

**K-8 NUTRIENT INFORMATION**

| <b>Lunch K-8 Week of 10/1, 10/22</b> | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|--------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| <b>Monday</b>                        |                 |                 |                  |                |               |                |              |
| <b>Chicken Fried Steak Sandwich</b>  | 1 each          | 465             | 22               | 5              | 595           | 22             | 48           |
| <b>Grilled Cheese Sandwich</b>       | 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           |
| <b>Tuesday</b>                       |                 |                 |                  |                |               |                |              |
| <b>Beef Ravioli</b>                  | 1 serving       | 260             | 8                | 3.5            | 600           | 16             | 30           |
| Garlic Breadstick                    | 1 each          | 160             | 4                | 1.5            | 140           | 5              | 28           |
| <b>Italian Sub</b>                   | 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**

| <b>Lunch K-8 Week of 10/1, 10/22</b>                                                                                                | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Milk, Skim plain                                                                                                                    | 8 oz            | 80              | 0                | 0              | 125           | 8              | 12           |
| <b>Wednesday</b>                                                                                                                    |                 |                 |                  |                |               |                |              |
| <b>Meaty Cheese Nachos-</b> turkey taco meat, cheddar cheese sauce, tortilla chips                                                  | 1 serving       | 501             | 29               | 8              | 1054          | 27             | 36           |
| <b>Spicy Sweet Asian Salad-</b> 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           |
| <b>Thursday</b>                                                                                                                     |                 |                 |                  |                |               |                |              |
| <b>Chicken Drumstick</b>                                                                                                            | 1 each          | 190             | 11               | 2.5            | 450           | 16             | 5            |

**K-8 NUTRIENT INFORMATION**

| <b>Lunch K-8 Week of 10/1, 10/22</b>                                                             | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|--------------------------------------------------------------------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| 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           |
| <b>Power Pack</b>                                                                                |                 |                 |                  |                |               |                |              |
| 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           |
| <b>Friday</b>                                                                                    |                 |                 |                  |                |               |                |              |
| <b>Big Daddy Cheese Pizza</b>                                                                    | 1 slice         | 340             | 15               | 7              | 670           | 18             | 36           |
| <b>Big Daddy Turkey Pepperoni Pizza</b>                                                          | 1 slice         | 370             | 17               | 7              | 551           | 21             | 35           |
| <b>Fiesta Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing | 1 salad         | 546             | 31               | 5.6            | 1672          | 23             | 43           |
| <b>Fiesta Salad-fajita meat</b>                                                                  |                 |                 |                  |                |               |                | 0.8          |
| <b>Fiesta Salad- lettuce</b>                                                                     |                 |                 |                  |                |               |                | 2.5          |
| <b>Fiesta Salad- salsa</b>                                                                       |                 |                 |                  |                |               |                | 4            |
| <b>Fiesta Salad-tortilla chips</b>                                                               |                 |                 |                  |                |               |                | 31           |

**K-8 NUTRIENT INFORMATION**

| <b>Lunch K-8 Week of 10/1, 10/22</b> | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|--------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| <b>Fiesta Salad-Ranch dressing</b>   |                 |                 |                  |                |               |                | 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**

| <b>Lunch K-8 Week of 10/8, 10/29</b> | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|--------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| <b>Monday</b>                        |                 |                 |                  |                |               |                |              |
| <b>Crispy Chicken Sandwich</b>       | 1 each          | 376             | 10.5             | 1.5            | 856           | 27             | 26           |
| <b>Grilled Cheese Sandwich</b>       | 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           |
| <b>Tuesday</b>                       |                 |                 |                  |                |               |                |              |
| <b>Italian Dunkers</b>               | 1 each          | 350             | 18               | 7              | 450           | 22             | 29           |
| <b>Marinara Sauce</b>                | 1/2 cup         | 61              | 1.5              | 0.5            | 398           | 2              | 10           |
| <b>Italian Sub</b>                   | 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**

| <b>Lunch K-8 Week of 10/8, 10/29</b>                                                             | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|--------------------------------------------------------------------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| <b>Wednesday</b>                                                                                 |                 |                 |                  |                |               |                |              |
| <b>Chicken Tenders</b>                                                                           | 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           |
| <b>Fiesta Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing | 1 salad         | 522             | 30               | 5.6            | 1700          | 22             | 42           |
| <b>Fiesta Salad-fajita meat</b>                                                                  |                 |                 |                  |                |               |                | 0.8          |
| <b>Fiesta Salad-cheese</b>                                                                       |                 |                 |                  |                |               |                | 2            |
| <b>Fiesta Salad- lettuce</b>                                                                     |                 |                 |                  |                |               |                | 2.5          |
| <b>Fiesta Salad- salsa</b>                                                                       |                 |                 |                  |                |               |                | 4            |
| <b>Fiesta Salad-tortilla chips</b>                                                               |                 |                 |                  |                |               |                | 31           |
| <b>Fiesta Salad-Ranch dressing</b>                                                               |                 |                 |                  |                |               |                | 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           |
| <b>Thursday</b>                                                                                  |                 |                 |                  |                |               |                |              |
| <b>Cheeseburger Steak Melt</b>                                                                   | 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         |
| <b>Power Pack</b>                                                                                |                 |                 |                  |                |               |                |              |
| <b>Cheese Stick</b>                                                                              | 1 each          | 60              | 2.5              | 2              | 210           | 8              | 1            |
| <b>Trail Mix- nut free</b>                                                                       | 1 pkg           | 271             | 14               | 1.5            | 50            | 7              | 28           |
| <b>Cocoa Chip Benefit Bar</b>                                                                    | 1 bar           | 270             | 8                | 2.5            | 230           | 5              | 48           |

**K-8 NUTRIENT INFORMATION**

| <b>Lunch K-8 Week of 10/8, 10/29</b>                                                                           | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|----------------------------------------------------------------------------------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| 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           |
| <b>Friday</b>                                                                                                  |                 |                 |                  |                |               |                |              |
| Personal Pan Cheese Pizza                                                                                      | 1 each          | 320             | 12               | 6              | 480           | 17             | 35           |
| Personal Pan Pepperoni Pizza                                                                                   | 1 each          | 330             | 13               | 5              | 540           | 17             | 35           |
| <b>Chef Salad</b> -lettuce mix, diced turkey ham, shredded cheese, tomatoes , light ranch dressing, breadstick | 1 salad         | 418             | 27               | 8              | 1359          | 29             | 39           |
| <b>Lettuce Mix</b>                                                                                             |                 |                 |                  |                |               |                | 2.7          |
| <b>Turkey Ham</b>                                                                                              |                 |                 |                  |                |               |                | 0.5          |
| <b>Cheese</b>                                                                                                  |                 |                 |                  |                |               |                | 2            |
| <b>Tomatoes</b>                                                                                                |                 |                 |                  |                |               |                | 2.5          |
| <b>Ranch Dressing</b>                                                                                          |                 |                 |                  |                |               |                | 3            |
| <b>Breadstick</b>                                                                                              |                 |                 |                  |                |               |                | 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 10/8, 10/29 | 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    |



**K-8 NUTRIENT INFORMATION**

| <b>Lunch K-8 Week of 10/15</b>    | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|-----------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| <b>Monday</b>                     |                 |                 |                  |                |               |                |              |
| <b>Mini Corn Dogs</b>             | 1 serving       | 269             | 12               | 3.7            | 417           | 10.4           | 30           |
| <b>Grilled Cheese Sandwich</b>    | 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                 | 1 each          | 99              | 0                | 0              | 15            | 0              | 25           |
| <b>Tuesday</b>                    |                 |                 |                  |                |               |                |              |
| <b>Beef and Cheese Taco Stick</b> | 1 each          | 345             | 12.8             | 8.3            | 630           | 20             | 31.8         |
| <b>Italian Sub</b>                | 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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| <b>Lunch K-8 Week of 10/15</b>                                                                   | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|--------------------------------------------------------------------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Milk, Skim plain                                                                                 | 8 oz            | 80              | 0                | 0              | 125           | 8              | 12           |
| <b>Wednesday</b>                                                                                 |                 |                 |                  |                |               |                |              |
| <b>Turkey Bacon Cheeseburger</b>                                                                 | 1 each          | 411             | 17.5             | 6.3            | 739           | 44             | 30           |
| <b>Hamburger</b>                                                                                 | 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           |
| <b>Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing</b> | 1 salad         | 522             | 30               | 5.6            | 1700          | 22             | 43           |
| <b>Fiesta Salad-fajita meat</b>                                                                  |                 |                 |                  |                |               |                | 0.8          |
| <b>Fiesta Salad-cheese</b>                                                                       |                 |                 |                  |                |               |                | 2            |
| <b>Fiesta Salad- lettuce</b>                                                                     |                 |                 |                  |                |               |                | 2.5          |
| <b>Fiesta Salad- salsa</b>                                                                       |                 |                 |                  |                |               |                | 4            |
| <b>Fiesta Salad-tortilla chips</b>                                                               |                 |                 |                  |                |               |                | 31           |
| <b>Fiesta Salad-Ranch dressing</b>                                                               |                 |                 |                  |                |               |                | 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           |

**K-8 NUTRIENT INFORMATION**

| <b>Lunch K-8 Week of 10/15</b>                                                                               | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|--------------------------------------------------------------------------------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Milk, Skim plain                                                                                             | 8 oz            | 80              | 0                | 0              | 125           | 8              | 12           |
| <b>Thursday</b>                                                                                              |                 |                 |                  |                |               |                |              |
| <b>Chicken Smackers</b>                                                                                      | 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           |
| <b>Power Pack</b>                                                                                            |                 |                 |                  |                |               |                |              |
| <b>Cheese Stick</b>                                                                                          | 1 each          | 60              | 2.5              | 2              | 210           | 8              | 1            |
| <b>Trail Mix- nut free</b>                                                                                   | 1 pkg           | 271             | 14               | 1.5            | 50            | 7              | 28           |
| <b>Cocoa Chip Benefit Bar</b>                                                                                | 1 bar           | 270             | 8                | 2.5            | 230           | 5              | 48           |
| <b>Ranch Dressing</b>                                                                                        | 1.5 oz cup      | 105             | 10               | 1.5            | 396           | 0.8            | 3            |
| <b>Celery Sticks</b>                                                                                         | 1/4 cup         | 6               | 0                | 0              | 28            | 0              | 1            |
| <b>Carrot Sticks</b>                                                                                         | 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           |
| <b>Friday</b>                                                                                                |                 |                 |                  |                |               |                |              |
| <b>Cheese Stuffed Breadsticks</b>                                                                            | 2 each          | 310             | 13               | 7              | 590           | 18             | 31           |
| Marinara Sauce                                                                                               | 1/2 cup         | 45              | 1.5              | 0              | 240           | 1              | 7            |
| <b>Chicken Popper Salad- chicken smackers, romaine lettuce, cheese, tomatoes, ranch dressing, breadstick</b> | 1 salad         | 620             | 33.5             | 7.3            | 1387          | 29             | 54           |
| <b>Chicken</b>                                                                                               |                 |                 |                  |                |               |                | 17           |

**K-8 NUTRIENT INFORMATION**

| <b>Lunch K-8 Week of 10/15</b> | <b>Svg Size</b> | <b>Calories</b> | <b>Total Fat</b> | <b>Sat Fat</b> | <b>Sodium</b> | <b>Protein</b> | <b>Carbs</b> |
|--------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| <b>Lettuce/Tomatoes</b>        |                 |                 |                  |                |               |                | 5.3          |
| <b>Cheese</b>                  |                 |                 |                  |                |               |                | 1            |
| <b>Ranch Dressing</b>          |                 |                 |                  |                |               |                | 3            |
| <b>Garlic Breadstick</b>       |                 |                 |                  |                |               |                | 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           |

| <b>Item</b>                    | <b>Calories</b> | <b>Carbs</b> |
|--------------------------------|-----------------|--------------|
| Cry Baby                       | 99              | 25           |
| Slush                          | 60              | 17           |
| Chocolate Chip Cookie,<br>2 oz | 200             | 36           |
| Doritos, Ranch                 | 130             | 20           |
| Cheetos, Flamin Hot            | 120             | 17           |
| Papa Johns Pizza,<br>Cheese    | 210             | 30           |
| Papa Johns Pizza,<br>Pepperoni | 210             | 29           |
| Rosati Ice Cup                 | 99              | 25           |
| Carnival Cookie                | 191             | 34           |