

**K-8 NUTRIENT INFORMATION**

<b>Lunch K-8 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>Turkey Bacon Wrap with Cheese</b>	1 each	402	18	5	1101	27	33
Baked Fries	1/2 cup	170	5	1	200	3	28
Glazed Carrots	1/2 cup	60	0	0	61	1	11.5
Peach Cup	1 each	70	0	0	10	1	18
Mustard	1 packet	0	0	0	65	0	0
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>Soft Taco</b>	1 each	286	14	5.5	605	18	24
Tortilla Chips	1 bag	270	15	1.5	220	3	31
Salsa	1/2 cup	40	0	0	282	0	8
<b>Flat Stacks</b>	1 serving	402	19	5	1037	14	38
<b>Flat Stacks: Cheese Slices</b>	1 ounce						2
<b>Flat Stacks: Turkey Ham Coins</b>	1 ounce						1
<b>Flat Stacks: Flatbread Squares</b>	1 each						29
<b>Flat Stacks: Ranch Dressing</b>	1 ounce cup						2
<b>Flat Stacks: Celery Sticks</b>	1/4 cup	6	0	0	28	0	1
<b>Flat Stacks: Carrot Sticks</b>	1/4 cup	14.5	0	0	24	0	3
Romaine Side Salad	1/2 cup	13	0	0	6.6	1	2.6

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Ranchero Beans	1/2 cup	112	0.5	0	501	6	20
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Peach Cup	1/2 cup	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 plain	8 oz	80	0	0	125	8	12
<b>Wednesday</b>							
<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
<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-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
Potato Rounds	1/2 cup	92	3.5	2	163	1	14
Lettuce/ Tomato/ Pickle Cup	1/2 cup	18	0.2	0.04	252	1.1	3.6
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Mustard	1 packet	0	0	0	65	0	0

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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 plain	8 oz	80	0	0	125	8	12
<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>Fruit and Veggie Plate</b>	1 plate	541	20.5	6.5	849	15	77
Yoplait Yogurt	1 each						15
Honey Graham Crackers	2 pkg						42
Cheese Cubes	1 pkg						0
Orange Wedges	1/2 orange						6.6
Apple Slices	1 pkg						7
Ranch Dressing	1 oz cup						2
Celery Sticks	1/4 cup						1
Carrot Sticks	1/4 cup						3.3
Baby Carrots	1/2 cup	35	0	0	30	1	9
Green Beans	1/2 cup	34	0	0	0	1	5
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Fresh Orange	1 each	53	0	0	0	1	13

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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>Chicken Smackers</b>	10 each	293	17	3	599	18	17
Wheat Roll	1 each	170	2	0.5	150	5	32
<b>Grilled Cheese Sandwich</b>	1 each	280	10	5.5	580	18.5	30.6
Green Peas	1/2 cup	71	0	0	101	5	12
Mashed Potatoes and Gravy	1/2 cup	98	1	0	606	1.1	21
Apple Slices	1 pkg	30	0	0	0	0	7
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

**K-8 NUTRIENT INFORMATION**

<b>Lunch K-8 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>BBQ Rib Sub</b>	1 each	330	13	4	550	13	36
<b>Turkey Bacon Wrap with cheese</b>	1 each	402	18	5	1101	27	33
Baked Fries	1/2 cup	170	5	1	200	3	28
Green Beans	1/2 cup	34	0	0	0	1	5
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, Strawberry Skim	8 oz	110	0	0	135	8	19
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>Teriyaki Chicken Bowl with Egg Roll</b>	1 each	429	9	3	1073	27.5	58
<b>Flat Stacks</b>	1 serving	402	19	5	1037	14	38
<b>Flat Stacks: Cheese Slices</b>	1 ounce						2
<b>Flat Stacks: Turkey Ham Coins</b>	1 ounce						1
<b>Flat Stacks: Flatbread Squares</b>	1 each						29
<b>Flat Stacks: Ranch Dressing</b>	1 ounce cup						2
<b>Flat Stacks: Celery Sticks</b>	1/4 cup	6	0	0	28	0	1
<b>Flat Stacks: Carrot Sticks</b>	1/4 cup	14.5	0	0	24	0	3
Roasted Broccoli	1/2 cup	25	0	0	25	3	5
Baby Carrots	1/2 cup	35	0	0	30	1	9

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<b>Lunch K-8 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>
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Fresh Banana	1 each	121	0	0	2	1	31
Sweet and Sour Sauce	1 packet	15	0	0	70	0	4
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>Wednesday</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>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
Romaine Side Salad	1/2 cup	13	0	0	6.6	1	2.6
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20
Pear Cup	1/2 cup	70	0	0	5	0	19
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Thursday</b>							
<b>Big Daddy Cheese Pizza</b>	1 slice	360	16	7	470	21	36
<b>Big Daddy Turkey Pepperoni Pizza</b>	1 slice	370	17	7	550	21	35
<b>Fruit and Veggie Plate</b>	1 plate	541	20.5	6.5	849	15	77
Yoplait Yogurt	1 each						15
Honey Graham Crackers	2 pkg						42
Cheese Cubes	1 pkg						0
Orange Wedges	1/2 orange						6.6
Apple Slices	1 pkg						7
Ranch Dressing	1 oz cup						2
Celery Sticks	1/4 cup						1
Carrot Sticks	1/4 cup						3.3
Corn	1/2 cup	74	0	0	0	2.5	17
Celery Sticks	1/2 cup	11	0	0	56	0.5	2
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Fresh Grapes	1/2 cup	57	0	0	0	0.5	15
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>Chicken Drumstick</b>	1 each	290	17	4	550	22	11
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>Grilled Cheese Sandwich</b>	1 each	280	10	5.5	580	18.5	30.6

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Romaine Garden Salad	1/2 cup	13	0	0	6.6	1	2.6
Glazed Carrots	1/2 cup	60	0	0	61	1	11.5
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Peach Cup	1/2 cup	70	0	0	10	1	18
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 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>Crispy Chicken Sandwich</b>	1 each	353	10	1	856	26	26
<b>Turkey Bacon Wrap with cheese</b>	1 each	402	18	5	1101	27	33
Potato Rounds	1/2 cup	92	3.5	2	163	1	14
Mixed Vegetables	1/2 cup	88	0	0	31.5	2.5	15
Mayonnaise	1 packet	40	3	0	105	0	3
Ketchup	1 packet	10	0	0	25	0	2
Strawberry Cup	1/2 cup	122	0	0	4	1	33
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>Smothered Burrito- chili and cheese</b>	1 each	497	24	11	944	26	45
<b>Flat Stacks</b>	1 serving	402	19	5	1037	14	38
<b>Flat Stacks: Cheese Slices</b>	1 ounce						2
<b>Flat Stacks: Turkey Ham Coins</b>	1 ounce						1
<b>Flat Stacks: Flatbread Squares</b>	1 each						29
<b>Flat Stacks: Ranch Dressing</b>	1 ounce cup						2
<b>Flat Stacks: Celery Sticks</b>	1/4 cup	6	0	0	28	0	1
<b>Flat Stacks: Carrot Sticks</b>	1/4 cup	14.5	0	0	24	0	3
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20

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Garden Salad	1/2 cup	13	0	0	6.6	1	2.6
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
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 plain	8 oz	80	0	0	125	8	12
<b>Wednesday</b>							
<b>Chicken Tenders</b>	3 each	220	7	1	450	22	18
Roasted Potatoes	1/2 cup	100	2	0	115	3	19
Wheat Roll	1 each	170	2	0.5	150	5	32
<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-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
Glazed Carrots	1/2 cup	60	0	0	61	1	11.5
Ketchup	1 packet	10	0	0	25	0	2
Pear Cup	1/2 cup	70	0	0	5	0	19
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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Milk, Skim plain	8 oz	80	0	0	125	8	12
<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>Fruit and Veggie Plate</b>	1 plate	541	20.5	6.5	849	15	77
Yoplait Yogurt	1 each						15
Honey Graham Crackers	2 pkg						42
Cheese Cubes	1 pkg						0
Orange Wedges	1/2 orange						6.6
Apple Slices	1 pkg						7
Ranch Dressing	1 oz cup						2
Celery Sticks	1/4 cup						1
Carrot Sticks	1/4 cup						3.3
Baby Carrots	1/2 cup	35	0	0	30	1	9
Corn	1/2 cup	74	0	0	0	2.5	17
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
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 plain	8 oz	80	0	0	125	8	12
<b>Friday</b>							
<b>Chicken Fried Steak Sandwich</b>	1 each	442	21	4.5	595	21	48
<b>Grilled Cheese Sandwich</b>	1 each	280	10	5.5	580	18.5	30.6
Mashed Potatoes and Gravy	1/2 cup	98	1	0	606	1.1	21
Green Beans	1/2 cup	34	0	0	0	1	5
Fresh Orange	1 each	53	0	0	0	1	13

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Lunch K-8 Week of 9/16	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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 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, 2 oz	200	36
Doritos, Ranch	130	20
Cheetos, Flamin Hot	120	17
Dominos Pizza, Cheese	220	28
Dominos, Pepperoni	210	28
Rosati Ice Cup	99	25
Carnival Cookie	191	34