

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/2, 10/23 | 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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|--|-----------|----------|-----------|---------|--------|---------|-------|
| 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 | | | | | | | |
| Spaghetti and Meat Sauce | 1 serving | 282 | 10 | 3.5 | 758 | 15.7 | 32 |
| Garlic Bread | 1 piece | 100 | 2.5 | 0.5 | 170 | 4 | 15 |
| 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 10/2, 10/23 | 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 |
| Thursday | | | | | | | |
| Chopped BBQ Baker | 1 each | 373 | 36.5 | 2 | 557 | 32 | 47 |
| Wheat Roll | 1 each | 171 | 2 | 0.5 | 150 | 5 | 32 |
| 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 |
| 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 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Fresh Mixed Fruit- grapes, watermelon, cantaloupe | 1/2 cup | 56 | 0 | 0 | 0 | 1 | 13 |
| 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 |

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| Lunch 9-12 Week of 10/2, 10/23 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|--|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| 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 |
| PB and J Uncrustable Meal- pb and j, cheesestick, baked chips | 1 each | 485 | 25 | 6.25 | 732 | 15 | 46.5 |
| Corn on the Cob | 1 ear | 170 | 2 | 0 | 0 | 5 | 36 |
| 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 Grapes | 1/2 cup | 57 | 0 | 0 | 1.7 | 0.5 | 15 |
| 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 10/10, 10/30 | 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 | | | | | | | |
| Steak Bites | 4 each | 320 | 20 | 5 | 330 | 16 | 19 |
| 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 |
| 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 |
| Mixed Fruit | 1/2 cup | 57 | 0 | 0 | 9 | 1 | 13 |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/10, 10/30 | 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 |
| 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 |
| Fresh Grapes | 1/2 cup | 57 | 0 | 0 | 1.7 | 0.5 | 15 |
| 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 |
| Cookie, Chocolate Chip 1 oz | 1 each | 110 | 4 | 1 | 70 | 1 | 18 |
| Thursday | | | | | | | |
| Fajita Chicken Taco | 1 each | 200 | 7 | 2.7 | 681 | 15.5 | 21 |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/10, 10/30 | 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 |
| 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 |
| Fresh Mixed Fruit- grapes, watermelon, cantaloupe | 1/2 cup | 56 | 0 | 0 | 0 | 1 | 13 |
| 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 |
| 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 |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/10, 10/30 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|--|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| 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 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Apple Slices | 1 pkg | 34 | 0 | 0 | 0 | 0 | 8 |
| 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 10/16 | 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 |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/16 | 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 |
| Apple Slices | 1 pkg | 34 | 0 | 0 | 0 | 0 | 8 |
| 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 |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/16 | 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 |
| Strawberry Cup | 1/2 cup | 81 | 0 | 0 | 2 | 0.5 | 21 |
| Fresh Mixed Fruit- grapes, watermelon, cantaloupe | 1/2 cup | 56 | 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 |
| 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 |

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| Lunch 9-12 Week of 10/16 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|---------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| 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 Grapes | 1/2 cup | 57 | 0 | 0 | 1.7 | 0.5 | 15 |
| Milk, 1% plain | 8 oz | 100 | 2.5 | 1.5 | 125 | 8 | 12 |
| Milk, Skim chocolate | 8 oz | 110 | 0 | 0 | 100 | 8 | 19 |