Chips	1 bag	270	15	1.5	220	3	31
Turkey Bacon Cheeseburger	1 each	411	8.7	3.1	749	16.8	15
Hamburger	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
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
Friday							
Cheese Stuffed Breadsticks	2 each	310	13	7	590	18	31
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	485	25	6.25	732	15	46.5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
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

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Lunch 9-12 Week of 1/8, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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

Lunch 9-12 Week of 1/15	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Beef and Cheese Taco Stick	1 each	345	12.8	8.3	630	20	31
Spicy Chicken Tender Sandwich	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
Tuesday							
Chicken Smackers	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
Italian Ciabatta Sandwich with pickles	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

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Lunch 9-12 Week of 1/15	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
Wednesday							
Italian Dunkers	2 each	350	18	7	450	22	29
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							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
Banana	1 each	121	0	0	2	1	31

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Lunch 9-12 Week of 1/15	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
Thursday							
Spicy Grilled Cheese Sandwich	1 each	317	12.8	7	975	15.7	33
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Turkey Bacon Cheeseburger	1 each	411	8.7	3.1	749	16.8	15
Hamburger	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
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Friday							
Big Daddy Cheese Pizza	1 slice	340	15	7	670	18	36
Big Daddy Fiesta Pizza	1 slice	371	17	7	650	20	36
Big Daddy Turkey Pepperoni Pizza	1 slice	370	17	7	551	21	35

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Lunch 9-12 Week of 1/15	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	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

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Cheese Steak Melt	1 each	330	14	5	590	18	30
Spicy Chicken Tender Sandwich	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
Tuesday							
Frito Pie	1 serving	427	18	5.1	1161	21.2	46
Italian Ciabatta Sandwich with pickles	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
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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Lunch 9-12 Week of 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Wednesday							
Chicken Rings	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
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							3
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
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
Thursday							
Fajita Chicken Taco	1 each	200	7	2.7	681	15.5	21
Salsa	1/2 cup	25	0	0	177	0	5
Tortilla Chips	1 bag	270	15	1.5	220	3	31

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Lunch 9-12 Week of 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Turkey Bacon Cheeseburger	1 each	411	8.7	3.1	749	16.8	15
Hamburger	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
Friday							
Personal Pan Cheese Pizza	1 each	320	12	6	480	17	35
Personal Pan Pepperoni Pizza	1 each	330	13	5	540	17	35
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	485	25	6.25	732	15	46.5
Italian Vegetable Blend	1/2 cup	50	0.5	0	20	2	11
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

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Lunch 9-12 Week of 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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