

**9-12 NUTRIENT INFORMATION**

<b>Lunch 9-12 Week of 2/4, 2/25</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>Beef and Cheese Burrito</b>	1 each	350	15	7	560	16	38
<b>Chicken Fried Steak Sandwich</b>	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
<b>Tuesday</b>							
<b>Chicken Smackers</b>	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
<b>Hot Ham and Cheese Sandwich</b>	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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Lunch 9-12 Week of 2/4, 2/25	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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
<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
<b>Asian salad-chicken</b>							26
<b>Asian salad-lettuce</b>							2.7
<b>Asian salad- tomatoes</b>							2.5
<b>Asian salad- edamame</b>							2.3
<b>Asian salad-mandarin oranges</b>							8
<b>Asian salad-carrots</b>							2.7
<b>Asian salad- chips</b>							18
<b>Asian salad-Ranch dressing</b>							11
Corn	1/2 cup	68	0.5	0	1	2	16

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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
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
<b>Thursday</b>							
<b>Crispy Chicken Sandwich</b>	1 each	376	10.5	1.5	856	27	26
<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
Pickle Cup	1/2 cup	10	0	0	688	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
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

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Lunch 9-12 Week of 2/4, 2/25	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
<b>Friday</b>							
<b>Big Daddy Cheese Pizza</b>	1 slice	340	15	7	670	18	36
<b>Big Daddy Four Meat Pizza</b>	1 slice	371	17	7	650	20	36
<b>Big Daddy Turkey Pepperoni Pizza</b>	1 slice	370	17	7	551	21	35
<b>PB and J Uncrustable Meal- pb and j, cheesestick, baked chips</b>	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**

<b>Lunch 9-12 Week of 2/11</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 -Holiday</b>							
<b>Chicken and Waffles</b>	1 serving	452	12	1	736	23	65
<b>Chicken Fried Steak Sandwich</b>	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
<b>Tuesday</b>							
<b>Steak Fingers</b>	4 each	290	18	6	510	16	16
Wheat Roll	1 each	171	2	0.5	150	5	32
<b>Hot Ham and Cheese Sandwich</b>	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

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Lunch 9-12 Week of 2/11	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
<b>Wednesday</b>							
<b>Frito Pie</b>	1 each	427	18	5	1161	21	46
<b>Chicken Fajita Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
<b>Chicken Fajita Salad-fajita meat</b>							0.8
<b>Chicken Fajita Salad-cheese</b>							2
<b>Chicken Fajita Salad- lettuce</b>							2.5
<b>Chicken Fajita Salad- salsa</b>							4
<b>Chicken Fajita Salad-tortilla chips</b>							31
<b>Chicken Fajita Salad-Ranch dressing</b>							3
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
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
<b>Thursday</b>							
<b>Fajita Chicken Bowl-</b> 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 2/11	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
<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
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
<b>Friday</b>							
<b>Italian Flatbread</b>	1 each	358	15	2	849	22	33
<b>PB and J Uncrustable Meal- pb and j, cheesestick, baked chips</b>	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
Juice, Orange	4 oz	60	0	0	1	0	13

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Lunch 9-12 Week of 2/11	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Apple	1 each	75	0	0	1	0	20
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 2/18	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
<b>Monday-Holiday</b>							
<b>Mini Corn Dogs</b>	1 serving	269	12	3.7	417	10.4	30
<b>Chicken Fried Steak Sandwich</b>	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
<b>Tuesday</b>							
<b>Chicken Tenders</b>	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
<b>Hot Ham and Cheese Sandwich</b>	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

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<b>Lunch 9-12 Week of 2/18</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, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<b>Wednesday</b>							
<b>Spicy Chicken Sandwich</b>	1 each	376	10.5	1.5	814	27	45
<b>Chicken Fajita Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
<b>Chicken Fajita Salad-fajita meat</b>							0.8
<b>Chicken Fajita Salad-cheese</b>							2
<b>Chicken Fajita Salad- lettuce</b>							2.5
<b>Chicken Fajita Salad- salsa</b>							4
<b>Chicken Fajita Salad-tortilla chips</b>							31
<b>Chicken Fajita Salad-Ranch dressing</b>							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
Banana	1 each	121	0	0	2	1	31
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
<b>Thursday</b>							
<b>Soft Turkey Taco</b>	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 2/18	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Tortilla Chips	1 bag	270	15	1.5	220	3	31
<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
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
Fresh Apple	1 each	75	0	0	1	0	20
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
<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>PB and J Uncrustable Meal- pb and j, cheesestick, baked chips</b>	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

**9-12 NUTRIENT INFORMATION**

<b>Lunch 9-12 Week of 2/18</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>
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