

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: Winter-Spring Lunch Elem wk. 1 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Chicken Nuggets (5pc) e 7	1 5pc	e 7	240	13.98	2.496	0	469	15.97									
Sloppy Joe Sandwich (JTM) e 1015	1 3.63 oz	e 1015	292	7.95	2.522	0.01	666	36.48									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
green beans canned v 6	1 1/2c	v 6	20	0	0	0	139	3.98									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
Pears Sliced f 8	1 1/2c pears	f 8	60	0	0	0	10	14.01									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									

Meal SubTotal			2,779.0	96.1	27.9	<u>0.0</u>	5,683.0	350.0									
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Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 2

Menu Cycle: Winter-Spring Lunch Elem wk. 1 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

cheesy garlic toast g 222	1	1 garlic toast	g 222	103	5.02	1.885	0	203	11.25								
Mini Cheese Pizza e 4010	1	1 pizza 4.58 oz. each	e 4005	281	12.04	6.021	0	442	29.1								
Pop Corn Chicken (Elem) e 1600	1	12pc	e 1600	256	14.49	2.786	0	390	15.6								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Carrot Snacks v 400	1	1 bag	v 400	10	0	0	0	20	2								
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Fresh Sliced Apples f 2	1	apple pkg	f 2	28	0	0	0	3	7.37								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								

Meal SubTotal	2,984.0	106.4	33.6	0.0	5,460.0	377.5											
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Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 3

Menu Cycle: Winter-Spring Lunch Elem wk. 1 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Pasta Roll up & Meat sauce e 551	1	1 roll up / 2oz sauce e 551		230	8.5	5	0	334	23.21									
WG Twisted Breadstick g 224	1	1 bread stick g 224		154	3.86	1.446	0	135	26.99									
Corn Dog e 85	1	Each e 85		243	8.1	2.531	0	395	30.37									
Trix Meal e 307	1	1yog,2 goldfish crk,1chs e 307		381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1	1 sand e 203		246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1	Each e 4023		570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt c 1		124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.044		703	10.27									
broccoli (frozen) v 7	1	1/2c v 7		17	0	0	0	12	2.56									
Garden Salad v 4	1	1 Cup Salad v 4		22	0	0	0	12	4.61									
Peaches Diced f 6	1	1/2c peaches f 6		54	0	0	0	5	12.97									
f 1 apple	1	1 Each f 1		67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana f 3		108	0.4	0.135		1	27.63									
orange f 4	1	Each f 4		64	0.39	0.046		0	15.63									
Golden Apple f 17	1	apple f 17		79	0	0	0	0	21.6									
Homemade Croutons g 200	1	1 slice bread g 200		69	0.95	0.14	0	149	12.45									
saltines g 37	1	4 pkgs g 37		125	3.91	0	0	231	19.55									
Meal SubTotal				2,863.0	94.5	31.9	<u>0.0</u>	5,252.0	375.1									

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 4

Menu Cycle: Winter-Spring Lunch Elem wk. 1 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Mac & Cheese e 102	1 6 oz	e 102	280	11	5	0	670	29									
Cheez-it g 227	1 1 EA	g 227	99	3.46	0.988	0	148	14									
Chocolate Chip French Toast e 4007	1 Each	e 4007	210	6	1.5	0	260	35									
Turkey Sausages (Lunch) (2) e 976	1 2 ea	e 976	125	8.3	2.076	0	166	0									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
Hash Brown Triangle v 44	1 2 hash brown	v 44	219	10.96	1.495	0	448	26.91									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
Carrot Snacks v 400	1 1 bag	v 400	10	0	0	0	20	2									
Apple juice f 10	1 1 (4oz cup)	f 10	50	0	0	0	1	13									
Fresh Sliced Apples f 2	1 apple pkg	f 2	28	0	0	0	3	7.37									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									

Meal SubTotal	3,188.0	113.8	34.0	<u>0.0</u>	6,115.0	406.8											
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Milk Nutrient Details:
 Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 5

Menu Cycle: Winter-Spring Lunch Elem wk. 1 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Big Daddy Pizza e 508	1	1 pizza slice	e 508	320	13	6	0	350	34								
Cheese Burger e 18	1	192 - 2.5oz. burger patties	e 18	335	13.96	5.184	0.61	902	30.64								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
Turkey Chef Salad c 2	1	1clett/2ozmt	c 2	115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
Baked Beans v 29	1	4 oz.	v 29	141	1.41	0	0	554	27.25								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Meal SubTotal				3,028.0	102.4	34.1	<u>0.6</u>	6,182.0	387.4								

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 1

Menu Cycle: Winter-Spring Lunch Elem wk. 2 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Hot Ham & Cheese on Pretzel Roll e 1(1	1-Hot Ham Sand	e 1034	263	7.9	3.278	0	934	30.01									
Chicken Tenders (3pc) e 32	1 3 chix	e 32	260	15	2.5	0	390	16									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
Smiley Fries v 13	1 4 pc	v 13	131	4.52	0.502	0	181	20.09									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
Pears Sliced f 8	1 1/2c pears	f 8	60	0	0	0	10	14.01									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Meal SubTotal			2,881.0	101.5	29.2	<u>0.0</u>	5,914.0	359.7									

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 2

Menu Cycle: Winter-Spring Lunch Elem wk. 2 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Beef Nachos 2oz e 16	1 2oz mt/2ozch/2sa/chip	e 16	426	22.99	6.63	0.183	770	42.5									
Mini Corn Dogs & Cheese e 553	1 6pc & 2oz cheese	e 553	365	18.56	8.126	0	821	32.92									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1 1clett/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
refried beans v 48	1 1/2c	v 48	107	3.13	1.125	0	608	16.5									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
Pineapple Tidbits f 5	1 1/2c	f 5	71	0	0	0	0	18.37									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Meal SubTotal			3,136.0	118.8	38.8	<u>0.2</u>	6,598.0	389.8									

Milk Nutrient Details:

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Day 3

Menu Cycle: Winter-Spring Lunch Elem wk. 2 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Flat Bread Pizza e 580	1	1 each	g 202	332	12.91	4	0	760	39.57								
Chicken Rings (elem) e 4087	1	5pc	e 4087	305	17.77	3.173	0	457	15.23								
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Meal SubTotal				2,949.0	106.0	30.3	<u>0.0</u>	5,750.0	362.5								

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 4

Menu Cycle: Winter-Spring Lunch Elem wk. 2 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

3 Bosco Stick/Sauce e 69	1	3 Bosco St./Sauce e 69		397	10.86	4.971	0	674	50.97								
Chicken Drumstick e 4001	1	1 EA e 4001		190	11	2.5	0	450	5								
Waffle Sticks (2) g 2006	1	2 waffle stix e 2006		141	2.01	0	0	251	27.16								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs e 307		381	14.58	5.552	0	593	49.08								
Turkey Sand on White Bread e 203	1	1 sand e 203		246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each e 4023		570	32	6	0	440	55								
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt c 1		124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.044		703	10.27								
Hash Brown Triangle v 44	1	2 hash brown v 44		219	10.96	1.495	0	448	26.91								
Fresh Mixed Vegetables v 104	1	1/2c v 104		24	0.11	0.017		40	5.13								
Apple juice f 10	1	1 (4oz cup) f 10		50	0	0	0	1	13								
f 1 apple	1	1 Each f 1		67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana f 3		108	0.4	0.135		1	27.63								
orange f 4	1	Each f 4		64	0.39	0.046		0	15.63								
Golden Apple f 17	1	apple f 17		79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread g 200		69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs g 37		125	3.91	0	0	231	19.55								
Meal SubTotal				3,164.0	109.0	31.9	<u>0.0</u>	6,223.0	402.6								

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 5

Menu Cycle: Winter-Spring Lunch Elem wk. 2 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Bosco Stuffed Crust Pizza e 4079	1	1 slice	e 4079	306	10.85	4.932	0	533	33.54									
Chicken Patty Sandwich e 11	1	brdchixpat/le	e 11	387	14.8	2.793	0.01	705	41.81									
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
peas and carrots v 120	1	1/2 cup	v 120	52	0.27	0	0	78	9.85									
Garden Salad v 4	1	1/2 cup salad	v 4	22	0	0	0	12	4.61									
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Meal SubTotal				2,977.0	99.9	30.6	0.0	5,692.0	380.7									

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 1

Menu Cycle: Winter-Spring Lunch Elem wk. 3 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Mac & Cheese e 102	1 6 oz	e 102	280	11	5	0	670	29									
Cheez-it g 227	1 1 EA	g 227	99	3.46	0.988	0	148	14									
Chocolate Chip French Toast e 4007	1 Each	e 4007	210	6	1.5	0	260	35									
Turkey Sausages (Lunch) (2) e 976	1 2 ea	e 976	125	8.3	2.076	0	166	0									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
Hash Brown Triangle v 44	1 2 hash brown	v 44	219	10.96	1.495	0	448	26.91									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
Apple juice f 10	1 1 (4oz cup)	f 10	50	0	0	0	1	13									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Meal SubTotal			3,150.0	113.8	34.0	0.0	6,092.0	397.5									

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 2

Menu Cycle: Winter-Spring Lunch Elem wk. 3 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	GM	GM	GM	MG	GM													
550.0	18.0	6.1	0.0	640.0	75.0													

Food Description

Lunch

Mini Cheese Pizza e 4010	1	1 pizza 4.58 oz. each	e 4005	281	12.04	6.021	0	442	29.1										
Corn Dog e 85	1	Each	e 85	243	8.1	2.531	0	395	30.37										
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08										
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97										
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55										
Grilled Chicken Chef Salad c 1	1	1clet/20zmt	c 1	124	3.52	1.503		347	8.26										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29										
NO MEAT Chef salad c 4	1	1clet/20zmt	c 4	195	10.57	6.044		703	10.27										
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27										
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13										
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37										
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68										
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63										
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63										
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6										
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45										
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55										
Meal SubTotal				2,830.0	94.9	31.5	<u>0.0</u>	5,239.0	371.7										

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 3

Menu Cycle: Winter-Spring Lunch Elem wk. 3 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Chicken Nuggets (5pc) e 7	1 5pc	e 7	240	13.98	2.496	0	469	15.97									
Beef Ravioli e 29	1 1 cup rav	e 29	260	7.99	3.495	0	599	29.96									
WG Twisted Breadstick g 224	1 1 bread stick	g 224	154	3.86	1.446	0	135	26.99									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
green beans canned v 6	1 1/2c	v 6	20	0	0	0	139	3.98									
Garden Salad v 4	1 1 Cup Salad	v 4	22	0	0	0	12	4.61									
Peaches Diced f 6	1 1/2c peaches	f 6	54	0	0	0	5	12.97									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Meal SubTotal			2,893.0	99.8	30.3	<u>0.0</u>	5,718.0	368.9									

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 4

Menu Cycle: Winter-Spring Lunch Elem wk. 3 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Pop Corn Chicken (Elem) e 1600	1	12pc	e 1600	256	14.49	2.786	0	390	15.6								
Turkey & Gravy e 98	1	4oz	e 98	119	5.94	1.979	0	445	1.98								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
Mashed potatoes v 11	1	1/2 cup	v 11	68	0	0	0	17	14.31								
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Apple juice f 10	1	1 (4oz cup)	f 10	50	0	0	0	1	13								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Meal SubTotal				2,771.0	97.9	28.4	<u>0.0</u>	5,637.0	340.6								

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 5

Menu Cycle: Winter-Spring Lunch Elem wk. 3 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	GM	GM	GM	MG	GM													
550.0	18.0	6.1	0.0	640.0	75.0													

Food Description

Lunch

Big Daddy Pizza e 508	1	1 pizza slice	e 508	320	13	6	0	350	34										
Cheesy Fish Sandwich e 74	1	1fish/1bun tart	e 74	365	11.96	3.086	0.01	742	41.98										
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08										
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97										
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55										
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29										
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27										
Baked Beans v 29	1	4 oz.	v 29	141	1.41	0	0	554	27.25										
Garden Salad v 4	1	1/2 cup salad	v 4	22	0	0	0	12	4.61										
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52										
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68										
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63										
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63										
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6										
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45										
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55										
Meal SubTotal				3,058.0	100.4	32.0	0.0	6,022.0	398.8										

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 1

Menu Cycle: Winter-Spring Lunch Elem wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	GM	GM	GM	MG	GM													
550.0	18.0	6.1	0.0	640.0	75.0													

Food Description

Lunch

Pepperoni Pizza Stick & Sauce e 4092	1	2 brd stk, 2 oz sauce	e 4092	544	20.11	9.6	0	1277	66.44										
Pop Corn Chicken (Elem) e 1600	1	12pc	e 1600	256	14.49	2.786	0	390	15.6										
cheesy garlic toast g 222	1	1 garlic toast	g 222	103	5.02	1.885	0	203	11.25										
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08										
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97										
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55										
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29										
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27										
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56										
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13										
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01										
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68										
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63										
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63										
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6										
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45										
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55										
Meal SubTotal				3,147.0	113.7	37.2	0.0	6,291.0	389.4										

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 2

Menu Cycle: Winter-Spring Lunch Elem wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Beef Nachos 2oz e 16	1 2oz mt/2ozch/2sa/chip	e 16	426	22.99	6.63	0.183	770	42.5									
Hot Dog e 17	1 1/bun/1oz sa	e 17	236	9.15	2.346	0.03	789	28.37									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1 1clett/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
refried beans v 48	1 1/2c	v 48	107	3.13	1.125	0	608	16.5									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
Pineapple Tidbits f 5	1 1/2c	f 5	71	0	0	0	0	18.37									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Meal SubTotal			3,007.0	109.4	33.0	<u>0.2</u>	6,566.0	385.3									

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 3

Menu Cycle: Winter-Spring Lunch Elem wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Flat Bread Pizza e 580	1	2 sticks	g 202	332	12.91	4	0	760	39.57								
Chicken Tenders (3pc) e 32	1	3 chix	e 32	260	15	2.5	0	390	16								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Meal SubTotal				2,879.0	102.6	29.4	0.0	5,529.0	361.8								

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 4

Menu Cycle: Winter-Spring Lunch Elem wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

3 Bosco Stick/Sauce e 69	1	3 Bosco St./Sauce e 69		397	10.86	4.971	0	674	50.97								
Mini Pancake e 103	1	Each e 103		247	6.75	0.562	0	146	43.85								
Turkey Sausages (Lunch) (2) e 976	1	2 ea e 976		125	8.3	2.076	0	166	0								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs e 307		381	14.58	5.552	0	593	49.08								
Turkey Sand on White Bread e 203	1	1 sand e 203		246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each e 4023		570	32	6	0	440	55								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt c 1		124	3.52	1.503		347	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.044		703	10.27								
Hash Brown Triangle v 44	1	2 hash brown v 44		219	10.96	1.495	0	448	26.91								
Fresh Mixed Vegetables v 104	1	1/2c v 104		24	0.11	0.017		40	5.13								
Apple juice f 10	1	1 (4oz cup) f 10		50	0	0	0	1	13								
f 1 apple	1	1 Each f 1		67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana f 3		108	0.4	0.135		1	27.63								
orange f 4	1	Each f 4		64	0.39	0.046		0	15.63								
Golden Apple f 17	1	apple f 17		79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread g 200		69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs g 37		125	3.91	0	0	231	19.55								

Meal SubTotal				3,205.0	111.0	32.0	<u>0.0</u>	5,834.0	414.3								
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Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 5

Menu Cycle: Winter-Spring Lunch Elem wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
550.0	18.0	6.1	0.0	640.0	75.0												

Food Description

Lunch

Bosco Stuffed Crust Pizza e 4079	1	1 slice	e 4079	306	10.85	4.932	0	533	33.54									
Chicken Rings (elem) e 4087	1	5pc	e 4087	305	17.77	3.173	0	457	15.23									
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15									
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	381	14.58	5.552	0	593	49.08									
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
peas and carrots v 120	1	1/2 cup	v 120	52	0.27	0	0	78	9.85									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Meal SubTotal				2,971.0	104.2	31.2	<u>0.0</u>	5,589.0	367.3									

Milk Nutrient Details:

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