

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/1, 10/22 | 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 |
| Chicken Fried Steak Sandwich | 1 each | 465 | 22 | 5 | 595 | 22 | 48 |
| 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 |
| Ranchero Beans | 1/2 cup | 110 | 0.5 | 0 | 490 | 6 | 20 |
| 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 |
| Hot Ham and Cheese Sandwich | 1 each | 274 | 9 | 2.7 | 616 | 16 | 29 |
| 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 | | | | | | | |
| Crispy Fish Sandwich- Spicy | 1 each | 350 | 11.5 | 1.5 | 590 | 22 | 44 |
| 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 |
| Potato Rounds | 1/2 cup | 129 | 6 | 1 | 307 | 2 | 16 |
| Pickle Cup | 1/2 cup | 10 | 0 | 0 | 688 | 0 | 2 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |

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|--|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| 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 |
| Thursday | | | | | | | |
| Meaty Cheese Nachos- turkey taco meat, cheddar cheese sauce, tortilla chips | 1 serving | 501 | 29 | 8 | 1054 | 27 | 36 |
| 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 |
| 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 | 59 | 0 | 0 | 9 | 0 | 14.7 |
| 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 Four Meat Pizza | 1 slice | 371 | 17 | 7 | 650 | 20 | 36 |

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| Lunch 9-12 Week of 10/1, 10/22 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|--|----------|----------|-----------|---------|--------|---------|-------|
| 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 | 521 | 26.5 | 7 | 742 | 20 | 51 |
| 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 |
| 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 10/8, 10/29 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|-------------------------------------|-----------|----------|-----------|---------|--------|---------|-------|
| Monday | | | | | | | |
| Chicken and Waffles | 1 serving | 452 | 12 | 1 | 736 | 23 | 65 |
| Chicken Fried Steak Sandwich | 1 each | 465 | 22 | 5 | 595 | 22 | 48 |
| 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 Fingers | 4 each | 290 | 18 | 6 | 510 | 16 | 16 |
| Wheat Roll | 1 each | 171 | 2 | 0.5 | 150 | 5 | 32 |
| Hot Ham and Cheese Sandwich | 1 each | 274 | 9 | 2.7 | 616 | 16 | 29 |
| Mashed Potatoes and Gravy | 1/2 cup | 108 | 2.3 | 0.6 | 534 | 1.6 | 19.7 |
| 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 10/8, 10/29 | 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 | | | | | | | |
| 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 |
| Chicken Fajita Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing | 1 salad | 546 | 31 | 5.6 | 1700 | 23 | 43 |
| Chicken Fajita Salad-fajita meat | | | | | | | 0.8 |
| Chicken Fajita Salad-cheese | | | | | | | 2 |
| Chicken Fajita Salad- lettuce | | | | | | | 2.5 |
| Chicken Fajita Salad- salsa | | | | | | | 4 |
| Chicken Fajita Salad-tortilla chips | | | | | | | 31 |
| Chicken Fajita Salad-Ranch dressing | | | | | | | 3 |
| 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 |
| 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 Bowl- rice, beans, meat , queso | 1 each | 345 | 7.7 | 2.8 | 1125 | 21 | 47.5 |
| Tortilla Chips | 1 bag | 270 | 15 | 1.5 | 220 | 3 | 31 |

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| Lunch 9-12 Week of 10/8, 10/29 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|--|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| 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 |
| Seasoned Fries | 1/2 cup | 125 | 4 | 0.5 | 140 | 1 | 20.8 |
| 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 |
| 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 |
| 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 | | | | | | | |
| Cheese Calzone | 1 each | 360 | 17 | 8 | 580 | 22 | 32 |
| Pepperoni Calzone | 1 each | 364 | 17 | 7 | 657 | 21 | 32 |
| PB and J Uncrustable Meal- pb and j, cheesestick, baked chips | 1 each | 521 | 26.5 | 7 | 742 | 20 | 51 |
| 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 |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/8, 10/29 | 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 |
| 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 10/15 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|-------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Monday | | | | | | | |
| Mini Corn Dogs | 1 serving | 269 | 12 | 3.7 | 417 | 10.4 | 30 |
| Chicken Fried Steak Sandwich | 1 each | 465 | 22 | 5 | 595 | 22 | 48 |
| 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 Tenders | 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 |
| Hot Ham and Cheese Sandwich | 1 each | 274 | 9 | 2.7 | 616 | 16 | 29 |
| 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 |
| Applesauce Cup | 1/2 cup | 90 | 0 | 0 | 15 | 0 | 22 |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 10/15 | 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 |
| Wednesday | | | | | | | |
| Spicy Chicken Sandwich | 1 each | 376 | 10.5 | 1.5 | 814 | 27 | 45 |
| Chicken Fajita Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing | 1 salad | 546 | 31 | 5.6 | 1700 | 23 | 43 |
| Chicken Fajita Salad-fajita meat | | | | | | | 0.8 |
| Chicken Fajita Salad-cheese | | | | | | | 2 |
| Chicken Fajita Salad- lettuce | | | | | | | 2.5 |
| Chicken Fajita Salad- salsa | | | | | | | 4 |
| Chicken Fajita Salad-tortilla chips | | | | | | | 31 |
| Chicken Fajita 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 |
| Salsa | 1/2 cup | 25 | 0 | 0 | 177 | 0 | 5 |

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| Lunch 9-12 Week of 10/15 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|--|----------|----------|-----------|---------|--------|---------|-------|
| Tortilla Chips | 1 bag | 270 | 15 | 1.5 | 220 | 3 | 31 |
| 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 |
| 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 |
| Ranchero Beans | 1/2 cup | 110 | 0.5 | 0 | 490 | 6 | 20 |
| 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 |
| 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 | 521 | 26.5 | 7 | 742 | 20 | 51 |
| 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 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |

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| Lunch 9-12 Week of 10/15 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|---------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| 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 |