

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: Fall Condiments 2018

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

Mayo FF s 2	1	1 pkt.	s 2	15	0	0	0	105	3								
Ketchup pkg s 3	1	2 pkt.	s 3	20	0	0	0	170	6								
Mustard pkg s 22	1	1 pkt.	s 22	4	0.23	0.013	0	86	0.31								
BBQ pkg s 12	1	2 pkt.	s 12	42	0.39	0.061	0.005	179	9.79								
Tartar sauce pkg s 13	1	1 pkt.	s 13	43	3.67	0.576	0.024	103	2.6								
relish pkg. s 15	1	1 pkt.	s 15	11	0.02	0.009	0.009	60	2.65								
Syrup pancake s 14	1	1 Each	s 14	119	0	0	0	0	30.66								
Jelly pkg s 24	1	1 pkt.	s 24	36	0	0	0	1	9.11								
Lite Cream Cheese s 20	1	1 oz. pkt.	s 20	60	4.5	3.5	0	95	1								
sour crm lite s 4	1	1 oz.	s 4	57	4.72	3.307	0	47	1.89								
Salsa s 5	1	2 oz.	s 5	20	0	0	0	137	3.96								
Parm. Cheese s 6	1	1T	s 6	57	4.25	0	0	283	5.67								
Ranch drs FF 1 oz. s 9	1	1 oz	s 9	25	0	0	0	380	6								
Italian drs FF 1oz s 10	1	1 oz	s 10	11	0	0	0	528	3.23								
French drs FF 1oz s 11	1	1oz	s 11	45	0	0	0	320	10								
Raspberry Vinaigrette s 30	1	2oz	s 30	61	0	0	0	489	13.97								
Honey Mustard Dressing s 31	1	1oz	s 31	61	0	0	0	266	14.3								
Caesar Dressing pkg s 40	1	1 pkt.	s 40	50	2.5	1.001	0	410	6.01								
Greek Salad Dressing pkg s 41	1	1 pkt.	s 41	111	9.1	1.517	0	677	5.06								
Chipolte Sauce s 32	1	2oz	s 32	94	3.76	0.73	0.038	244	13.87								
TSO sauce/sweet sour s 7	1	2oz	s 7	2	0.03	0	0	9	0.56								
TSO sauce (hot) s 16	1	2oz	s 16	4	0	0	0	20	0.94								
red hot sauce s 18	1	1 oz	s 18	10	0	0	0	800	0								
seafood sauce s 6015	1	2 pkt.	s 6015	77	0	0	0	552	15.46								
Tartar Sauce	1	1 Each	0001020158	43	3.67	0.576	0.024	103	2.6								

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 1

Menu Cycle: Breakfast Elem. Fall 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast K-5

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	Gram	Gram	MG	Gram													
350.0	11.0	3.8	0.0	430.0	50.0													

Food Description

Breakfast

Apple Frudel b 418	1 Each	b 418	210	6	1	0	280	36										
Breakfast Pizza b 5	1 1 slice	b 5	200	7	2.001	0	430	24.01										
Cheese Omelet b 402	1 1Ea	b 402	125	9.76	3.691	0.161	285	1.49										
Whole Grain Cinnamon Rolls b 401	1 1 cinnamon roll	b 401	83	0.46	0	0	65	17.58										
Breakfast Pizza b 5	1 1 slice	b 5	200	7	2.001	0	430	24.01										
Mini Cinnis b 202	1 Each	b 202	240	6.99	1.498	0	270	38.95										
Cinn. Toast Cereal b 20	1 1 bowl	b 20	111	3.04	0.506	0	162	22.27										
Cheerios b 24	1 1 bowl	b 24	101	2.02	0.506	0	142	20.25										
Frosted Flakes (low sugar) b 200	1 1 bowl	b 200	101	0	0	0	162	24.3										
Trix Cereal B 405	1 1 bowl	B 405	111	1.52	0	0	142	24.3										
Cocoa Puffs Cereal WG b 421	1 1 bowl	b 421	110	1.5	0	0	120	25										
Frosted Mini Wheats Cereal WG b 420	1 1 bowl	b 420	100	1	0	0	105	23										
Poptart Brown Sugar, single b 12	1 1 poptart	b 12	180	2.5	1	0	190	37.01										
Poptart Strawberry, single b 29	1 1 pkg	b 29	180	2.5	1	0	180	38.01										
Pop Tart Fudge WG ,single b 409	1 1 bar	b 409	180	3	1.001	0	190	38.03										
Donut b 403	1 1 donut	b 403	100	2.49	0.498	0	149	16.93										
Goldfish Graham WG b 216	1 1 pkg	b 216	120	4	1	0	70	19.01										
Yogurt Parfait b 210	1 1 yogurt	b 210	195	2.54	1.008	0	105	37.89										
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										
Apple juice f 10	1 1 (4oz cup)	f 10	50	0	0	0	1	13										
Orange Juice f 11	1 1 (4oz cup)	f 11	57	0	0	0	0	12.45										

Meal SubTotal			2,929.0	63.9	16.9	<u>0.2</u>	3,480.0	538.8										
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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 1

Menu Cycle: Fall Lunch Elem wk. 1 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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								
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41								
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				2,873.0	103.9	31.5	<u>0.0</u>	5,987.0	357.4								

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: Fall Lunch Elem wk. 1 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	Gram	Gram	Gram	MG	Gram													
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										
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										
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29										
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92										
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				3,072.0	114.3	37.2	0.0	5,766.0	382.8										

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 3

Menu Cycle: Fall Lunch Elem wk. 1 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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									
Crispy Chicken Chef Salad c 8	1	1clett/20zmt c 8		228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.544		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				2,967.0	102.5	35.5	<u>0.0</u>	5,584.0	383.7									

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 4

Menu Cycle: Fall Lunch Elem wk. 1 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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									
Crispy Chicken Chef Salad c 8	1 1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92									
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	3,276.0	121.8	37.6	<u>0.0</u>	6,421.0	412.2											
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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: Fall Lunch Elem wk. 1 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Mini Cheeseburger e 5001	1	Each	e 5001	364	15.19	7.087	1.013	719	39.49								
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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				3,161.0	111.6	39.6	<u>1.0</u>	6,331.0	404.8								

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: Fall Lunch Elem wk. 2 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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	1.753		347	8.26									
Crispy Chicken Chef Salad c 8	1 1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.544		703	10.27									
Smiley Fries v 13	1 4 pc	v 13	131	4.52	0.502	0	181	20.09									
Garden Salad v 4	1 1 Cup Salad	v 4	22	0	0	0	12	4.61									
Blue-Rasp Slushie f 34	1 1ea	f 34	90	0	0	0	30	22									
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			3,137.0	112.9	34.5	<u>0.0</u>	6,585.0	383.9									

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 2

Menu Cycle: Fall Lunch Elem wk. 2 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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									
Crispy Chicken Chef Salad c 8	1 1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1 1clett/2ozmt	c 2	115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.544		703	10.27									
refried beans v 48	1 1/2c	v 48	155	3.09	1.242		639	23.15									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	18	0.04	0.01		34	3.92									
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			3,282.0	126.7	42.5	<u>0.2</u>	6,955.0	403.8									

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 3

Menu Cycle: Fall Lunch Elem wk. 2 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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									
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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				3,053.0	114.0	33.9	<u>0.0</u>	6,082.0	371.0									

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: Fall Lunch Elem wk. 2 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt c 8		228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.544		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		18	0.04	0.01		34	3.92								
Applesauce f 9	1	1/2c Applesauce f 9		52	0	0	0	10	13.41								
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				3,065.0	105.9	34.0	<u>0.0</u>	6,249.0	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 5

Menu Cycle: Fall Lunch Elem wk. 2 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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				3,081.0	107.9	34.2	<u>0.0</u>	6,024.0	389.3								

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 1

Menu Cycle: Fall Lunch Elem wk. 3 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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									
Crispy Chicken Chef Salad c 8	1 1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.544		703	10.27									
Hash Brown Triangle v 44	1 2 hash brown	v 44	219	10.96	1.495	0	448	26.91									
Garden Salad v 4	1 1 Cup Salad	v 4	22	0	0	0	12	4.61									
Applesauce f 9	1 1/2c Applesauce	f 9	52	0	0	0	10	13.41									
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			3,304.0	121.7	37.6	<u>0.0</u>	6,406.0	418.9									

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 2

Menu Cycle: Fall Lunch Elem wk. 3 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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									
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92									
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				2,928.0	102.9	35.1	<u>0.0</u>	5,565.0	379.0									

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: Fall Lunch Elem wk. 3 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

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

Food Description

Lunch

Beef Ravioli e 29	1	1 cup rav	e 29	263	8.08	3.537	0	606	30.31									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									
Chicken Nuggets (5pc) e 7	1	5pc	e 7	240	13.98	2.496	0	469	15.97									
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									
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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				3,000.0	107.9	34.0	<u>0.0</u>	6,057.0	377.8									

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: Fall Lunch Elem wk. 3 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/20zmt	c 2	115	2.77	1.759		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		703	10.27								
Mashed potatoes v 11	1	1/2 cup	v 11	64	0	0	0	18	14.17								
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	18	0.04	0.01		34	3.92								
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				2,865.0	105.8	32.0	<u>0.0</u>	5,964.0	347.8								

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 5

Menu Cycle: Fall Lunch Elem wk. 3 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Mini Cheeseburger e 5001	1	Each	e 5001	364	15.19	7.087	1.013	719	39.49								
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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				3,161.0	111.6	39.6	<u>1.0</u>	6,331.0	404.8								

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: Fall Lunch Elem wk. 4 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATRN	NA	CHO													
KCAL	Gram	Gram	Gram	MG	Gram													
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	552	18.91	9	0	1230	68.57										
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										
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29										
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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										
Blue-Rasp Slushie f 34	1	1ea	f 34	90	0	0	0	30	22										
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				3,287.0	120.4	40.2	0.0	6,568.0	407.5										

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: Fall Lunch Elem wk. 4 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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									
Crispy Chicken Chef Salad c 8	1 1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
Turkey Chef Salad c 2	1 1clett/2ozmt	c 2	115	2.77	1.759		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.544		703	10.27									
French Fries v 8	1 1/2 cup	v 8	216	11.81	2.952	0	492	29.52									
refried beans v 48	1 1/2c	v 48	155	3.09	1.242		639	23.15									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	18	0.04	0.01		34	3.92									
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			3,369.0	129.1	39.7	0.2	7,415.0	428.8									

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 3

Menu Cycle: Fall Lunch Elem wk. 4 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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				2,983.0	110.6	33.0	<u>0.0</u>	5,861.0	370.4								
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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 4

Menu Cycle: Fall Lunch Elem wk. 4 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt c 8		228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.759		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.544		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		18	0.04	0.01		34	3.92								
Applesauce f 9	1	1/2c Applesauce f 9		52	0	0	0	10	13.41								
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				3,305.0	118.9	35.6	<u>0.0</u>	6,169.0	422.0								

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: Fall Lunch Elem wk. 4 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch K-5

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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				3,075.0	112.2	34.8	<u>0.0</u>	5,921.0	375.9								

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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Updated June , 2017 A LA CARTE ITEMS
ALL ITEMS NOT AVAILABLE AT ALL SCHOOLS

Item #	Only 3 ala carte items allowed @ elem. & M.S. - H.S. No limit	portion	calories	fat grams	sat. fat grams	trans fat grams	sodium	carbs
CRACKERS,CHIPS								
191090	CHEETOS CHS BKD (FRITO -LAY 104-SSV) (M.S./H.S.)	1 BAG=24.81g	120	4.5g.	.5g.	0g.	200mg.	17g.
338670	CHEETOS CHS BKD HOT (FRITO-LAY 104-SSV) (M.S./H.S.)	1 BAG=24.81g	120	4.5g.	.5g.	0g.	190mg.	18g.
537871	CHEETOS PUFFS BKD (FRITO-LAY) (M.S./H.S.)	1 BAG=19.8g.	90	3.5g.	0g.	0g.	135mg.	14g.
266031	CHEX MIX HOT & SPICY (GENERAL MILLS) (M.S./H.S.)	1 BAG=26g.	110	3g.	.5g.	0g.	140mg.	19g.
265971	CHEX MIX CHOC.CARAMEL (GENERAL MILLS) (M.S./H.S.)	1 BAG=29g.	130	4g.	1.5g.	0	70mg.	22g.
266020	CHEX MIX STRAWBERRY (GENERAL MILLS) (M.S./H.S.)	1 BAG=29g.	120	3g.	1g.	0g.	55mg.	23g.
737611	DORITOS BOLD & SPICY (FLAMAS) (M.S./H.S.)	1 BAG=29g.	140	5g.	0.5g.	0g.	200m.g.	20g.
541502	DORITOS COOL RANCH RF (FRITO-LAY 72-1Z) (H.S. ONLY)	1 BAG=28g.	130	5g.	1g	0g.	160g.	19g.
456090	DORITOS NACHO RF (FRITO-LAY 1Z) (M.S./H.S.)	1 BAG=28g.	120	3.5g.	0.5g.	0g.	230 g.	21g.
788670	DORITOS SPCY SWT CHILI RF (FRITO-LAY-1Z) (M.S./H.S.)	1 BAG=28.35g.	130	5g.	0.5g.	0g.	180g.	20g.
712560	LAYS BAKED CHIP (FRITO LAY) (M.S./H.S.)	1 BAG=31.89g.	130	2g.	0g.	0g.	150mg.	26g.
712550	LAYS BBQ BAKED (FRITO LAY) (M.S./H.S.)	1 BAG=31.89g.	140	3.5g.	0.5g.	0g.	220mg.	24g.
712540	LAYS BAKED SOUR CREAM & ONION (FRITO LAY)(M.S./H.S.)	1 BAG=31.89g.	130	3.5g.	.5g.	0g.	190g.	24g.
405983	RUFFLES CHEDDAR & S. CREAM (FRITO LAY) (H.S.)	1 BAG=22.7g.	100	3g.	0g.	0g.	200mg.	17g.
537140	CHIP CORN RF FRITO LAY (H.S.)	1 BAG=28g.	140	6g.	1g.	0g.	170mg.	20g.
682840	CRACKER ANIMAL KEEBLER WG (M.S./H.S.)	1BAG=29g.	130	4g.	1g.	0g.	110mg.	21g.
618941	CRACKER CHEEZ-IT HOT WG KELLOGG (M.S./H.S.)	1PKG=21g.	100	3.5g.	1g.	0g.	200mg.	14g.
805640	GRIPZ GRAHAM (KEEBLER) (M.S./H.S.)	1 BAG=25g.	100	3g.	1g.	0g.	80mg.	19g.
736280	CRACKER GOLDFISH CHEDDAR WG (ELEM)	1PKG=21g.	100	4g.	.5g.	0g.	170mg.	14g.
770960	CRACKER GOLDFISH OATS & HONEY (M.S./H.S.)	1PKG=26g.	120	4g.	1g.	0g.	70m.g.	19g.
859550	SCOOBY GRHM STCK (KELLOGGS) (Elem. /M.S./H.S.)	1 PKG.=28g.	120	3.5g.	1g.	0g.	115mg.	21g.
893711	HEARTZELS (FRITO LAY) (M.S./H.S.)	1 BAG=19.84g.	80	1.5g.	0g.	0g.	200mg.	15g.
641721	POPCORN WHITE CHEDDAR (SMARTFOOD) (M.S./H.S.)	1 BAG=14g.	130	2.5g.	0g.	0g.	110mg.	9g.
644182	POPCORN SEA SALT CARAMEL (SMARTFOOD) (M.S./H.S.)	1 BAG=14.7g.	70	2.5g.	0g.	0g.	115m.g.	10g.
660962	SUN CHIPS HARVEST CHEDDAR (FRITO LAY) (M.S./H.S.)	1 BAG=24.8g.	110	4g.	0g.	0g.	200mg.	15g.
CEREAL BARS/POP-TARTS/RICE KRISP								
265891	BAR CIN TST CRUNCH WG (M.S./ H.S.)	1 BAR=40g.	150	3g.	.5g.	0g.	115mg.	30g.
268690	BAR TRIX WG (M.S. /H.S.)	1 BAR=40g.	150	3g.	.5g.	.5g.	105g.	30g.
265901	BAR COCOA PUFF WG (M.S. /H.S.)	1 BAR=40g.	150	3g.	.5g.	0g.	110mg.	30g.
282431	BAR COCOA RICE KRISPY GRANOLA WG (M.S. /H.S.)	1 BAR =38g.	150	4.5g.	1g.	0g.	140mg.	27g.
695880	PASTRY POP-TART CINN. WG (M.S. /H.S.)	1 BAR=50g.	180	2.5g.	1g.	0g.	190g.	37g.
695890	PASTRY POP- TART STRAWBERRY WG (M.S. /H.S.)	1 BAR=50g.	180	2.5g.	1g.	0g.	180mg.	38g.
452062	PASTRY POP-TART FUDGE WG (M.S. /H.S.)	1 BAR=50g.	180	3g.	1g.	0g.	190mg.	38g.
618862	TREAT RICE KRISPIE WG (M.S. /H.S.)	1 BAR=41g.	160	4g.	1g.	0g.	140mg.	30g.
645331	TREAT RICE KRISPIE CHOCOLATE CHIP WG (M.S. /H.S.)	1 BAR=45g.	190	5g.	2g.	0.g.	150m.g.	34g.
565002	TREAT RICE KRISPIE MINI WG (Elem/ M.S./ H.S.)	1 EACH=12g.	50	1g.	0.g.	0g.	45m.g.	9g.
DONUTS								
509942	WG Cake Donut (M.S. /H.S. ONLY)	1 Donut =54g.	150	5g.	1.5g.	0g.	190m.g.	23g.
941974	Ultra Power Cocoa (M.S. /H.S. ONLY)	1 Donut =54g.	140	4.5g.	1.5g.	0g.	170m.g.	22g.
615421	Donut Stars (Elem. M.S.,H.S.)	1 Donut =37g.	100	2.5g.	0.5g.	0g.	150m.g.	17g.
FRUIT SNACK								
746831	Motts Fruit Snacks (M.S. /H.S. ONLY)	1 pkg. = 45g.	130	0g.	0g.	0g.	55m.g.	38g.
BEVERAGES								
118921	APPLE JUICE (SUNCUP)	4 OZ.=113.4g.	60	0g.	0g.	0g.	5mg.	14g.
118930	ORANGE JUICE (SUNCUP)	4 OZ=118g.	60	0g.	0g.	0g.	0mg.	14g.
	DOLE PLUS APPLE JUICE (H.S.-M.S.)	10oz.	140	0g.	0g.	0g.	25m.g.	33g.
	DOLE PLUS ORANGE JUICE (H.S.-M.S.)	10oz.	140	0g.	0g.	0g.	25m.g.	34g.
	WILDBERRY WATER G2 (H.S. ONLY)	8oz.	0	0g.	0g.	0g.	70mg.	0g.
	GATORADE GLACIER FREEZE G2 (H.S. ONLY)	12oz.	30	0g.	0g.	0g.	160mg.	7g.
	GATORADE FRUIT PUNCH G2 (H.S. ONLY)	12oz.	30	0g.	0g.	0g.	160mg.	7g.
	LIPTON ICED GREEN TEA (H.S. ONLY)	8oz.	0	0g.	0g.	0g.	25mg.	0g.
	IZZY SPARKLING JUICE APPLE (H.S.- M.S. ONLY)	8.4oz.	90	0g.	0g.	0g.	15mg.	23g.
	IZZY SPARKLING JUICE BLACKBERRY (H.S.-M.S. ONLY)	8.4oz.	90	0g.	0g.	0g.	20mg.	22g.
	IZZY SPARKLING JUICECELEMINTINE (H.S.-M.S. ONLY)	8.4oz.	90	0g.	0g.	0g.	15mg.	21g.
619672	TROPICANA FRUIT MEDLEY JUICE (H.S.- M.S. ONLY)	10oz.	140	0g.	0g.	0g.	25mg.	34g.
619652	TROPICANA STRAWBERRY KIWI JUICE (H.S.-M.S. ONLY)	10oz.	150	0g.	0g.	0g.	25mg.	38g.
616402	V-8 SMOOTHIE STRAW-BAN (H.S.-M.S. ONLY)	12oz.	180	0g.	0g.	0g.	142m.g.	45g.
616391	V-8 SMOOTHIE WATERMEL/RASP (H.S.-M.S. ONLY)	12oz.	180	0g.	0g.	0g.	120m.g.	44g.
616382	V-8 SMOOTHIE PEACH-MANGO (H.S.-M.S. ONLY)	12oz.	180	0g.	0g.	0g.	142m.g.	44g.
460581	V-8 SMOOTHIE TROP-FRUIT (H.S.-M.S. ONLY)	12oz.	180	0g.	0g.	0g.	142m.g.	46.5g.
HERSHEY'S ICE CREAM								
	LF CRAZY CONE (H.S.-M.S.)	1 CONE=64g.	120	2g.	1g.	0g.	85mg.	25g.
	LF COOKIES & CREAM (H.S.-M.S.)	1 CONE=62g.	120	1.5g.	1g.	0g.	100mg.	25g.
	MIGHTY MINI SANDWICH (Elem) -(H.S.-M.S.)	1 BAR=44g.	120	2.5g.	1g.	0g.	70mg.	12g.
	NF BIRTHDAY CAKE YOGURT CUP (Elem) -(H.S.-M.S.)	1 CUP=66.47g.	80	0g.	0g.	0g.	95mg.	17g.
	POLAR BLAST JUICE BAR (Elem)- (H.S.-M.S.)	1 BAR=73.93g	70	0g.	0g.	0g.	5mg.	16g.
	LACTAID ICE CREAM CUP (Elem) -(H.S.-M.S.)	1 CUP=69g.	150	8g.	5g.	0g.	40mg.	16g.
ANNIES FROZEN YOGURT								
127342	FROZEN YOGURT, VANILLA (ANNIES) (H.S. ONLY)	5oz.	137	0g.	0g.	0g.	81m.g.	28g.
127351	FROZEN YOGURT,CHOCOLATE (ANNIES) (H.S.ONLY)	5oz.	125	0g.	0g.	0g.	69m.g.	29g.
YOGURT, DAIRY								
170750	DANNON STRAWBERRY BANANA	170g.	150	1.5g.	1g.	0	95mg.	29g.
170780	DANNON BLUEBERRY	170g.	80	0g.	0g.	0g.	75mg.	14g.
170790	DANNON STRAWBERRY	170g.	80	0g.	0g.	0g.	80mg.	14g.
114381	DANNON GREEK STRAWBERRY OIKOS	150g.	120	0g.	0g.	0g.	50mg.	19g.
551760	TRIX YOGURT STRAWBERRY BANANA BASH	113g.	100	.5g.	.5g.	0g.	50mg.	20g.
B210	YOGURT PARFAIT	163.5g.	195	2.43g.	1.0g.	0g.	105mg.	37.89
786580	STRING CHEESE STICK	28g.	80	6g.	4g.	0g.	20mg.	1g.
565870	TURKEY SAUSAGE SNACK STICK (H.S. ONLY)	14g.	40	1.5g.	0g.	0g.	200m.g.	3g.