

**9-12 NUTRIENT INFORMATION**

| <b>Lunch 9-12 Week of 9/3, 9/23</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>                | 6 each          | 270             | 12               | 3.5            | 410           | 10             | 30           |
| <b>Chicken Fried Steak Sandwich</b>  | 1 each          | 442             | 21               | 4.5            | 595           | 21             | 48           |
| Potato Rounds                        | 1/2 cup         | 92              | 3.5              | 2              | 163           | 1              | 14           |
| Baby Carrots                         | 1/2 cup         | 35              | 0                | 0              | 30            | 1              | 9            |
| Peach Cup                            | 1 each          | 70              | 0                | 0              | 10            | 1              | 18           |
| Juice, Orange                        | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |
| Juice, Apple                         | 4 oz            | 60              | 0                | 0              | 5             | 0              | 14           |
| Mustard                              | 1 packet        | 0               | 0                | 0              | 65            | 0              | 0            |
| Mayonnaise                           | 1 packet        | 40              | 3                | 0              | 105           | 0              | 3            |
| Ranch Dressing                       | 1 ounce         | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| Ketchup                              | 1 packet        | 10              | 0                | 0              | 25            | 0              | 2            |
| 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          | 220             | 7                | 1              | 450           | 22             | 18           |
| Wheat Roll                           | 1 each          | 170             | 2                | 0.5            | 150           | 5              | 32           |
| <b>Turkey Bacon Wrap with Cheese</b> | 1 each          | 402             | 18               | 5              | 1101          | 27             | 33           |
| Roasted Potatoes                     | 1/2 cup         | 100             | 2                | 0              | 115           | 3              | 19           |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 9/3, 9/23  | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|---|----------|----------|-----------|---------|--------|---------|-------|
| Green Beans   | 1/2 cup  | 34       | 0         | 0       | 0      | 1       | 5     |
| Juice, Orange   | 4 oz     | 60       | 0         | 0       | 1      | 0       | 13    |
| Juice, Apple  | 4 oz     | 60       | 0         | 0       | 5      | 0       | 14    |
| Peach Cup   | 1 each   | 70       | 0         | 0       | 10     | 1       | 18    |
| Fresh 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>Wednesday</b>  |          |          |           |         |        |         |       |
| <b>Crispy Chicken Sandwich</b>  | 1 each   | 353      | 10        | 1       | 856    | 26      | 26    |
| Baked Fries   | 1/2 cup  | 170      | 5         | 1       | 200    | 3       | 28    |
| <b>Chcken Fajita 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-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     |
| Baby Carrots  | 1/2 cup  | 35       | 0         | 0       | 30     | 1       | 9     |
| Juice, Orange   | 4 oz     | 60       | 0         | 0       | 1      | 0       | 13    |
| Juice, Apple  | 4 oz     | 60       | 0         | 0       | 5      | 0       | 14    |

**9-12 NUTRIENT INFORMATION**

| <b>Lunch 9-12 Week of 9/3, 9/23</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> |
|--|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Apple Slices   | 1 pkg           | 30              | 0                | 0              | 0             | 0              | 7            |
| Mustard  | 1 packet        | 0               | 0                | 0              | 65            | 0              | 0            |
| Ranch Dressing   | 1 ounce         | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| Mayonnaise   | 1 packet        | 40              | 3                | 0              | 105           | 0              | 3            |
| Ketchup  | 1 packet        | 10              | 0                | 0              | 25            | 0              | 2            |
| 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>Cheese Stuffed Breadsticks</b>                                    | 2 each          | 300             | 11               | 6              | 490           | 20             | 30           |
| Marinara   | 1 ounce         | 15              | 0                | 0              | 120           | 1              | 3            |
| <b>PB and J Uncrustable Meal- pb and j, cheesestick, baked chips</b> | 1 each          | 500             | 25               | 6              | 787           | 20             | 55           |
| Baby Carrots   | 1/2 cup         | 35              | 0                | 0              | 30            | 1              | 9            |
| Green Beans  | 1/2 cup         | 34              | 0                | 0              | 0             | 1              | 5            |
| Applesauce Cup   | 1/2 cup         | 90              | 0                | 0              | 15            | 0              | 22           |
| Ranch Dressing   | 1 ounce         | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| 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>Friday</b>  |                 |                 |                  |                |               |                |              |
| <b>Soft Beef Taco</b>  | 1 each          | 286             | 14               | 5.5            | 605           | 18             | 24           |
| Tortilla Chips   | 1 bag           | 270             | 15               | 1.5            | 220           | 3              | 31           |

**9-12 NUTRIENT INFORMATION**

| <b>Lunch 9-12 Week of 9/3, 9/23</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> |
|-------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Salsa                               | 1/2 cup         | 40              | 0                | 0              | 282           | 0              | 8            |
| <b>Turkey Bacon Cheeseburger</b>    | 1 each          | 389             | 17               | 5.5            | 750           | 32             | 30           |
| <b>Hamburger</b>                    | 1 each          | 334             | 13.5             | 4.5            | 547           | 27             | 29           |
| Baked Fries                         | 1/2 cup         | 170             | 5                | 1              | 200           | 3              | 28           |
| Ranchero Beans                      | 1/2 cup         | 112             | 0.5              | 0              | 501           | 6              | 20           |
| Romaine Side Salad                  | 1/2 cup         | 13              | 0                | 0              | 6.6           | 1              | 2.6          |
| 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         | 122             | 0                | 0              | 4             | 1              | 33           |
| Mustard                             | 1 packet        | 0               | 0                | 0              | 65            | 0              | 0            |
| Mayonnaise                          | 1 packet        | 40              | 3                | 0              | 105           | 0              | 3            |
| Ranch Dressing                      | 1 ounce         | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| Ketchup                             | 1 packet        | 10              | 0                | 0              | 25            | 0              | 2            |
| 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 9/9, 9/30</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>Monterey Chicken Taco</b>         | 1 each          | 250             | 8                | 2              | 660           | 16             | 29           |
| <b>Chicken Fried Steak Sandwich</b>  | 1 each          | 442             | 21               | 4.5            | 595           | 21             | 48           |
| Potato Rounds                        | 1/2 cup         | 92              | 3.5              | 2              | 163           | 1              | 14           |
| Baby Carrots                         | 1/2 cup         | 35              | 0                | 0              | 30            | 1              | 9            |
| Corn                                 | 1/2 cup         | 74              | 0                | 0              | 0             | 2.5            | 17           |
| Juice, Orange                        | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |
| Juice, Apple                         | 4 oz            | 60              | 0                | 0              | 5             | 0              | 14           |
| Mandarin Oranges                     | 1/2 cup         | 80              | 0                | 0              | 7             | 0              | 20           |
| Mayonnaise                           | 1 packet        | 40              | 3                | 0              | 105           | 0              | 3            |
| Ketchup                              | 1 packet        | 10              | 0                | 0              | 25            | 0              | 2            |
| 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         | 293             | 17               | 3              | 599           | 18             | 17           |
| Macaroni and Cheese                  | 1/2 cup         | 206             | 9                | 1.5            | 486           | 11.3           | 23           |
| Wheat Roll                           | 1 each          | 170             | 2                | 0.5            | 150           | 5              | 32           |
| <b>Turkey Bacon Wrap with cheese</b> | 1 each          | 402             | 18               | 5              | 1101          | 27             | 33           |
| Green Beans                          | 1/2 cup         | 34              | 0                | 0              | 0             | 1              | 5            |
| Romaine Side Salad                   | 1/2 cup         | 13              | 0                | 0              | 6.6           | 1              | 2.6          |
| Ranch Dressing                       | 1 oz            | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| Juice, Orange                        | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |

**9-12 NUTRIENT INFORMATION**

| <b>Lunch 9-12 Week of 9/9, 9/30</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           |
| Peach Cup                                 | 1 each          | 70              | 0                | 0              | 10            | 1              | 18           |
| 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>BBQ Rib Sub</b>                        | 1 each          | 330             | 13               | 4              | 550           | 13             | 36           |
| <b>BBQ Chicken Salad</b>                  | 1 salad         | 668             | 34               | 7              | 1430          | 28             | 64           |
| <b>BBQ Chicken Salad-shredded chicken</b> |                 |                 |                  |                |               |                | 9            |
| <b>BBQ Chicken Salad-cheese</b>           |                 |                 |                  |                |               |                | 2            |
| <b>BBQ Chicken Salad- lettuce</b>         |                 |                 |                  |                |               |                | 3            |
| <b>BBQ Chicken Salad- corn</b>            |                 |                 |                  |                |               |                | 9            |
| <b>BBQ Chicken Salad- tomatoes</b>        |                 |                 |                  |                |               |                | 2            |
| <b>BBQ Chicken Salad- black beans</b>     |                 |                 |                  |                |               |                | 6            |
| <b>BBQ Chicken Salad-tortilla chips</b>   |                 |                 |                  |                |               |                | 31           |
| <b>BBQ Chicken Salad-Ranch dressing</b>   |                 |                 |                  |                |               |                | 2            |
| Potato Rounds                             | 1/2 cup         | 92              | 3.5              | 2              | 163           | 1              | 14           |
| Pickle Cup                                | 1/2 cup         | 10              | 0                | 0              | 688           | 0              | 2            |
| Juice, Orange                             | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |
| Juice, Apple                              | 4 oz            | 60              | 0                | 0              | 5             | 0              | 14           |
| Fresh Banana                              | 1 each          | 121             | 0                | 0              | 2             | 1              | 31           |
| Ketchup                                   | 1 packet        | 10              | 0                | 0              | 25            | 0              | 2            |
| Mayonnaise                                | 1 packet        | 40              | 3                | 0              | 105           | 0              | 3            |
| Ranch Dressing                            | 1 oz            | 71              | 6.8              | 1              | 263           | 0.6            | 2            |

**9-12 NUTRIENT INFORMATION**

| <b>Lunch 9-12 Week of 9/9, 9/30</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>Thursday</b>  |                 |                 |                  |                |               |                |              |
| <b>Big Daddy Cheese Pizza</b>  | 1 slice         | 360             | 16               | 7              | 470           | 21             | 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              | 550           | 21             | 35           |
| <b>PB and J Uncrustable Meal-</b> pb and j, cheesestick, baked chips | 1 each          | 500             | 25               | 6              | 787           | 20             | 55           |
| Mixed Vegetables   | 1/2 cup         | 88              | 0                | 0              | 31.5          | 2.5            | 15           |
| Juice, Orange  | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |
| Juice, Apple   | 4 oz            | 60              | 0                | 0              | 5             | 0              | 14           |
| Baby Carrots   | 1/2 cup         | 35              | 0                | 0              | 30            | 1              | 9            |
| Ranch Dressing   | 1 oz            | 71              | 6.8              | 1              | 263           | 0.6            | 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 chocolate   | 8 oz            | 110             | 0                | 0              | 100           | 8              | 19           |
| <b>Friday</b>  |                 |                 |                  |                |               |                |              |
| <b>Taco Tators</b>   | 1 serving       | 315             | 15               | 5              | 864           | 21             | 26           |
| Tortilla Chips   | 1 bag           | 270             | 15               | 1.5            | 220           | 3              | 31           |
| <b>Turkey Bacon Cheeseburger</b>                                     | 1 each          | 389             | 17               | 5.5            | 750           | 32             | 30           |
| <b>Hamburger</b>   | 1 each          | 334             | 13.5             | 4.5            | 547           | 27             | 29           |
| Ranchero Beans   | 1/2 cup         | 112             | 0.5              | 0              | 501           | 6              | 20           |
| Baked Fries  | 1/2 cup         | 170             | 5                | 1              | 200           | 3              | 28           |

**9-12 NUTRIENT INFORMATION**

| <b>Lunch 9-12 Week of 9/9, 9/30</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> |
|-------------------------------------|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Baby Carrots                        | 1/2 cup         | 35              | 0                | 0              | 30            | 1              | 9            |
| Pear Cup                            | 1/2 cup         | 70              | 0                | 0              | 5             | 0              | 19           |
| Juice, Orange                       | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |
| Juice, Apple                        | 4 oz            | 60              | 0                | 0              | 5             | 0              | 14           |
| Mustard                             | 1 packet        | 0               | 0                | 0              | 65            | 0              | 0            |
| Mayonnaise                          | 1 packet        | 40              | 3                | 0              | 105           | 0              | 3            |
| Ranch Dressing                      | 1 ounce         | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| Ketchup                             | 1 packet        | 10              | 0                | 0              | 25            | 0              | 2            |
| Ranch Dressing                      | 1 ounce         | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| 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 9/16</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          | 442             | 21               | 4.5            | 595           | 21             | 48           |
| <b>Chicken and Waffles with Syrup</b> | 1 serving       | 514             | 14               | 1              | 895           | 24             | 75           |
| Potato Rounds                         | 1/2 cup         | 92              | 3.5              | 2              | 163           | 1              | 14           |
| Green Beans                           | 1/2 cup         | 34              | 0                | 0              | 0             | 1              | 5            |
| Mayonnaise                            | 1 packet        | 40              | 3                | 0              | 105           | 0              | 3            |
| Ketchup                               | 1 packet        | 10              | 0                | 0              | 25            | 0              | 2            |
| Juice, Orange                         | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |
| Juice, Apple                          | 4 oz            | 60              | 0                | 0              | 5             | 0              | 14           |
| Peach Cup                             | 1 each          | 70              | 0                | 0              | 10            | 1              | 18           |
| 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 Drumstick</b>              | 1 each          | 290             | 17               | 4              | 550           | 22             | 11           |
| Mashed Potatoes and Gravy             | 1/2 cup         | 98              | 1                | 0              | 606           | 1.1            | 21           |
| Wheat Roll                            | 1 each          | 170             | 2                | 0.5            | 150           | 5              | 32           |
| <b>Turkey Bacon Wrap with cheese</b>  | 1 each          | 402             | 18               | 5              | 1101          | 27             | 33           |
| Baby Carrots                          | 1/2 cup         | 35              | 0                | 0              | 30            | 1              | 9            |
| Ranch Dressing                        | 1 ounce         | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| Juice, Orange                         | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |

9-12 NUTRIENT INFORMATION

| Lunch 9-12 Week of 9/16  | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|--|----------|----------|-----------|---------|--------|---------|-------|
| Juice, Apple   | 4 oz     | 60       | 0         | 0       | 5      | 0       | 14    |
| Fresh 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>Wednesday</b>   |          |          |           |         |        |         |       |
| <b>Smothered Burrito- chili and cheese</b>   | 1 each   | 497      | 24        | 11      | 944    | 26      | 45    |
| <b>Chicken Fajita 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-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     |
| Baby Carrots   | 1/2 cup  | 35       | 0         | 0       | 30     | 1       | 9     |
| Ranchero Beans   | 1/2 cup  | 112      | 0.5       | 0       | 501    | 6       | 20    |
| 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    |
| Ranch Dressing   | 1 ounce  | 71       | 6.8       | 1       | 263    | 0.6     | 2     |
| Milk, 1% plain   | 8 oz     | 100      | 2.5       | 1.5     | 125    | 8       | 12    |

**9-12 NUTRIENT INFORMATION**

| <b>Lunch 9-12 Week of 9/16</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 chocolate   | 8 oz            | 110             | 0                | 0              | 100           | 8              | 19           |
| <b>Thursday</b>  |                 |                 |                  |                |               |                |              |
| <b>Personal Pan Cheese Pizza</b>                                     | 1 each          | 310             | 13               | 6              | 440           | 16             | 31           |
| <b>Personal Pan Pepperoni Pizza</b>                                  | 1 each          | 310             | 13               | 6              | 510           | 17             | 31           |
| <b>PB and J Uncrustable Meal- pb and j, cheesestick, baked chips</b> | 1 each          | 500             | 25               | 6              | 787           | 20             | 55           |
| Garden Salad   | 1/2 cup         | 13              | 0                | 0              | 6.6           | 1              | 2.6          |
| Corn   | 1/2 cup         | 74              | 0                | 0              | 0             | 2.5            | 17           |
| Ranch Dressing   | 1 oz            | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| Juice, Orange  | 4 oz            | 60              | 0                | 0              | 1             | 0              | 13           |
| Juice, Apple   | 4 oz            | 60              | 0                | 0              | 5             | 0              | 14           |
| Apple Slices   | 1 pkg           | 30              | 0                | 0              | 0             | 0              | 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           |
| <b>Friday</b>  |                 |                 |                  |                |               |                |              |
| <b>Teriyaki Chicken Bowl with Egg Roll</b>                           | 1 each          | 429             | 9                | 3              | 1073          | 27.5           | 58           |
| Sweet and Sour Sauce   | 1 packet        | 15              | 0                | 0              | 70            | 0              | 4            |
| <b>Turkey Bacon Cheeseburger</b>                                     | 1 each          | 389             | 17               | 5.5            | 750           | 32             | 30           |
| <b>Hamburger</b>   | 1 each          | 334             | 13.5             | 4.5            | 547           | 27             | 29           |
| Baked Fries  | 1/2 cup         | 170             | 5                | 1              | 200           | 3              | 28           |
| Baby Carrots   | 1/2 cup         | 35              | 0                | 0              | 30            | 1              | 9            |
| Mixed Vegetables   | 1/2 cup         | 88              | 0                | 0              | 31.5          | 2.5            | 15           |

**9-12 NUTRIENT INFORMATION**

| <b>Lunch 9-12 Week of 9/16</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, 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           |
| Ranch Dressing                 | 1 oz            | 71              | 6.8              | 1              | 263           | 0.6            | 2            |
| Ketchup                        | 1 packet        | 10              | 0                | 0              | 25            | 0              | 2            |
| Mayonnaise                     | 1 packet        | 40              | 3                | 0              | 105           | 0              | 3            |
| Milk, 1% plain                 | 8 oz            | 100             | 2.5              | 1.5            | 125           | 8              | 12           |
| Milk, Skim chocolate           | 8 oz            | 110             | 0                | 0              | 100           | 8              | 19           |