

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

Day 1

Menu Cycle: Fall Condiments 2018

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Breakfast H.S. Fall 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

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

**Food Description**

**Breakfast**

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								
Breakfast bowl b 1	1	6 oz.	b 1	199	10.35	<b>3.74</b>	0.093	696	12.52								
Whole Grain Cinnamon Rolls b 401	1	1 cinnamon roll	b 401	83	0.46	0	0	65	17.58								
Pancakes ( H.S. ) b 416	1	3 EA	b 416	230	6	1	0	330	41.01								
Turkey Sausage (Breakfast) (1) b 26	1	Each	e 26	62	4.15	1.038	0	83	0								
Breakfast Wrap b 413	1	4 oz.	b 413	237	10.11	<b>4.396</b>	0.03	640	21.8								
French Toast Sticks H.S. Breakfast b 4	1	3pc	b 414	151	3.61	1.106	0	265	22.26								
Turkey Sausage (Breakfast) (1) b 26	1	Each	e 26	62	4.15	1.038	0	83	0								
Syrup pancake s 14	1	1 Each	s 14	119	0	0	0	0	30.66								
Whole Wheat Bagel 2.5oz. b 21	1	1 bagel	b 21	170	1.5	0	0	135	33.94								
Yogurt Parfait b 210	1	1 yogurt	b 210	195	2.54	1.008	0	105	37.89								
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								
Frosted Mini Wheats Cereal WG b 420	1	1 bowl	b 420	100	1	0	0	105	23								
Cocoa Puffs Cereal WG b 421	1	1 bowl	b 421	110	1.5	0	0	120	25								
Poptart Brown Sugar, single b 12	1	1 poptart	b 12	180	2.5	1	0	190	37.01								
Poptart Strawberry, single b 29	1	1 pkg	b 29	180	2.5	1	0	180	38.01								
Pop Tart Fudge WG ,single b 409	1	1 bar	b 409	180	3	1.001	0	190	38.03								
Cinn Toast Cereal Bar b 209	1	Each	b 209	150	3.5	0	0	95	30								
Trix Wh. Gr. Cereal Bar b 207	1	Each	b 207	150	3.5	0.5	0	100	30								
Cocoa Puffs Bar b 206	1	1 bar	b 206	150	3	0	0	100	29.97								
WG Cocoa Rice Krisp. Gran. Bar WG t 1	1	1 bar	b 408	151	4.52	1.004	0	141	27.11								

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 H.S. Fall 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

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

**Food Description**

Donut b 403	1	1 donut	b 403	100	2.49	0.498	0	149	16.93								
WG Cake Donuts m 3002	1	1 donut	m 3002	150	5	1.5	0	190	23								
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								
Apple juice f 10	1	1 (4oz cup)	f 10	50	0	0	0	1	13								
Orange Juice f 11	1	1 (4oz cup)	f 11	57	0	0	0	0	12.45								

<b>Meal SubTotal</b>				4,606.0	107.2	<b>28.2</b>	<b>0.3</b>	5,623.0	816.9								
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Milk Nutrient Details:

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

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Day 1

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Bosco Stick / sauce e 66	1	2ea	e 66	433	13.41	6.099	0	542	50.05								
Boneless Wings WG e 4036	1	5 pc	e 4036	198	8.66	1.856	0	334	12.37								
Mini Biscuits WG g 2007	1	Each	g 2007	114	5.14	4	0	251	14.86								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
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								
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								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	5	14.01								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Chicken noodle Soup m 1	1	6oz.	m 1	100	3.32	0.785	<b>0.335</b>	89	8.47								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				2,051.0	55.2	16.9	<b>0.3</b>	2,702.0	302.7								
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Milk Nutrient Details:

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

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Day 2

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken Enchilada e 152	1 Each	e 152	241	9.31	3.799	0	949	25.7									
Pop Corn Chicken (Secondary) e 552	1 15pc	e 552	303	17.14	3.296	0	462	18.46									
Beef Nachos (H.S. ONLY) e 4095	1 3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01									
Beef Taco (High School-2) e 306	1 3oz mt/2 shells	e 306	323	11.83	6.2	0.274	662	36.04									
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Corn v 5	1 1/2 cup	v 5	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									
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									
Grapes f 16	1 1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Spanish Rice (homemade) g 208	1 #8 scoop	g 208	192	2.08	0.094		392	39.22									
Corn muffin g 17	1 1 each	g 17	169	4.97	0.497	0	90	28.85									
Cream of Chicken Soup m 8	1 6oz	m 8	226	12.68	2.908	<b>2.681</b>	240	16.88									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
<b>Meal SubTotal</b>			3,062.0	105.9	27.6	<b>3.2</b>	4,754.0	418.6									

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: Fall Lunch HS wk. 1 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Pasta Roll up & Meat sauce e 551	1	1 roll up / 2oz sauce e 551	230	8.5	5	0	334	23.21									
Marinara sauce v 208	1	1/2c v 208	31	1.55	0	0	248	4.65									
Chicken Nuggets (6pc) e 31	1	6pc e 31	263	15.34	2.739	0	515	17.53									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le e 809	417	16.79	3.29	0.01	646	43.8									
Rotini whole grain noodles g 23	1	1/2c g 23	111	1.45	0.1	0	0	20.5									
Meat sauce e 520	1	4ozmtsa. e 520	119	5	2	0	207	6.43									
broccoli (frozen) v 7	1	1/2c v 7	17	0	0	0	12	2.56									
Fresh Mixed Vegetables v 104	1	1/2c v 104	18	0.04	0.01		34	3.92									
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									
Grapes f 16	1	1/2c f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple f 17	79	0	0	0	0	21.6									
WG Twisted Breadstick g 224	1	1 bread stick g 224	154	3.86	1.446	0	135	26.99									
Chicken Tortilla soup m 20	1	6oz. m 20	127	5.87	3.072		378	10.19									
Homemade Croutons g 200	1	1 slice bread g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1	4 pkgs g 37	125	3.91	0	0	231	19.55									
<b>Meal SubTotal</b>			2,133.0	64.3	18.0	<u>0.0</u>	2,918.0	306.8									

Milk Nutrient Details:

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

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Day 4

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Mac & Cheese 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								
Italian Beef on a bun e 53	1	3ozmt /1 bun	e 53	425	13.37	6.038	<b>0.031</b>	755	<b>28.3</b>								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
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								
Calif. blend v 16	1	4oz	v 16	23	0	0	0	28	4.66								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Cream of Potato soup m	1	6oz	m 7	203	11.16	2.461	<b>2.681</b>	308	19.91								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				2,227.0	63.7	18.6	<b>2.7</b>	3,251.0	<b>313.2</b>								
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Milk Nutrient Details:

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

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Day 5

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Big Daddy X-tra cheese H.S. e 4063	1	1 pizza slice	e 4063	366	16.04	7.772	0	456	34.51								
Cheese Burger e 18	1	192 - 2.5oz. burger patties	e 18	336	13.96	5.184	0.61	909	30.64								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Baked Beans v 29	1	4 oz.	v 29	141	1.41	0	0	554	27.25								
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								

<b>Meal SubTotal</b>				2,153.0	65.9	19.6	<b><u>0.6</u></b>	3,500.0	320.2								
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Milk Nutrient Details:

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Day 1

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Hot Ham & Cheese on Pretzel Roll e 1(1 Each	e 1034	263	7.9	3.278	0	934	30.01										
Popcorn Chicken Bowl HS e 851	1 15pc e 851	315	18.07	4.543	0	661	18.04										
Buffalo Chicken Sandwich e 809	1 brdchixpat/le e 809	417	16.79	3.29	0.01	646	43.8										
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										
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										
Garden Salad v 4	1 1 Cup Salad v 4	22	0	0	0	12	4.61										
Pears Sliced f 8	1 1/2c pears f 8	60	0	0	0	5	14.01										
f 1 apple	1 1 Each f 1	67	0.22	0.036		1	17.68										
Banana f 3	1 1 Banana f 3	108	0.4	0.135		1	27.63										
orange f 4	1 Each f 4	64	0.39	0.046		0	15.63										
Grapes f 16	1 1/2c f 16	58	0	0	0	10	14.9										
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										
Chicken noodle Soup m 1	1 6oz. m 1	100	3.32	0.785	<b>0.335</b>	89	8.47										
saltines g 37	1 4 pkgs g 37	125	3.91	0	0	231	19.55										
Homemade Croutons g 200	1 1 slice bread g 200	69	0.95	0.14	0	149	12.45										

<b>Meal SubTotal</b>		2,008.0	56.0	13.0	<b>0.4</b>	3,179.0	296.9										
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Milk Nutrient Details:

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

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Day 2

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken & Cheese Quesadilla e 45	1	1ques.2ozsala	e 45	320	11	2.5	0	770	38								
Mini Corn Dogs & Cheese e 553	1	6pc & 2oz cheese	e 553	365	18.56	8.126	0	821	32.92								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Beef Nachos (H.S. ONLY) e 4095	1	3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01								
Beef Taco (High School-2) e 306	1	3oz mt/2 shells	e 306	323	11.83	6.2	0.274	662	36.04								
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								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22								
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				3,024.0	98.2	29.8	<u>0.6</u>	5,754.0	421.5								
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Milk Nutrient Details:

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

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Day 3

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Pep Calzone w/ marinara sauce e 404	1	1 each	e 4041	346	14.94	5.029		736	37.04								
Beef Ravioli e 29	1	1 cup rav	e 29	263	8.08	3.537	0	606	30.31								
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Meat sauce e 520	1	4ozmtsa.	e 520	119	5	2	0	207	6.43								
Rotini whole grain noodles g 23	1	1/2c	g 23	111	1.45	0.1	0	0	20.5								
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	<b>0.023</b>	753	15.96								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				2,202.0	57.9	16.3	<b>0.0</b>	3,538.0	334.5								
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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 4

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Bosco Stick / sauce e 66	1	2 brd stk 2oz s	e 66	433	13.41	6.099	0	542	50.05								
Orange Chicken e 173	1	4 oz.	e 173	231	6.86	1.686	0	479	20.35								
Brown Rice g 25	1	1/2c cup	g 25	107	0.95	0		1	22.72								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Cooked Carrots v 20	1	4oz	v 20	40	0.67	0	0	67	9.34								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Italian Rotini Pasta g 18	1	1/2c	g 18	109	0.72	0.001		114	20.92								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Cream of Broccoli Soup m 6	1	6oz	m 6	189	11.16	2.461	<b>2.681</b>	203	16.66								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>		2,207.0	56.5	13.9	<b>2.7</b>	2,490.0	340.2										
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Milk Nutrient Details:

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

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Day 5

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Mini Cheese Pizza e 4010	1	1 pizza 4.58 oz. each	e 4005	281	12.04	6.021	0	442	29.1									
Boneless Wings WG e 4036	1	5 pc	e 4036	198	8.66	1.856	0	334	12.37									
Mini Biscuits WG g 2007	1	Each	g 2007	114	5.14	4	0	251	14.86									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Malibu Blend v 600	1	1/2c	v 600	20	0	0	0	26	3.44									
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92									
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									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									

<b>Meal SubTotal</b>				1,923.0	60.4	18.5	<b><u>0.0</u></b>	2,634.0	287.6									
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Milk Nutrient Details:

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

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Day 1

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Mac & Cheese 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									
French Toast Sticks (4) e 92	1 4pc	e 92	201	4.82	1.474	0	354	29.68									
Turkey Sausages (Lunch) ( 2) e 976	1 Each	e 976	125	8.3	2.076	0	166	0									
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Hash Brown Triangle v 44	1 2 hash brown	v 44	219	10.96	1.495	0	448	26.91									
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									
Garden Salad v 4	1 1 Cup Salad	v 4	22	0	0	0	12	4.61									
Pears Sliced f 8	1 1/2c pears	f 8	60	0	0	0	5	14.01									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1 1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Chicken noodle Soup m 1	1 6oz.	m 1	100	3.32	0.785	<b>0.335</b>	89	8.47									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									

<b>Meal SubTotal</b>			2,131.0	64.6	15.5	<b>0.3</b>	3,103.0	307.8									
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Milk Nutrient Details:

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

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Day 2

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Beef Nachos (H.S. ONLY) e 4095	1	3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01								
Corn Dog e 85	1	Each	e 85	243	8.1	2.531	0	395	30.37								
Beef Taco (High School-2) e 306	1	3oz mt/2 shells	e 306	323	11.83	6.2	0.274	662	36.04								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Corn v 5	1	1/2 cup	v 5	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								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Spanish Rice (homemade) g 208	1	1/2 cup	g 208	192	2.08	0.094		392	39.22								
Corn muffin g 17	1	1 each	g 17	169	4.97	0.497	0	90	28.85								
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	<b>2.681</b>	240	16.88								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>		2,761.0	87.6	23.1	<b>3.2</b>	3,738.0	404.8										
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Milk Nutrient Details:  
 Chocolate Fat free (130 KCal) ( 22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk ( 100 Kcal) ( 11 CHO)

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Day 3

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken Parmesan e 1030	1	1 each	e 1030	330	10.81	4.183		773	25.3								
Buffalo Chicken Tender Wrap e 2008	1	3ea	e 2008	378	18.43	4.364	0	543	36.33								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Rotini whole grain noodles g 23	1	1/2c	g 23	111	1.45	0.1	0	0	20.5								
Meat sauce e 520	1	4ozmtsa.	e 520	119	5	2	0	207	6.43								
Calif. blend v 16	1	4oz	v 16	23	0	0	0	28	4.66								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99								
Chicken Tortilla soup m 20	1	6oz.	m 20	127	5.87	3.072		378	10.19								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				2,323.0	68.1	18.8	<u>0.0</u>	3,153.0	325.1								
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Milk Nutrient Details:

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

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Day 4

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Pop Corn Chicken (Secondary) e 552	1	15pc	e 552	303	17.14	3.296	0	462	18.46								
Turkey & Gravy H.S. e 99	1	6 OZ	e 99	180	9	3	0	675	3								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
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								
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								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
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								
Cream of Potato soup m	1	6oz	m 7	203	11.16	2.461	<b>2.681</b>	308	19.91								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				1,979.0	63.3	13.2	<b>2.7</b>	3,071.0	275.8								
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Milk Nutrient Details:

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

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Day 5

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Big Daddy X-tra cheese H.S. e 4063	1	1 pizza slice	e 4063	366	16.04	7.772	0	456	34.51								
Cheese Burger e 18	1	192 - 2.5oz. burger patties	e 18	336	13.96	5.184	0.61	909	30.64								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Baked Beans v 29	1	4 oz.	v 29	141	1.41	0	0	554	27.25								
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								

<b>Meal SubTotal</b>				2,153.0	65.9	19.6	<b><u>0.6</u></b>	3,500.0	320.2								
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Milk Nutrient Details:

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

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Day 1

Menu Cycle: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Bosco Stick / sauce e 66	1	2ea	e 66	433	13.41	6.099	0	542	50.05								
Popcorn Chicken Bowl HS e 851	1	15pc	e 851	315	18.07	4.543	0	661	18.04								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
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								
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								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	5	14.01								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
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								
Chicken noodle Soup m 1	1	6oz.	m 1	100	3.32	0.785	<b>0.335</b>	89	8.47								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				2,178.0	61.5	15.8	<b>0.4</b>	2,787.0	316.9								
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Milk Nutrient Details:

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

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Day 2

Menu Cycle: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken & Cheese Quesadilla e 45	1	1ques.2ozsala	e 45	320	11	2.5	0	770	38								
Mini Corn Dogs & Cheese e 553	1	6pc & 2oz cheese	e 553	365	18.56	8.126	0	821	32.92								
Beef Taco (High School-2) e 306	1	3oz mt/2 shells	e 306	323	11.83	6.2	0.274	662	36.04								
Beef Nachos (H.S. ONLY) e 4095	1	3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
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								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22								
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				3,024.0	98.2	29.8	<u>0.6</u>	5,754.0	421.5								
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Milk Nutrient Details:

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

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Day 3

Menu Cycle: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Flat Bread Pizza e 580	1	1 each	g 202	332	12.91	4	0	760	39.57										
Chicken Tenders (4pc) e 8	1	4 chix	e 8	347	20	3.333	0	520	21.33										
Meat sauce e 520	1	4ozmtsa.	e 520	119	5	2	0	207	6.43										
Rotini whole grain noodles g 23	1	1/2c	g 23	111	1.45	0.1	0	0	20.5										
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8										
Corn v 5	1	1/2 cup	v 5	68	0.68	0	0	3	14.27										
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22										
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92										
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										
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9										
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6										
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99										
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	<b>0.023</b>	753	15.96										
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55										
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45										
<b>Meal SubTotal</b>				2,437.0	69.2	15.1	<b>0.0</b>	3,628.0	362.0										

Milk Nutrient Details:

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

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Day 4

Menu Cycle: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

BBQ pork sandwich e 147	1 Each	e 147	385	12.07	3.826	<b>0.01</b>	706	45.45									
Chicken Nuggets (6pc) e 31	1 6pc	e 31	263	15.34	2.739	0	515	17.53									
Wheat Dinner roll g 2	1 Each	g 2	76	1.32	0.239	0.02	145	13.15									
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
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									
Calif. blend v 16	1 4oz	v 16	23	0	0	0	28	4.66									
Creamy Coleslaw v 2	1 1/2 cup	v 2	81	2.5	0	0	151	14.47									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	18	0.04	0.01		34	3.92									
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									
Grapes f 16	1 1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Cream of Broccoli Soup m 6	1 6oz	m 6	189	11.16	2.461	<b>2.681</b>	203	16.66									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
<b>Meal SubTotal</b>			2,214.0	67.1	13.4	<b>2.7</b>	3,090.0	329.2									

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: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Mini Cheese Pizza e 4010	1	1 pizza 4.58 oz. each	e 4005	281	12.04	6.021	0	442	29.1									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
peas and carrots v 120	1	1/2 cup	v 120	52	0.27	0	0	78	9.85									
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	5	14.01									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
<b>Meal SubTotal</b>				1,636.0	46.8	12.6	<b><u>0.0</u></b>	2,101.0	264.3									

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Bosco Stick / sauce e 66	1	2ea	e 66	433	13.41	6.099	0	542	50.05								
Popcorn Chicken Bowl HS e 851	1	15pc	e 851	315	18.07	4.543	0	661	18.04								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
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								
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								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	5	14.01								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
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								
Chicken noodle Soup m 1	1	6oz.	m 1	100	3.32	0.785	<b>0.335</b>	89	8.47								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				2,178.0	61.5	15.8	<b>0.4</b>	2,787.0	316.9								
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Milk Nutrient Details:

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

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Day 2

Menu Cycle: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken & Cheese Quesadilla e 45	1	1ques.2ozsala	e 45	320	11	2.5	0	770	38								
Mini Corn Dogs & Cheese e 553	1	6pc & 2oz cheese	e 553	365	18.56	8.126	0	821	32.92								
Beef Taco (High School-2) e 306	1	3oz mt/2 shells	e 306	323	11.83	6.2	0.274	662	36.04								
Beef Nachos (H.S. ONLY) e 4095	1	3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
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								
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								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22								
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

<b>Meal SubTotal</b>				3,024.0	98.2	29.8	<u>0.6</u>	5,754.0	421.5								
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Milk Nutrient Details:

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

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Day 3

Menu Cycle: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Flat Bread Pizza e 580	1	1 each	g 202	332	12.91	4	0	760	39.57									
Chicken Tenders (4pc) e 8	1	4 chix	e 8	347	20	3.333	0	520	21.33									
Meat sauce e 520	1	4ozmtsa.	e 520	119	5	2	0	207	6.43									
Rotini whole grain noodles g 23	1	1/2c	g 23	111	1.45	0.1	0	0	20.5									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Corn v 5	1	1/2 cup	v 5	68	0.68	0	0	3	14.27									
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92									
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									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	<b>0.023</b>	753	15.96									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
<b>Meal SubTotal</b>				2,437.0	69.2	15.1	<b>0.0</b>	3,628.0	362.0									

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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\* 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 4

Menu Cycle: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

BBQ pork sandwich e 147	1 Each	e 147	385	12.07	3.826	<b>0.01</b>	706	45.45									
Chicken Nuggets (6pc) e 31	1 6pc	e 31	263	15.34	2.739	0	515	17.53									
Wheat Dinner roll g 2	1 Each	g 2	76	1.32	0.239	0.02	145	13.15									
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
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									
Calif. blend v 16	1 4oz	v 16	23	0	0	0	28	4.66									
Creamy Coleslaw v 2	1 1/2 cup	v 2	81	2.5	0	0	151	14.47									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	18	0.04	0.01		34	3.92									
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									
Grapes f 16	1 1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Cream of Broccoli Soup m 6	1 6oz	m 6	189	11.16	2.461	<b>2.681</b>	203	16.66									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
<b>Meal SubTotal</b>			2,214.0	67.1	13.4	<b>2.7</b>	3,090.0	329.2									

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: Fall Lunch HS wk. 4 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Mini Cheese Pizza e 4010	1	1 pizza 4.58 oz. each	e 4005	281	12.04	6.021	0	442	29.1									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
peas and carrots v 120	1	1/2 cup	v 120	52	0.27	0	0	78	9.85									
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	5	14.01									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
<b>Meal SubTotal</b>				1,636.0	46.8	12.6	<b><u>0.0</u></b>	2,101.0	264.3									

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

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

High / Middle School Deli e 400			Nutrient Details																			Total Calories: 1813	% Protein: 26.0	% Carbohydrates: 49.5	% Fat: 27.3	% Sat. Fat: 11.0
Name	Qty	Unit	KCAL	FAT Gram	SFA Gram	FATR N Gram	CHOL MG	NA MG	CHO Gram	TDFB Gram	SUGR Gram	PRO Gram	VTAIU IU	VITC MG	FE MG	CA MG	VTDIU IU	K MG	P MG	ZN MG	B2 MG	B1 MG				
Turkey Brst Sknls Ckd 2/8-9#avg Jenno	3.000	Ounce	70	0.78	0.389	0.000	27	676	1.55	0.0	0.78	13.99	0.00	0.00	0.28	0.00										
Smoked Round Ham, Water Added	2.000	Ounce	67	3.37	1.012	0.000	34	682	0.00	0.0	0.00	10.12	0.00	0.00	0.49	0.00										
Boneless Skinless Chicken Breast	1.000	1 Each	120	4.00	1.000	0.000	55	430	0.00	0.0	0.00	21.00	0.00	0.00	0.00	0.00										
Red Fat American Cheese Slice	1.000	1 Each	35	2.02	1.266	0.000	8	213	1.01	0.0	0.51	3.54	151.87	0.00	0.00	101.25										
Pepper Jack Cheese 0.75oz Slice	1.000	1 Slice	80	6.00	4.000	0.000	25	130	1.00	0.0	0.00	5.00	200.00	0.00	0.00	150.00										
Swiss Cheese 0.75oz Slice	1.000	1 slice	81	6.07	4.050	0.000	20	46	0.00	0.0	0.00	6.07	202.50	0.00	0.00	202.50										
Red-Fat Shredded American Cheese	1.000	Ounce	70	4.50	3.000	0.000	15	470	2.00	0.0	1.00	7.00			0.00	194.00		60								
Dill pickle chips v 42	1.000	2 pickle chips	3	0.00	0.000	0.000	0	178	0.66	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
Tomato Frsh Lrg 6x6	1.000	1 Slice	4	0.05	0.010		0	1	0.89	0.3	0.60	0.20	189.51	2.89	0.06	2.27		54	5.46	0.04	0.00	0.01				
Grape Tomatoes	1.000	1 Each	3	0.00	0.000	0.000	0	0	0.60	0.2	0.40	0.00	150.00	0.84	0.00	4.00										
Shredded Lettuce	1.000	Ounce	5	0.00	0.000	0.000	0	3	0.98	0.3	0.65	0.33	0.00		0.12	6.52										
Washed, Cut Romaine Lettuce	1.000	Ounce	5	0.00	0.000	0.000	0	0	1.01	0.5	0.00	0.00	2,531.21	15.19	0.36	10.12										
Mild Banana Pepper Rings	1.000	Ounce	0	0.00	0.000	0.000	0	460	0.00	0.0	0.00	0.00	0.00	9.00	0.00	0.00										
Jumbo Red Onion	1.000	Slice	6	0.01	0.004		0	0	1.40	0.2	0.59	0.13	0.28	0.89	0.03	3.06		20	3.75	0.02	0.00	0.01				

Cleaned Whole Baby Carrots	1.000	Ounce	12	0.00	0.000	0.000	0	19	2.66	0.9	1.33	0.22	4,739.68	1.73	0.08	8.86						
Fresh Broccoli	1.000	Ounce	9	0.00	0.000		0	21	1.13	1.4	1.42	0.00	141.75	40.82	0.20	0.00						
Cucumber	1.000	Ounce	4	0.00	0.000		0	0	1.09	0.0	0.55	0.00	27.26	0.65	0.10	5.45						
Celery Stix	1.000	Ounce	4	0.05	0.012		0	23	0.84	0.5	0.52	0.20	127.29	0.88	0.06	11.34	74	6.80	0.04	0.02	0.01	
Garbanzo Beans	1.000	Ounce	26	0.47	0.118	0.000	0	71	4.25	1.2	0.71	1.42	0.00	0.00	0.17	14.17						
Egg Dcd lqf	1.000	Ounce	45	2.83	0.850	0.000	105	40	0.57	0.0	0.57	3.40	170.10	0.00	0.41	11.34						
Alpha School White Wheat Bread	2.000	1 Slice	138	1.90	0.280	0.000	0	297	24.90	2.4	3.00	5.24	0.00	0.00	1.36	43.20	0.00	113	86.50	0.68	0.12	
Alpha wheat Diamond Jims Sub	1.000	1 each	145	2.15	0.694	0.020	0	285	26.13	2.4	3.98	5.95	0.00	0.00	1.39	63.00	0.00	95	84.24	0.59	0.15	0.27
Croissant	1.000	Each	220	9.00	3.500	0.150	5	300	30.00	2.0	5.00	6.00	0.00	0.14	1.80	22.14						
Bread Ciabatta Fz 1.8z	1.000	1 Each	160	3.50	0.500	0.000	0	170	30.00	3.0	2.00	5.00	0.00	0.00	1.44	20.00					0.10	0.15
Bread Panini .82z Fz	1.000	1 Each	85	1.75	0.250	0.000	0	100	15.00	1.5	1.00	3.00	0.00	0.00	0.72	10.00						
Multigrain Swirl Bread	0.500	1 Slice	65	1.00	0.000	0.000	0	135	11.50	1.0	0.50	2.50	0.00	0.00	0.54	10.00						
Roll Pretzel WGrain 2.2z Fz	1.000	1 Each	160	2.50	1.000	0.000	0	40	29.00	3.0	2.00	5.00	0.00	0.00	1.80	20.00						
Multi-Grain Wrap, 2 oz	1.000	1 Each	108	1.61	0.000	0.000	0	280	21.51	8.6	0.00	9.68	0.00	0.00	1.55	0.00						
Homemade Croutons g 200	1.000	Each	69	0.95	0.140	0.000		149	12.45	1.2	1.50	2.62	0.00	0.00	0.68	21.60		<b>56</b>	<b>43.25</b>	<b>0.34</b>	<b>0.06</b>	
saltines g 37	1.000	3	14	0.43	0.000	0.000	0	26	2.17	0.2	0.00	0.22	0.00	0.00	0.47	0.00						
<b>Nutrients per Portion Size:</b>			<b>1,813</b>	<b>54.94</b>	<b>22.075</b>	<b>0.170</b>	<b>294</b>	<b>5,245</b>	<b>224.30</b>	<b>30.8</b>	<b>28.61</b>	<b>117.83</b>	<b>8,631.45</b>	<b>73.03</b>	<b>14.11</b>	<b>934.82</b>	<b>0.00</b>	<b>472</b>	<b>230.00</b>	<b>1.71</b>	<b>0.45</b>	<b>0.45</b>

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Day 1

Menu Cycle: Fall H.S. Deli To Go 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Big Daddy X-tra cheese H.S. e 4063	1	1 pizza slice	e 4063	366	16.04	7.772	0	456	34.51									
Big Daddy Sausage Pizza e 6005	1	1 pizza slice	e 6005	413	20.26	8.393	0	653	35.25									
Big Daddy Taco Pizza e 6007	1	1 slice	e 6007	748	33.58	15.789	<b>0.146</b>	1232	66.73									
Bruschetta Pizza e 6008	1	1 pizza slice	e 6008	393	18.64	8.277		483	35.2									
Big Daddy Pepp Pizza e 6010	1	1 pizza slice	e 6010	330	14	6	0	470	34									
Big Daddy Vegetable pizza e 6006	1	1 slice	e 6006	374	16.49	7.862		494	35.36									
Grilled Smokehouse Turkey Panini e 6011	1	1 Each	e 600	346	15.57	4.949	0	896	25.04									
Pepperoni Pizza Stick & Sauce e 4092	1	2 brd stk, 2 oz sauce	e 4092	552	18.91	9	0	1230	68.57									
Veggie Burger e 4009	1	1each	e 4009	353	9.92	2.578	0.01	998	42.66									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Turkey Sand on Croissant e 4037	1	1 sand	e 4037	328	11.8	5.154	0.15	1190	33.07									
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55									
Stud. Turkey Avocado Wrap e 6009	1	1-6" wrap	e 6009	301	8.31	<b>2.102</b>		<b>1175</b>	44.97									
Chicken BLT Wrap e 4006	1	1 Each	e 4006	198	6.2	<b>0.369</b>		<b>426</b>	15									
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.512		937	8.26									
Turkey Chef Salad c 2	1	1clett/2ozmt	c 2	115	2.77	1.759		706	9.29									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.753		347	8.26									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		703	10.27									
Chicken Salad c107	1	4oz chix	c107	176	8.48	1.362		324	6.4									
Taco Salad c 6	1	1 Salad	c 6	310	10.67	5.789	0.183	714	35.38									
Tuna Salad c 39	1	4oz	c 39	184	3.37	0.011		430	4.68									
Greek Salad c 34	1	1clett/1oz feta	c 34	274	11.37	4.137		978	35.18									
Oven Fried Chicken Salad c 38	1	1clett/20zmt	c 38	161	4.45	1.886		438	14.84									
Antipasto Salad (Staff) c 36	1	1clett	c 36	118	5.67	2.531		629	8.38									
Avocado Turkey Cobb Salad c 30	1	1clett/20zmt	c 30	193	9.78	2.707		791	9.55									

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 1

Menu Cycle: Fall H.S. Deli To Go 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

Berry Chicken Salad c 25	1	1clett/2oz.chix	c 25	124	3.7	1.764		350	8.77								
Egg Salad c 510	1	3oz egg	c 510	206	13.28	2.564		378	8.21								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	178	0.66								

<b>Meal SubTotal</b>				8,484.0	343.0	<b>125.7</b>	<b>0.5</b>	<b>20,389.0</b>	802.3								
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Milk Nutrient Details:

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