

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								
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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: 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									
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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: 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	139	3.98	0.498	0	179	23.9								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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				2,993.0	107.9	31.5	<u>0.0</u>	6,147.0	377.6								

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 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	196	11.25									
Trix Meal e 307	1	1yog,2 goldfish e 307 crk,1chs	361	14.58	5.05	0	603	45.08									
Turkey Sand on White Bread e 203	1	1 sand e 203	247	4.7	1.934	0	1189	28.26									
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		673	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			3,042.0	112.2	33.2	<u>0.0</u>	5,858.0	381.0									

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: 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									
Trix Meal e 307	1	1yog,2 goldfish crk,1chs e 307		361	14.58	5.05	0	603	45.08									
Turkey Sand on White Bread e 203	1	1 sand e 203		247	4.7	1.934	0	1189	28.26									
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		673	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				2,948.0	102.5	35.0	<u>0.0</u>	5,545.0	382.0									

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: 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	277	10.8	5.4	0	675	29.02									
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	361	14.58	5.05	0	603	45.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	247	4.7	1.934	0	1189	28.26									
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		673	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			3,254.0	121.6	39.5	<u>0.0</u>	6,486.0	408.5									

Milk Nutrient Details:

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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								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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				3,142.0	111.6	39.1	<u>1.0</u>	6,312.0	401.1								

Milk Nutrient Details:

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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									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	247	4.7	1.934	0	1189	28.26									
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		673	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			2,975.0	109.4	32.3	0.0	6,189.0	368.3									

Milk Nutrient Details:

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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	430	23.39	6.743	0.183	769	45.56									
Mini Corn Dogs & Cheese e 553	1 6pc & 2oz cheese	e 553	370	19	8.25	0	820	33									
Trix Meal e 307	1 1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	247	4.7	1.934	0	1189	28.26									
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		673	10.27									
refried beans v 48	1 1/2c	v 48	155	3.09	1.242	0	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			3,291.0	127.5	42.2	0.2	6,964.0	406.9									

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. 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								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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				3,034.0	114.0	33.4	<u>0.0</u>	6,063.0	367.3								

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 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								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs e 307		361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand e 203		247	4.7	1.934	0	1189	28.26								
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	1clet/20zmt c 8		228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clet/20zmt c 4		195	10.57	6.544		673	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				3,062.0	105.1	35.7	<u>0.0</u>	6,491.0	390.8								

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: 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	388	14.8	2.793	0.01	706	42.08								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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				3,063.0	107.9	33.7	<u>0.0</u>	5,955.0	385.8								

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: 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	277	10.8	5.4	0	675	29.02								
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	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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				3,232.0	121.5	39.4	<u>0.0</u>	6,461.0	402.2								

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. 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	219	8.31	4.133	0.183	516	23.82									
Reduced Fat Doritos m 24	1	1ea	m24	132	5.06	1.012	0	202	20.25									
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08									
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26									
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		673	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				3,156.0	116.1	40.1	<u>0.2</u>	6,097.0	400.9									

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. 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								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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				3,035.0	116.0	36.2	<u>1.0</u>	6,043.0	368.0								

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: 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										
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08										
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26										
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		673	10.27										
Mashed potatoes v 11	1	1/2 cup	v 11	91	1.52	0		378	16.24										
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				2,873.0	107.3	31.5	<u>0.0</u>	6,314.0	346.1										

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 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								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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				3,255.0	117.7	40.6	<u>1.0</u>	6,568.0	416.5								
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Milk Nutrient Details:

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

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Day 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	196	11.25										
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08										
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26										
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		673	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				3,117.0	121.5	39.7	<u>0.0</u>	5,952.0	372.6										

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 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	430	23.39	6.743	0.183	769	45.56									
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	361	14.58	5.05	0	603	45.08									
Turkey Sand on White Bread e 203	1 1 sand	e 203	247	4.7	1.934	0	1189	28.26									
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		673	10.27									
refried beans v 48	1 1/2c	v 48	155	3.09	1.242	0	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			3,157.0	117.7	36.3	<u>0.2</u>	6,933.0	402.2									

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 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								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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				2,964.0	110.6	32.5	<u>0.0</u>	5,842.0	366.7								

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: 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								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs e 307		361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand e 203		247	4.7	1.934	0	1189	28.26								
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		673	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				3,286.0	118.9	37.1	<u>0.0</u>	6,220.0	418.3								

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 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								
Trix Meal e 307	1	1yog,2 goldfish crk,1chs	e 307	361	14.58	5.05	0	603	45.08								
Turkey Sand on White Bread e 203	1	1 sand	e 203	247	4.7	1.934	0	1189	28.26								
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		673	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 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				3,056.0	112.2	34.3	<u>0.0</u>	5,851.0	372.1								

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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UPDATED MARCH, 2018 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									
CHIPS				portion	calories	fat	sat. fat	trans fat	sodium	carbs
134733	CHIP APPLEWOOD (FRITO LAY)	(M.S.-H.S.)	1 BAG=	38.9g	180	7g.	1g.	0g.	190mg.	27g.
712560	CHIP BAKED CHIP (FRITO LAY)	(M.S.-H.S.)	1 BAG=	31.89g.	130	4g.	0.5g.	0g.	150mg.	26g.
712550	CHIP BBQ BAKED (FRITO LAY)	(M.S.-H.S.)	1 BAG=	31.89g.	140	3.5g.	0.5g.	0g.	180mg.	24g.
600331	CHIP JALAPENO CHEDDAR (FRITO LAY)	(M.S.-H.S.)	1 BAG =	38.9g	180	7g.	1g.	0g.	160mg.	27g.
405983	CHIP RUFFLES CHEDDAR & S. CREAM (FRITO LAY)	(H.S.)	1 BAG=	22.6g.	100	2.5g.	0g.	0g.	200mg.	17g.
600360	CHIP SALT & VINAGER (FRITO LAY)	(M.S.-H.S.)	1 BAG =	38.9g.	180	7g.	1g.	0g.	180mg.	28g.
712540	CHIP SOUR CREAM & ONION (FRITO LAY)	(M.S.-H.S.)	1 BAG=	31.89g.	140	3.5g.	.5g.	0g.	190mg.	24g.
191090	CHEETOS CHS BKD CRUNCHY (FRITO -LAY)	(M.S.-H.S.)	1 BAG=	24.81g	120	4.5g.	1g.	0g.	200mg.	16g.
338670	CHEETOS CHS BKD HOT (FRITO-LAY)	(M.S.-H.S.)	1 BAG=	24.81g	120	4.5g.	.5g.	0g.	200mg.	17g.
537871	CHEETOS PUFFS BKD (FRITO-LAY)	(M.S.-H.S.)	1 BAG=	19.8g.	90	3.5g.	.5g.	0g.	140mg.	13g.
266031	CHEX MIX HOT & SPICY (GENERAL MILLS)	(M.S.-H.S.)	1 BAG=	26g.	110	2.5g.	.5g.	0g.	140mg.	20g.
265971	CHEX MIX CHOC.CARAMEL (GENERAL MILLS)	(M.S.-H.S.)	1 BAG=	29g.	120	4g.	1g.	0	65mg.	21g.
266020	CHEX MIX STRAWBERRY (GENERAL MILLS)	(M.S.-H.S.)	1 BAG=	29g.	120	3g.	1g.	0g.	55mg.	23g.
682840	CRACKER ANIMAL KEEBLER WG	(M.S.-H.S.)	1BAG=	29g.	130	4g.	1g.	0g.	110mg.	21g.
282422	CRACKER CHEEZ-IT KELLOGG	(M.S.-H.S.)	1PKG=	21g.	100	3.5g.	1g.	0g.	150mg.	14g.
618941	CRACKER CHEEZ-IT HOT WG KELLOGG	(M.S.-H.S.)	1PKG=	25g.	100	3.5 g.	1g.	0g.	200mg.	14g.
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.	70mg.	19g.
865091	CRACKER DESPICABLE ME GRAHAM	(ELEM/M.S./H.S)	1PKG=	30g.	140	4.5g.	1.5g.	0g.	110mg.	22g.
859550	CRACKER GRAHAM SCOOPY (KELLOGGS)	(ELEM.-M.S.-H.S.)	1 PKG.=	28g.	120	3.5g.	1g.	0g.	115mg.	21g.
737611	DORITOS BOLD & SPICY (FLAMAS)	(M.S.-H.S.)	1 BAG=	28g.	130	5g.	0.5g.	0g.	200mg.	20g.
541502	DORITOS COOL RANCH RF (FRITO-LAY 72-1Z)	(M.S.-H.S.)	1 BAG=	28g.	130	5g.	0.5g.	0g.	150mg.	20g.
456090	DORITOS NACHO RF (FRITO-LAY 1Z)	(M.S.-H.S.)	1 BAG=	28g.	130	5g.	1g.	0g.	200 mg.	20g.
788670	DORITOS SPCY SWT CHILI RF (FRITO-LAY)	(M.S.-H.S.)	1 BAG=	28.35g.	130	5g.	0.5g.	0g.	200mg.	20g.
865601	FUNYUNS (FRITO LAY)	(M.S.-H.S.)	1 BAG =	21.2g.	100	3.5g.	0.5g.	0g.	125mg.	14g.
893711	PRETZELS HEARTZELS (FRITO LAY)	(M.S.-H.S.)	1 BAG=	19.84g.	80	1.5g.	0g.	0g.	200mg.	15g.
644182	POPCORN SEA SALT CARAMEL (SMARTFOOD)	(M.S.-H.S.)	1 BAG=	14.7g.	70	2.5g.	0g.	0g.	115m.g.	10g.
641721	POPCORN WHITE CHEDDAR (SMARTFOOD)	(M.S.-H.S.)	1 BAG=	14g.	70	2.5g.	0g.	0g.	100mg.	9g.
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				portion	calories	fat	sat. fat	trans fat	sodium	carbs
526290	BAR-APPLE OATMEAL . APPLEWAYS	(Elem. -M.S.-H.S.)	1 BAR=	34.02g.	140	4.5g.	1.5g.	0g.	80m.g.	23g.
265891	BAR- CIN TOAST CRUNCH WG	(M.S.- H.S.)	1 BAR=	40g.	150	3.5g.	0g.	0g.	115mg.	30g.
268690	BAR- TRIX WG	(M.S.- H.S.)	1 BAR=	40g.	150	3.5g.	0.5g.	0g.	100m.g.	30g.
282431	BAR- COCOA RICE KRISPY GRANOLA WG	(M.S.- H.S.)	1 BAR =	38g.	150	4.5g.	1g.	0g.	140mg.	27g.
865131	PASTRY POP-TART BLUEBERRY	(M.S./H.S)	1 BAR=	50g.	180	2.5g.	1g.	0g.	180mg.	38g.
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.
833830	TREAT RICE KRISPIE WG APPLE CINN. GRANOLA	(M.S.- H.S.)	1 BAR=	36g.	140	3g.	0.5g.	0g.	105m.g.	27g.
618862	TREAT RICE KRISPIE WG	(M.S.- H.S.)	1 BAR=	40g.	160	4g.	1g.	0g.	140mg.	30g.
645331	TREAT RICE KRISPIE CHOCOLATE CHIP WG	(M.S.- H.S.)	1 BAR=	45g.	190	5g.	2g.	0g.	150m.g.	34g.
565002	TREAT RICE KRISPIE MINI WG	(Elem- M.S.- H.S.)	1 EACH=	12g.	50	1g.	0g.	0g.	45m.g.	9g.
DONUTS				portion	calories	fat	sat. fat	trans fat	sodium	carbs
509942	WG CAKE DONUT		1 Donut =	54g.	150	5g.	1.5g.	0g.	190m.g.	23g.
941974	ULTRA POWER DONUT		1 Donut =	54g.	140	4.5g.	1.5g.	0g.	170m.g.	22g.
615421	DONUT STARS		1 Donut =	37g.	100	2.5g.	0.5g.	0g.	150m.g.	17g.
FRUIT SNACK				portion	calories	fat	sat. fat	trans fat	sodium	carbs
746831	MOTTS FRUIT SNACKS		1 pkg. =	45g.	130	0g.	0g.	0g.	55m.g.	37g.
MISC.										
565870	SAUSAGE SNACK STICK (OLD WISCONSON)	(H.S.)	1 stick=	14g.	40	1.5g.	0g.	0g.	200mg.	3g.
BEVERAGES				portion	calories	fat	sat. fat	trans fat	sodium	carbs
118921	APPLE JUICE (SUNCUP)	(Elem -H.S.-M.S.)	4 oz.=	113.4g.	60	0g.	0g.	0g.	5mg.	14g.
118930	ORANGE JUICE (SUNCUP)	(Elem-H.S.-M.S.)	4 oz.=	118g.	60	0g.	0g.	0g.	0mg.	14g.
	COFFEE- WITH 1-CREAM/ 1 - SUGAR	(H.S. ONLY)	8 oz.		36	1.4g.	1.4g.	0g.	0.1m.g.	5.98g.
	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 JUICE CLEMINTINE	(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				portion	calories	fat	sat. fat	trans fat	sodium	carbs
	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	(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.
YOGURT FROZEN ANNIES				portion	calories	fat	sat. fat	trans fat	sodium	carbs
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				portion	calories	fat	sat. fat	trans fat	sodium	carbs
551760	YOPLAIT TRIX YOGURT		113g.		80	.0g.	.0g.	0g.	60mg.	15g.
B210	YOGURT PARFAIT	(Elem) -(H.S.-M.S.)	163.5g.		195	2.43g.	1.0g.	0g.	105mg.	37.89
786580	STRING CHEESE STICK	(Elem) -(H.S.-M.S.)	28g.		80	6g.	4g.	0g.	20mg.	1g.