

K-8 NUTRIENT INFORMATION

Lunch K-8 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
Grilled Cheese Sandwich	1 each	284	10	5.7	655	18.5	30.5
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Glazed Carrots	1/2 cup	72	0	0	76	1.6	13.4
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Ketchup	1 packet	10	0	0	25	0	2
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 plain	8 oz	80	0	0	125	8	12
Tuesday							
Beef and Cheese Taco Stick	1 each	345	12.8	8.3	630	20	31.8
Turkey Flatbread	1 each	204	7	2.5	593	22	17
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Funyons	1 bag	100	3.5	0.5	125	2	14
Baked Beans, Vegetarian	1/2 cup	140	0.5	0	370	5	30
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
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 plain	8 oz	80	0	0	125	8	12
Wednesday							

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Lunch K-8 Week of 1/8, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Cheeseburger	1 each	394	16	6	694	31	30
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
Potato Rounds	1/2 cup	129	6	1	307	2	16
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	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
Lettuce/ Tomato/ Pickle Cup	1/2 cup	18	0.2	0.04	252	1.1	3.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Ketchup	1 packet	10	0	0	25	0	2
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Chicken Smackers	10 each	293	17	3	599	18	17

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Lunch K-8 Week of 1/8, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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
Ants on a Log Plate- Raisins, Cheese Stick, Celery Sticks, Peanut Free Spread	1 each	393	18	5	497	16.8	43
Green Peas	1/2 cup	78	0	0	0	5.5	13.3
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
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 plain	8 oz	80	0	0	125	8	12
Friday							
Cheese Stuffed Breadsticks	2 each	310	13	7	590	18	31
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
Chicken Popper Salad- chicken smackers, romaine lettuce, cheese, tomatoes, ranch dressing, crackers	1 salad	630	34.5	6.3	1500	27	54
Chicken							17
Lettuce/Tomatoes							5.3
Cheese							1
Ranch Dressing							3
Whole Grain Crackers							28
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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Lunch K-8 Week of 1/8, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 1/15	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Turkey Hot Dog	1 each	270	11	2.5	530	15	29
Grilled Cheese Sandwich	1 each	284	10	5.7	655	18.5	30.5
Green Beans	1/2 cup	23	0	0	7	1.2	5
Corn on the Cob	1 ear	170	2	0	0	5	36
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 plain	8 oz	80	0	0	125	8	12
Tuesday							
Steak Bites	1 serving	300	20	6	450	15	16
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
Turkey Flatbread	1 each	204	7	2.5	593	22	17
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Funyons	1 bag	100	3.5	0.5	125	2	14
Baked Beans, Vegetarian	1/2 cup	140	0.5	0	370	5	30
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
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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Lunch K-8 Week of 1/15	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
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	1672	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
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
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
Ants on a Log Plate- Raisins, Cheese Stick, Celery Sticks, Peanut Free Spread	1 each	393	18	5	497	16.8	43

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Lunch K-8 Week of 1/15	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Wheat Roll	1 each	171	2	0.5	150	5	32
Glazed Carrots	1/2 cup	72	0	0	76	1.6	13.4
Garden 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
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 plain	8 oz	80	0	0	125	8	12
Friday							
Big Daddy Cheese Pizza	1 slice	340	15	7	670	18	36
Big Daddy Turkey Pepperoni Pizza	1 slice	370	17	7	551	21	35
Italian Chopped Pasta Salad- turkey ham, turkey salami, turkey pepperoni, shredded cheese, lettuce, whole grain rotini pasta,light Italian dressing	1 salad	390	10.7	4.4	566	21	50
Meat							1
Cheese							1
Lettuce							2
Italian Dressing							4
Whole Grain Pasta							42
Green Beans	1/2 cup	23	0	0	7	1.2	5
Celery Sticks	1/2 cup	11	0	0	56	0.5	2
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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Lunch K-8 Week of 1/15	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
BBQ Beef Rib Sub	1 each	309	10	3.5	528	17	38
Grilled Cheese Sandwich	1 each	284	10	5.7	655	18.5	30.5
Baked Beans, Vegetarian	1/2 cup	140	0.5	0	370	5	30
Glazed Carrots	1/2 cup	72	0	0	76	1.6	13.4
Mandarin Orange Slices	1/2 cup	53	0	0	7	0	13.6
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Frito Pie	1 serving	427	18	5.1	1161	21.2	46
Turkey Flatbread	1 each	204	7	2.5	593	22	17
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Funyons	1 bag	100	3.5	0.5	125	2	14
Italian Vegetable Blend	1/2 cup	50	0.5	0	20	2	11
Celery Sticks	1/2 cup	11	0	0	56	0.5	2
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
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 plain	8 oz	80	0	0	125	8	12
Wednesday							
Crispy Chicken Sandwich	1 each	376	10.5	1.5	856	27	26

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Lunch K-8 Week of 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Potato Rounds	1/2 cup	129	6	1	307	2	16
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	42
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							2
Lettuce/ Tomato/ Pickle Cup	1/2 cup	18	0.2	0.04	252	1.1	3.6
Green Beans	1/2 cup	23	0	0	7	1.2	5
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
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
Ants on a Log Plate- Raisins, Cheese Stick, Celery Sticks, Peanut Free Spread	1 each	393	18	5	497	16.8	43
Wheat Roll	1 each	171	2	0.5	150	5	32
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

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Lunch K-8 Week of 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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 plain	8 oz	80	0	0	125	8	12
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
Spinach Salad -spinach, shredded mozzarella cheese, tomatoes , turkey bacon, boiled egg, light ranch dressing, whole grain crackers	1 salad	544	32	7.5	1381	27	38
Boiled Egg							1
Cheese							1
Turkey Bacon							0
Spinach/ Tomatoes							5
Ranch Dressing							3
Whole Grain Crackers							28
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Corn	1/2 cup	81	0	0	0	2.7	19
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
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 plain	8 oz	80	0	0	125	8	12

Item	Calories	Carbs
Cry Baby	99	25
Slush	60	17
Chocolate Chip Cookie, 2 oz	200	36
Doritos, Ranch	130	20
Cheetos, Flamin Hot	120	17
Papa Johns Pizza, Cheese	210	30
Papa Johns Pizza, Pepperoni	210	29
Cupcake	160	25
Carnival Cookie	191	34