

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 9/3, 9/24	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
Emoji Italian Ice (September 24)	1 each	99	0	0	15	0	25
Tuesday							
Beef and Cheese Taco Stick	1 each	345	12.8	8.3	630	20	31.8
Italian Sub	1 each	423	17	6	768	22	45
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Cheetos	1 bag	120	4.5	1	200	2	17
Ranchero Beans	1/2 cup	110	0.5	0	490	6	20
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

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Lunch K-8 Week of 9/3, 9/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Turkey Bacon Cheeseburger	1 each	411	17.5	6.3	739	44	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

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Lunch K-8 Week of 9/3, 9/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Chicken Smackers	10 each	293	17	3	599	18	17
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
Power Pack							
Cheese Stick	1 each	60	2.5	2	210	8	1
Trail Mix- nut free	1 pkg	271	14	1.5	50	7	28
Cocoa Chip Benefit Bar	1 bar	270	8	2.5	230	5	48
Ranch Dressing	1.5 oz cup	105	10	1.5	396	0.8	3
Celery Sticks	1/4 cup	6	0	0	28	0	1
Carrot Sticks	1/4 cup	14.5	0	0	24	0	3
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 Slices	1 pkg	34	0	0	0	0	8
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, breadstick	1 salad	620	33.5	7.3	1387	29	54
Chicken							17

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Lunch K-8 Week of 9/3, 9/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Lettuce/Tomatoes							5.3
Cheese							1
Ranch Dressing							3
Garlic Breadstick							28
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
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

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 9/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Chicken Fried Steak Sandwich	1 each	465	22	5	595	22	48
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
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Mandarin Orange Slices	1/2 cup	53	0	0	7	0	13.6
Ketchup	1 packet	10	0	0	25	0	2
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 Ravioli	1 serving	260	8	3.5	600	16	30
Garlic Breadstick	1 each	160	4	1.5	140	5	28
Italian Sub	1 each	423	17	6	768	22	45
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Cheetos	1 bag	120	4.5	1	200	2	17
Mixed Vegetables	1/2 cup	81	0	0	29	3.5	14
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 Grapes	1/2 cup	57	0	0	1.7	0.5	14.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 9/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Meaty Cheese Nachos- turkey taco meat, cheddar cheese sauce, tortilla chips	1 serving	501	29	8	1054	27	36
Spicy Sweet Asian Salad- chicken chunks, lettuce,tomatoes, edamame, mandarin oranges, carrots, dressing, spicy sweet doritos	1 salad	827	44.6	7.2	1159	29	73
Asian salad-chicken							26
Asian salad-lettuce							2.7
Asian salad- tomatoes							2.5
Asian salad- edamame							2.3
Asian salad-mandarin oranges							8
Asian salad-carrots							2.7
Asian salad- chips							18
Asian salad-Ranch dressing							11
Ranchero Beans	1/2 cup	110	0.5	0	490	6	20
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
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 Drumstick	1 each	190	11	2.5	450	16	5

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Lunch K-8 Week of 9/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Macaroni and Cheese	1/2 cup	198	7.5	4.5	485	11	21
Wheat Roll	1 each	171	2	0.5	150	5	32
Power Pack							
Cheese Stick	1 each	60	2.5	2	210	8	1
Trail Mix- nut free	1 pkg	271	14	1.5	50	7	28
Cocoa Chip Benefit Bar	1 bar	270	8	2.5	230	5	48
Ranch Dressing	1.5 oz cup	105	10	1.5	396	0.8	3
Celery Sticks	1/4 cup	6	0	0	28	0	1
Carrot Sticks	1/4 cup	14.5	0	0	24	0	3
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
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- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 9/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Fiesta Salad-Ranch dressing							3
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
Milk, Skim plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 9/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Crispy Chicken Sandwich	1 each	376	10.5	1.5	856	27	26
Grilled Cheese Sandwich	1 each	284	10	5.7	655	18.5	30.5
Potato Rounds	1/2 cup	129	6	1	307	2	16
Ranchero Beans	1/2 cup	110	0.5	0	490	6	20
Mixed Fruit	1/2 cup	57	0	0	9	1	13
Ketchup	1 packet	10	0	0	25	0	2
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							
Italian Dunkers	1 each	350	18	7	450	22	29
Marinara Sauce	1/2 cup	61	1.5	0.5	398	2	10
Italian Sub	1 each	423	17	6	768	22	45
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Cheetos	1 bag	120	4.5	1	200	2	17
Garden Salad	1/2 cup	14	0	0	6.6	1	2.6
Mixed Vegetables	1/2 cup	81	0	0	29	3.5	14
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
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 plain	8 oz	80	0	0	125	8	12

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 9/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Wednesday							
Chicken Tenders	3 each	178	7.7	1.6	278	16	10
Au gratin potato casserole	1/2 cup	99	1	0	242	2	22
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	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
Glazed Carrots	1/2 cup	72	0	0	76	1.6	13.4
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							
Cheeseburger Steak Melt	1 each	365	14.5	6.7	776	22	38
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Power Pack							
Cheese Stick	1 each	60	2.5	2	210	8	1
Trail Mix- nut free	1 pkg	271	14	1.5	50	7	28
Cocoa Chip Benefit Bar	1 bar	270	8	2.5	230	5	48

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 9/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Ranch Dressing	1.5 oz cup	105	10	1.5	396	0.8	3
Celery Sticks	1/4 cup	6	0	0	28	0	1
Carrot Sticks	1/4 cup	14.5	0	0	24	0	3
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
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
Chef Salad -lettuce mix, diced turkey ham, shredded cheese, tomatoes , boiled egg, light ranch dressing, breadstick	1 salad	500	27	8	1359	29	40
Lettuce Mix							2.7
Turkey Ham							0.5
Cheese							2
Tomatoes							2.5
Ranch Dressing							3
Boiled Egg							1.2
Beadstick							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

K-8 NUTRIENT INFORMATION

Lunch K-8 Week of 9/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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 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
Rosati Ice Cup	99	25
Carnival Cookie	191	34