

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 Condiments 2018.

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

| | | | | | | | | | | | | | | | | | |
|-------------------------------------|---|------------|------------|-----|------|-------|-------|-----|-------|--|--|--|--|--|--|--|--|
| 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 | 16 | 0 | 0 | 0 | 511 | 3.13 | | | | | | | | |
| 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 Vinaigrette Dressing pkg s 41 | 1 | 1 pkt. | s 41 | 111 | 9.1 | 1.517 | 0 | 677 | 5.06 | | | | | | | | |
| Greek Feta Dressing pkg. s 42 | 1 | 1 pkt. | s 42 | 70 | 6 | 0.5 | 0 | 320 | 2 | | | | | | | | |
| Chipolte Sauce s 32 | 1 | 2oz | s 32 | 88 | 3.46 | 0 | 0 | 236 | 13.84 | | | | | | | | |
| red hot sauce s 18 | 1 | 1 oz | s 18 | 10 | 0 | 0 | 0 | 800 | 0 | | | | | | | | |
| 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 | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|----------------------|--|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|
| Meal SubTotal | | | | 1,054.0 | 39.9 | 10.8 | 0.0 | 5,675.0 | 157.5 | | | | | | | | |
|----------------------|--|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|

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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* 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 1

Menu Cycle: Breakfast Elem. Spring 2018

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

| | | | | | | | | | | | | | | | | | |
|-------------------------------------|-------------------|-------|-----|------|-------|-------|-----|-------|--|--|--|--|--|--|--|--|--|
| Mini Cinnamon Bagels WG b 10 | 1 Each | b 10 | 240 | 6 | 2.5 | 0 | 180 | 42 | | | | | | | | | |
| 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 | | | | | | | | | |
| Pop Tart Blueberry WG b 419 | 1 1 bar | b 419 | 180 | 2.5 | 1.001 | 0 | 180 | 38.03 | | | | | | | | | |
| Poptart Brown Sugar, single b 12 | 1 1 poptart | b 12 | 190 | 3 | 1 | 0 | 200 | 38.01 | | | | | | | | | |
| Pop Tart Fudge WG ,single b 409 | 1 1 bar | b 409 | 190 | 3 | 1.001 | 0 | 200 | 38.03 | | | | | | | | | |
| Poptart Strawberry, single b 29 | 1 1 pkg | b 29 | 180 | 2.5 | 1 | 0 | 180 | 38.01 | | | | | | | | | |
| Donut b 403 | 1 1 donut | b 403 | 100 | 2.49 | 0.996 | | 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 | | | | | | | | | |
| orange f 4 | 1 Each | f 4 | 64 | 0.39 | 0.046 | | 0 | 15.63 | | | | | | | | | |
| Apple juice f 10 | 1 1 (4oz cup) | f 10 | 50 | 0 | 0 | 0 | 10 | 13 | | | | | | | | | |
| Orange Juice f 11 | 1 1 (4oz cup) | f 11 | 57 | 0 | 0 | 0 | 0 | 13.41 | | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|----------------------|--|--|---------|------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|
| Meal SubTotal | | | 3,023.0 | 60.3 | 17.9 | <u>0.2</u> | 3,159.0 | 576.4 | | | | | | | | | |
|----------------------|--|--|---------|------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|

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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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 Lunch Elem wk. 1 2018.

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 Elem. (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 | | | | | | | | | |
| Baked Lays m 143 | 1 Each | m 143 | 129 | 1.99 | 0 | 0 | 149 | 25.89 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | 3,074.0 | 103.8 | 31.5 | <u>0.0</u> | 5,985.0 | 406.5 | | | | | | | | | |

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: Spring Lunch Elem wk. 1 2018.

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 Quesadillas e 2016 | 1 | 3 mini ques.2ozsala e 2016 | 270 | 10 | 2.5 | 0 | 560 | 31 | | | | | | | | | |
| Popcorn 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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|----------------------|--|--|---------|-------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|
| Meal SubTotal | | | 3,133.0 | 110.1 | 33.7 | 0.0 | 5,733.0 | 407.9 | | | | | | | | | |
|----------------------|--|--|---------|-------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|

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 3

Menu Cycle: Spring Lunch Elem wk. 1 2018.

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 | 314 | 25.21 | | | | | | | | | |
| 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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola e 2023 | | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs g 37 | | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | | 3,039.0 | 100.3 | 35.5 | <u>0.0</u> | 5,413.0 | 408.8 | | | | | | | | | |

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: Spring Lunch Elem wk. 1 2018.

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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | 3.488 | 0 | 518 | 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 | 10 | 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|----------------------|---------|-------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|--|--|
| Meal SubTotal | 3,348.0 | 119.6 | 39.6 | <u>0.0</u> | 6,349.0 | 435.3 | | | | | | | | | | | |
|----------------------|---------|-------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 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 5

Menu Cycle: Spring Lunch Elem wk. 1 2018.

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 | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | |
| 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 | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | |
| Meal SubTotal | | | | 3,233.0 | 109.4 | 39.6 | <u>1.0</u> | 6,180.0 | 428.0 | | | | | | | | |

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 1

Menu Cycle: Spring Lunch Elem wk. 2 2018.

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 Elem. (3pc) e 32 | 1 3 chix | e 32 | 260 | 15 | 2.5 | 0 | 390 | 16 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| 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 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | 3,066.0 | 107.3 | 32.8 | 0.0 | 6,057.0 | 395.2 | | | | | | | | | |

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: Spring Lunch Elem wk. 2 2018.

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 | 45.48 | | | | | | | | | |
| Mini Corn Dogs & Cheese e 553 | 1 6pc & 2oz cheese | e 553 | 365 | 18.56 | 8.126 | 0 | 821 | 32.92 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| 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 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | 3,373.0 | 124.5 | 42.5 | 0.2 | 6,834.0 | 433.6 | | | | | | | | | |

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 3

Menu Cycle: Spring Lunch Elem wk. 2 2018.

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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | 3,125.0 | 111.8 | 33.9 | <u>0.0</u> | 5,931.0 | 394.2 | | | | | | | | | |

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: Spring Lunch Elem wk. 2 2018.

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 | | | | | | | | |
| BBQ Beef Rib Sandwich e 504 | 1 | 1 BBQ Rib sandwich e 504 | | 347 | 12.24 | 4.731 | 0.02 | 962 | 39.25 | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola e 2023 | | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | |
| 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 | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs g 37 | | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | |
| Meal SubTotal | | | | 3,153.0 | 103.0 | 36.2 | 0.0 | 6,359.0 | 417.7 | | | | | | | | |

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 5

Menu Cycle: Spring Lunch Elem wk. 2 2018.

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 | 41.8 | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | |
| 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 | 27 | 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 | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|----------------------|--|--|--|---------|-------|------|------------|---------|-------|--|--|--|--|--|--|--|--|
| Meal SubTotal | | | | 3,153.0 | 105.8 | 34.2 | 0.0 | 5,822.0 | 412.4 | | | | | | | | |
|----------------------|--|--|--|---------|-------|------|------------|---------|-------|--|--|--|--|--|--|--|--|

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: Spring Lunch Elem wk. 3 2018.

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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | 3.488 | 0 | 518 | 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 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |

| | | | | | | | | | | | | | | | | | |
|----------------------|--|--|---------|-------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|
| Meal SubTotal | | | 3,326.0 | 119.6 | 39.5 | 0.0 | 6,324.0 | 429.1 | | | | | | | | | |
|----------------------|--|--|---------|-------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|

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 2

Menu Cycle: Spring Lunch Elem wk. 3 2018.

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

| | | | | | | | | | | | | | | | | | |
|-------------------------------------|---|------------------------------------|--------|---------|-------|-------|------------|---------|-------|--|--|--|--|--|--|--|--|
| Pizza Crunchers Cheese e 2017 | 1 | 4 pizza bites | e 2017 | 420 | 20 | 8.999 | 0 | 670 | 41 | | | | | | | | |
| Beef Taco (Elem./M.S. 2 oz) e 300 | 1 | 1ea | e 300 | 218 | 8.31 | 4.133 | 0.183 | 515 | 23.53 | | | | | | | | |
| Reduced Fat Doritos m 24 | 1 | 1ea | m24 | 132 | 5.06 | 1.012 | 0 | 202 | 20.25 | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | |
| 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 | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | |
| Meal SubTotal | | | | 3,246.0 | 113.9 | 40.6 | 0.2 | 5,964.0 | 427.5 | | | | | | | | |

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 3

Menu Cycle: Spring Lunch Elem wk. 3 2018.

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 & Meat Sauce (JTM) e 4000 | 1 | 7.44 oz | e 4000 | 317 | 16.13 | 6.25 | 1.008 | 611 | 24.19 | | | | | | | | |
| WG Twisted Breadstick g 224 | 1 | 1 bread stick | g 224 | 154 | 3.86 | 1.446 | 0 | 135 | 26.99 | | | | | | | | |
| Chicken Nuggets Elem. (5pc) e 7 | 1 | 5pc | e 7 | 240 | 13.98 | 2.496 | 0 | 469 | 15.97 | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | |
| 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 | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | |
| Meal SubTotal | | | | 3,126.0 | 113.8 | 36.7 | <u>1.0</u> | 5,911.0 | 394.8 | | | | | | | | |

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: Spring Lunch Elem wk. 3 2018.

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

| | | | | | | | | | | | | | | | | | |
|----------------------------------|--------------------------------------|--------|---------|-------|-------|------------|---------|-------|--|--|--|--|--|--|--|--|--|
| Popcorn 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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| 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 | 10 | 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | 2,937.0 | 103.6 | 32.0 | 0.0 | 5,822.0 | 370.9 | | | | | | | | | |

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 5

Menu Cycle: Spring Lunch Elem wk. 3 2018.

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 | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | |
| 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 | | | | | | | | |
| French Fries v 8 | 1 | 2.03 | v 8 | 113 | 6.14 | 1.535 | 0 | 256 | 15.35 | | | | | | | | |
| 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 | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | |
| Meal SubTotal | | | | 3,346.0 | 115.6 | 41.1 | <u>1.0</u> | 6,436.0 | 443.3 | | | | | | | | |

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: Spring Lunch Elem wk. 4 2018.

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

| | | | | | | | | | | | | | | | | | | |
|----------------------------------|---|------------------------------------|--------|---------|-------|-------|------------|---------|-------|--|--|--|--|--|--|--|--|--|
| Pizza Crunchers Cheese e 2017 | 1 | 4 pizza bites | e 2017 | 420 | 20 | 8.999 | 0 | 670 | 41 | | | | | | | | | |
| Popcorn 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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | | 3,208.0 | 119.3 | 40.2 | 0.0 | 5,827.0 | 399.5 | | | | | | | | | |

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: Spring Lunch Elem wk. 4 2018.

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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| 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 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | 3,244.0 | 115.1 | 36.7 | <u>0.2</u> | 6,802.0 | 426.1 | | | | | | | | | |

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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* 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 3

Menu Cycle: Spring Lunch Elem wk. 4 2018.

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 Elem. (3pc) e 32 | 1 3 chix | e 32 | 260 | 15 | 2.5 | 0 | 390 | 16 | | | | | | | | | |
| Despicable MEal e 2023 | 1 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | 3,055.0 | 108.4 | 33.0 | <u>0.0</u> | 5,710.0 | 393.5 | | | | | | | | | |

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: Spring Lunch Elem wk. 4 2018.

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 | | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola e 2023 | | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | | |
| 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 | 3.488 | 0 | 518 | 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 | | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs g 37 | | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | | |
| Meal SubTotal | | | | 3,377.0 | 116.7 | 37.6 | 0.0 | 6,088.0 | 445.2 | | | | | | | | | |

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: Spring Lunch Elem wk. 4 2018.

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 | | | | | | | | |
| Despicable MEal e 2023 | 1 | 1yog,1 cracker ,1chs,1/2 c granola | e 2023 | 453 | 12.41 | 5.55 | | 442 | 72.25 | | | | | | | | |
| 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 | | | | | | | | |
| Whole Wheat Crackers g 37 | 1 | 4 pkgs | g 37 | 125 | 3.91 | 0 | 0 | 231 | 19.55 | | | | | | | | |
| Meal SubTotal | | | | 3,147.0 | 110.0 | 34.8 | <u>0.0</u> | 5,770.0 | 399.0 | | | | | | | | |

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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