

Please note that our menus are subject to last minute changes, resulting in nutrient details changing. If your student requires medical attention at school and the medical attention is related to food nutrients please contact your school nurse.

Day 1

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Egg & Cheese Sandwich WG b 550	1	1 Ea.	b 550	150	6	2	0	270	19									
Apple Juice Box 4.23 oz f 14	1	1 Each	f 14	60	0	0	0	5	14									
Orange Tangerine Juice Box 4.23 f 26	1	1 Each	f 26	60	0	0	0	10	15									
Meal SubTotal				270.0	6.0	2.0	0.0	285.0	48.0									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

"This institution is an equal opportunity provider."

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

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Day 2

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Frosted Flakes Breakfast Kit b 707	1	1 Kit	b 707	250	2.5	0	0	270	56.08										
Meal SubTotal				250.0	2.5	0.0	0.0	270.0	56.1										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 3

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Mini Cinnis b 202	1 Each	b 202	240	6.99	1.498	0	270	39.95									
Berry Fruit Mix f 51	1 1/2 c.	f 51	38	0	0	0	2	9.49									
Meal SubTotal			278.0	7.0	1.5	0.0	272.0	49.4									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 4

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Instant Oatmeal Asst. g 55	1	1ea	g 55	145	2	0.25	0	186	29									
Raisins f 47	1	1 Ea	f 47	3	0.01	0	0	0	0.77									

Meal SubTotal

148.0	2.0	0.3	0.0	186.0	29.8													
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 5

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Mini Pancake & Sausage Wrap b 411 1 4 ea	b 411	241	12.06	3.351	0	375	20.11										
Orange Tangerine Juice Box 4.23 f 26 1 1 Each	f 26	60	0	0	0	10	15										
Meal SubTotal		301.0	12.1	3.4	0.0	385.0	35.1										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 6

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Chocolate Cake Donut b 2006	1 Each	g 2006	400	23.01	15.009	0	360	47.03									
Cocoa Bread b 423	1 1 Each	b 423	250	8	1.5	0	240	43									
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14									
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15									
Meal SubTotal			770.0	31.0	16.5	0.0	615.0	119.0									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 7

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Mini Cinnamon Bagels WG b 10	1 Each	b 10	230	6	2	0	190	42									
Berry Fruit Mix f 51	1 1/2 c.	f 51	38	0	0	0	2	9.49									
Meal SubTotal			268.0	6.0	2.0	0.0	192.0	51.5									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 8

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Chocolate Chip French Toast b 417	1 Each	b 417	190	6	1.5	0	260	35										
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14										
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15										
Meal SubTotal			310.0	6.0	1.5	0.0	275.0	64.0										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 9

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Frosted Flakes Breakfast Kit b 707	1	1 Kit	b 707	250	2.5	0	0	270	56.08									
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Meal SubTotal				250.0	2.5	0.0	0.0	270.0	56.1									
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 10

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Breakfast Taco b 250	1 Each	b 250	140	4.99	1.497	0	359	16.97									
Craisins Strawberry Pkt. f 49	1 1 Ea	f 49	110	0	0	0	0	28									
Grapes 2.25 Pkg. f 65	1 2.25 oz pkg	f 65	42	0	0	0	7	10.85									

Meal SubTotal

292.0	5.0	1.5	0.0	366.0	55.8												
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 11

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO														
KCAL	Gram	GRAM	GRAM	MG	GRAM														
450.0	15.0	5.0	0.0	500.0	65.0														

Food Description

Breakfast

Orange Tangerine Juice Box 4.23 f 26	1	1 Each	f 26	60	0	0	0	10	15										
Mini Cinnis b 202	1	Each	b 202	240	6.99	1.498	0	270	39.95										
Apple Juice Box 4.23 oz f 14	1	1 Each	f 14	60	0	0	0	5	14										
Meal SubTotal				360.0	7.0	1.5	0.0	285.0	69.0										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 12

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Instant Oatmeal Asst. g 55	1	1ea	g 55	145	2	0.25	0	186	29									
Raisins f 47	1	1 Ea	f 47	3	0.01	0	0	0	0.77									

Meal SubTotal

148.0	2.0	0.3	0.0	186.0	29.8													
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 13

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Egg & Cheese Sandwich WG b 550	1	1	Ea.	b 550	150	6	2	0	270	19									
Apple Juice Box 4.23 oz f 14	1	1	Each	f 14	60	0	0	0	5	14									
Orange Tangerine Juice Box 4.23 f 26	1	1	Each	f 26	60	0	0	0	10	15									
Meal SubTotal					270.0	6.0	2.0	0.0	285.0	48.0									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 14

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Pop-Tart Blueberry 2 CT WG b 506	1	1 pkg.	b 506	363	5.5	1.801	0.1	360	75.66									
Pop-Tart Fudge 2 CT WG b 507	1	1 pkg.	b 507	370	6	2.002	0	390	76.06									
Pop- Tart Strawberry 2 CT WG b 508	1	1 pkg.	b 508	353	5.48	1.795	0.1	370	75.39									
Pop-Tart Cinnamon 2 CT WG b 509	1	1 pkg.	b 509	370	5.98	1.994	0	396	75.79									
Craisins Strawberry Pkt. f 49	1	1 Ea	f 49	110	0	0	0	0	28									
Meal SubTotal				1,566.0	23.0	7.6	0.2	1,516.0	330.9									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 15

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Apple Cinnamon French Toast b 228	1	3.30 oz	b 228	266	6.13	1.021	0	296	45.96										
Apples Fresh Sliced f 2	1	1- pkg	f 2	30	0	0	0	0	6.96										
Meal SubTotal				296.0	6.1	1.0	0.0	296.0	52.9										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 16

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Mini Maple Pancakes b 102	1 Each	b 102	220	6	0.5	0	270	37										
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14										
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15										
Meal SubTotal			340.0	6.0	0.5	0.0	285.0	66.0										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 17

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Chocolate Cake Donut b 2006	1 Each	g 2006	400	23.01	15.009	0	360	47.03									
Cocoa Bread b 423	1 1 Each	b 423	250	8	1.5	0	240	43									
Raisins f 47	1 1 Ea	f 47	3	0.01	0	0	0	0.77									

Meal SubTotal

653.0	31.0	16.5	0.0	600.0	90.8												
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 18

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Mini Cinnamon Bagels WG b 10	1 Each	b 10	230	6	2	0	190	42										
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14										
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15										
Meal SubTotal			350.0	6.0	2.0	0.0	205.0	71.0										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 19

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Cinnamon Toast Crunch Bar b 412	1	1 bar	b 412	160	3.5	0	0	120	29.97									
Grapes 2.25 Pkg. f 65	1	2.25 oz pkg	f 65	42	0	0	0	7	10.85									

Meal SubTotal

202.0	3.5	0.0	0.0	127.0	40.8													
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 20

Menu Cycle: *SPRING BREAKFAST MARCH E.LEARNING 2020-21

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
450.0	15.0	5.0	0.0	500.0	65.0													

Food Description

Breakfast

Chocolate Chip French Toast b 417	1 Each	b 417	190	6	1.5	0	260	35										
Berry Fruit Mix f 51	1 1/2 c.	f 51	38	0	0	0	2	9.49										
Meal SubTotal			228.0	6.0	1.5	0.0	262.0	44.5										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 1

Menu Cycle: *SPRING CONDIMENTS 2021

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
600.0	20.0	6.6	0.0	710.0	80.0												

Food Description

Lunch

Ketchup pkg s 3	1	2 pkt.	s 3	20	0	0	0	170	6								
Mustard pkg s 22	1	1 pkt.	s 22	5	0	0	0	85	0								
Mayonnaise FF s 2	1	1 pkt.	s 2	15	0	0	0	105	3								
BBQ pkg s 12	1	2 pkt.	s 12	41	0	0	0	184	10.21								
Cheese Cup m 52	1	1 Dip Cup	s 52	190	10.01	6.003	0	570	14.01								
Salsa Cup s 51	1	1 Dip Cup	s 51	30	0	0	0	198	5.93								
Salsa s 5	1	2 oz.	s 5	20	0	0	0	137	3.96								
Marinara Sauce Dip Cup v 50	1	1 Dip Cup	s 50	38	0	0	0	192	7.68								
Marinara sauce v 208	1	2 floz	v 208	23	0	0	0	212	3.1								
Ranch Dressing Packet s 25	1	2 pkt.	s 25	19	0.01	0.007	0	253	4.63								
Parm. Cheese s 6	1	1T	s 6	57	4.25	0	0	283	5.67								
French Vanilla Creamer	1	1 Each	0001028006	21	1.05	0.35	0	0	3.5								
Sugar	1	1 Each	0001004542	12	0	0	0	0	3.46								

Meal SubTotal				491.0	15.3	6.4	0.0	2,389.0	71.2								
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 1

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Chicken Drumstick e 4001	1	1 EA	e 4001	220	13	3	0	530	6										
Chicken Nuggets Secondary Gold Kist	1	1- 6pc	e 41	242	12.11	2.421	0	484	15.74										
Chicken Patty Sandwich Gold Kist	1	brdchixpat/le	e 38	350	11.94	2.32	0.01	649	39.99										
Popcorn Chickens Secondary Gold Kist	1	12 pc	e 56	312	15.59	3.598	0	660	20.39										
Chicken Tenders Secondary (4pc)	1	4 chix	e 8	347	20	3.333	0	520	21.33										
Corn muffin g 17	1	1 each	g 17	179	5.97	0.497	0	90	27.85										
Wheat Dinner Roll g 2	1	Each	g 2	80	1.49	0	0	159	13.92										
Carrots pkg. v 15	1	2 pkg.	v 15	32	0.12	0.021	0	71	7.48										
AppleSauce Strawberry Cup f 45	1	1 Each	f 45	60	0	0	0	10	15										
Applesauce (Plain) Cup f 46	1	1 Each	f 46	50	0	0	0	0	14										
Applesauce (Cinnamon) f 47	1	1 Each	0223777	60	0	0	0	10	15										
Meal SubTotal				1,932.0	80.2	15.2	0.0	3,183.0	196.7										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 2

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Beef Nachos/Chs.Cup e 3003	1 2oz mt/chips/chs.cup	e 3003	529	24.01	8.631	0.183	973	56.82										
Emoji Fries v 14	1 4 pc	v 14	119	3.95	0.494	0	79	17.79										
Celery Sticks IW v 401	1 3 oz	v 401	13	0	0	0	72	2.69										
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63										
Meal SubTotal			725.0	28.4	9.2	0.2	1,124.0	92.9										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 3

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

School Lunch 9-12

Food Description

Lunch

Flat Bread Pizza e 580	1	1 each	e 580	343	12	4	0	762	39.1										
Marinara Sauce Dip Cup v 50	1	1 Dip Cup	s 50	38	0	0	0	192	7.68										
Peas (frozen) v 10	1	1/2 cup	v 10	61	0	0	0	0	12.23										
Orange/Pineapple/Cherry Slushie f 36	1	1ea	f 36	70	0	0	0	10	18										
Meal SubTotal				512.0	12.0	4.0	0.0	964.0	77.0										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 4

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Mac & Cheese 8oz e 1060	1	8 oz	e 1060	423	21	11.9	0	1039	37									
Wheat Dinner Roll g 2	1	Each	g 2	80	1.49	0	0	159	13.92									
Corn (Frozen) v 5	1	1/2 c. cooked	v5	67	0.99	0	0	1	15.9									
Apple Red Delicious f 1	1	1 Each	f 1	77	0.25	0.041	0	1	20.43									
Apple Golden Delicious f 17	1	1 apple	f 17	68	0.22	0.037	0	1	18.16									
Meal SubTotal				715.0	24.0	12.0	0.0	1,201.0	105.4									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 5

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Soy Butter Jammer e 4023	1 Each	e 4023	540	29	6	0	390	53										
Carrots (frozen) v 20	1 1/2 c. drained	v 20	32	0	0	0	48	7.47										
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63										

Meal SubTotal

636.0	29.4	6.0	0.0	438.0	76.1													
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 6

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Chicken Drumstick e 4001	1	1 EA	e 4001	220	13	3	0	530	6										
Chicken Nuggets Secondary Gold Kist	1	1- 6pc	e 41	242	12.11	2.421	0	484	15.74										
Chicken Patty Sandwich Gold Kist e 38	1	brdchixpat/le	e 38	350	11.94	2.32	0.01	649	39.99										
Popcorn Chicken Secondary Gold Kist	1	12 pc	e 56	312	15.59	3.598	0	660	20.39										
Chicken Tenders Secondary (4pc) e 8	1	4 chix	e 8	347	20	3.333	0	520	21.33										
Corn muffin g 17	1	1 each	g 17	179	5.97	0.497	0	90	27.85										
Wheat Dinner Roll g 2	1	Each	g 2	80	1.49	0	0	159	13.92										
Carrots pkg. v 15	1	2 pkg.	v 15	32	0.12	0.021	0	71	7.48										
AppleSauce Strawberry Cup f 45	1	1 Each	f 45	60	0	0	0	10	15										
Applesauce (Plain) Cup f 46	1	1 Each	f 46	50	0	0	0	0	14										
Applesauce (Cinnamon) f 47	1	1 Each	0223777	60	0	0	0	10	15										

Meal SubTotal				1,932.0	80.2	15.2	0.0	3,183.0	196.7										
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 7

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Corn Dog e 85	1 Each	e 85	243	9.11	2.531	0	476	30.37									
Emoji Fries v 14	1 4 pc	v 14	119	3.95	0.494	0	79	17.79									
Celery Sticks IW v 401	1 3 oz	v 401	13	0	0	0	72	2.69									
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63									
Meal SubTotal			439.0	13.5	3.1	0.0	627.0	66.5									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 8

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Bosco Stick 6" / sauce e 70	1	2 brd stk 2oz s	e 70	304	9.34	<u>4.672</u>		623	34.87									
Peas (frozen) v 10	1	1/2 cup	v 10	61	0	0	0	0	12.23									
Orange/Pineapple/Cherry Slushie f 36	1	1ea	f 36	70	0	0	0	10	18									
Meal SubTotal				435.0	9.3	<u>4.7</u>	<u>0.0</u>	633.0	65.1									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 9

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

BBQ Beef Rib Sandwich e 504	1	1 BBQ Rib sandwich	e 504	353	11.6	4.037	0	938	41.27										
Corn (Frozen) v 5	1	1/2 c. cooked	v5	67	0.99	0	0	1	15.9										
Apples Fresh Sliced f 2	1	1- pkg	f 2	30	0	0	0	0	6.96										
Meal SubTotal				450.0	12.6	4.0	0.0	939.0	64.1										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 10

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Pepperoni Pizza Round e 4052	1	1 Pep. Pizza	e 4052	292	13.09	6.042	0	493	26.18									
Mini X-TRA Cheesy Pan Pizza e 4049	1	1 each	e 4049	401	16.06	6.54	0	652	40.97									
Flat Bread Pizza e 580	1	1 each	e 580	343	12	4	0	762	39.1									
Carrots (frozen) v 20	1	1/2 c. drained	v 20	32	0	0	0	48	7.47									
Craisins Strawberry Pkt. f 49	1	1 Ea	f 49	110	0	0	0	0	28									
Meal SubTotal				1,178.0	41.2	16.6	0.0	1,955.0	141.7									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 11

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Chicken Drumstick e 4001	1	1 EA	e 4001	220	13	3	0	530	6								
Chicken Nuggets Secondary Gold Kist	1	1- 6pc	e 41	242	12.11	2.421	0	484	15.74								
Chicken Patty Sandwich Gold Kist	1	brdchixpat/le	e 38	350	11.94	2.32	0.01	649	39.99								
Popcorn Chicken Secondary Gold Kist	1	12 pc	e 56	312	15.59	3.598	0	660	20.39								
Chicken Tenders Secondary (4pc)	1	4 chix	e 8	347	20	3.333	0	520	21.33								
Corn muffin g 17	1	1 each	g 17	179	5.97	0.497	0	90	27.85								
Wheat Dinner Roll g 2	1	Each	g 2	80	1.49	0	0	159	13.92								
Twisted Breadstick WG g 224	1	1 bread stick	g 224	155	3.09	1.032	0	186	26.82								
Carrots pkg. v 15	1	2 pkg.	v 15	32	0.12	0.021	0	71	7.48								
AppleSauce Strawberry Cup f 45	1	1 Each	f 45	60	0	0	0	10	15								
Applesauce (Plain) Cup f 46	1	1 Each	f 46	50	0	0	0	0	14								
Applesauce (Cinnamon) f 47	1	1 Each	0223777	60	0	0	0	10	15								
Meal SubTotal				2,087.0	83.3	16.2	0.0	3,369.0	223.5								

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 12

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Beef Nachos/Chs.Cup e 3003	1 2oz mt/chips/chs.cup	e 3003	529	24.01	8.631	0.183	973	56.82										
Emoji Fries v 14	1 4 pc	v 14	119	3.95	0.494	0	79	17.79										
Celery Sticks IW v 401	1 3 oz	v 401	13	0	0	0	72	2.69										
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63										
Meal SubTotal			725.0	28.4	9.2	0.2	1,124.0	92.9										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 13

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Pizza Crunchers Cheese e 2017	1	4 pizza bites	e 2017	443	20	8.999	0	882	44.1									
Peas (frozen) v 10	1	1/2 cup	v 10	61	0	0	0	0	12.23									
Orange/Pineapple/Cherry Slushie f 36	1	1ea	f 36	70	0	0	0	10	18									
Meal SubTotal				574.0	20.0	9.0	0.0	892.0	74.3									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 14

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Grilled Cheese e 550	1 Each	e 550	281	9.93	5.57	0	582	31.02									
Corn (Frozen) v 5	1 1/2 c. cooked	v5	67	0.99	0	0	1	15.9									
Apple Red Delicious f 1	1 1 Each	f 1	77	0.25	0.041	0	1	20.43									
Apple Golden Delicious f 17	1 1 apple	f 17	68	0.22	0.037	0	1	18.16									
Meal SubTotal			493.0	11.4	5.6	0.0	585.0	85.5									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 15

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Hamburger e 19	1	1burger/1bun	e 19	295	11.94	3.919	0.61	517	28.47								
Carrots (frozen) v 20	1	1/2 c. drained	v 20	32	0	0	0	48	7.47								
Orange f 4	1	Each	f 4	64	0.39	0.046	0	0	15.63								

Meal SubTotal

391.0	12.3	4.0	0.6	565.0	51.6												
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 16

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Chicken Drumstick e 4001	1	1 EA	e 4001	220	13	3	0	530	6								
Chicken Nuggets Secondary Gold Kist	1	1- 6pc	e 41	242	12.11	2.421	0	484	15.74								
Chicken Patty Sandwich Gold Kist e 38	1	brdchixpat/le	e 38	350	11.94	2.32	0.01	649	39.99								
Popcorn Chicken Secondary Gold Kist	1	12 pc	e 56	312	15.59	3.598	0	660	20.39								
Chicken Tenders Secondary (4pc) e 8	1	4 chix	e 8	347	20	3.333	0	520	21.33								
Corn muffin g 17	1	1 each	g 17	179	5.97	0.497	0	90	27.85								
Wheat Dinner Roll g 2	1	Each	g 2	80	1.49	0	0	159	13.92								
Twisted Breadstick WG g 224	1	1 bread stick	g 224	155	3.09	1.032	0	186	26.82								
Carrots pkg. v 15	1	2 pkg.	v 15	32	0.12	0.021	0	71	7.48								
AppleSauce Strawberry Cup f 45	1	1 Each	f 45	60	0	0	0	10	15								
Applesauce (Plain) Cup f 46	1	1 Each	f 46	50	0	0	0	0	14								
Applesauce (Cinnamon) f 47	1	1 Each	0223777	60	0	0	0	10	15								
Meal SubTotal				2,087.0	83.3	16.2	0.0	3,369.0	223.5								

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 17

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Chicken & Cheese Quesadilla e 45	1	1ques.2ozsala	e 45	281	8.04	2.011	0	663	38.2								
Salsa Cup s 51	1	1 Dip Cup	s 51	30	0	0	0	198	5.93								
Emoji Fries v 14	1	4 pc	v 14	119	3.95	0.494	0	79	17.79								
Celery Sticks IW v 401	1	3 oz	v 401	13	0	0	0	72	2.69								
Orange f 4	1	Each	f 4	64	0.39	0.046	0	0	15.63								
Meal SubTotal				507.0	12.4	2.6	0.0	1,012.0	80.2								

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 18

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
750.0	25.0	8.3	0.0	740.0	100.0												

Food Description

Lunch

Bosco Stick 6" / sauce e 70	1	2 brd stk 2oz s	e 70	304	9.34	<u>4.672</u>		623	34.87									
Peas (frozen) v 10	1	1/2 cup	v 10	61	0	0	0	0	12.23									
Orange/Pineapple/Cherry Slushie f 36	1	1ea	f 36	70	0	0	0	10	18									
Meal SubTotal				435.0	9.3	<u>4.7</u>	<u>0.0</u>	633.0	65.1									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 19

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Pasta & Meat Sauce 8oz e 1061	1	8 oz	e 1061	359	18	6.9	1	487	29									
Corn (Frozen) v 5	1	1/2 c. cooked	v5	67	0.99	0	0	1	15.9									
Apples Fresh Sliced f 2	1	1- pkg	f 2	30	0	0	0	0	6.96									
Applesauce (Cinnamon) f 47	1	1 Each	0223777	60	0	0	0	10	15									
Meal SubTotal				516.0	19.0	6.9	1.0	498.0	66.9									

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 20

Menu Cycle: *SPRING LUNCH APRIL E-LEARNING1- 4 WK CYCLE :

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	GRAM	GRAM	MG	GRAM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Mini X-TRA Cheesy Pan Pizza e 4049	1	1 each	e 4049	401	16.06	6.54	0	652	40.97										
Flat Bread Pizza e 580	1	1 each	e 580	343	12	4	0	762	39.1										
Pepperoni Pizza Round e 4052	1	1 Pep. Pizza	e 4052	292	13.09	6.042	0	493	26.18										
Carrots (frozen) v 20	1	1/2 c. drained	v 20	32	0	0	0	48	7.47										
Craisins Strawberry Pkt. f 49	1	1 Ea	f 49	110	0	0	0	0	28										
Meal SubTotal				1,178.0	41.2	16.6	0.0	1,955.0	141.7										

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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