

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 BREAKFAST MAR. M.S.- H.S. School 2021

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

Mini Cinnis b 202	1 Each	b 202	240	6.99	1.498	0	270	39.95									
Pop-Tart Blueberry 2 CT WG b 506	1 1 pkg.	b 506	363	5.5	1.801	0.1	360	75.66									
Pop-Tart Cinnamon 2 CT WG b 509	1 1 pkg.	b 509	370	5.98	1.994	0	396	75.79									
Pop-Tart Fudge 2 CT WG b 507	1 1 pkg.	b 507	370	6	2.002	0	390	76.06									
Pop- Tart Strawberry 2 CT WG b 508	1 1 pkg.	b 508	353	5.48	1.795	0.1	370	75.39									
Frosted Flakes Breakfast Kit b 707	1 1 Kit	b 707	250	2.5	0	0	270	56.08									
Cheerios Breakfast Kit b 701	1 1 Kit	b 701	280	5.5	0	0	175	58.02									
Cinnamon Toast Crunch Breakfast Kit b 702	1 1 Kit	b 702	270	6.01	0.501	0.1	215	55.08									
Fruit Yogurt Parfait b 210	1 1 Parfait	b 210	195	2.43	1.008	0	105	38.05									
Chocolate Cake Donut b 2006	1 Each	g 2006	400	23.01	15.009	0	360	47.03									
Apple Red Delicious f 1	1 1 Each	f 1	77	0.25	0.041	0	1	20.43									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135	0	1	27.63									
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63									
Apple Golden Delicious f 17	1 1 apple	f 17	68	0.22	0.037	0	1	18.16									
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14									
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15									
Cocoa Bread b 423	1 1 Each	b 423	250	8	1.5	0	240	43									

Meal SubTotal			3,778.0	78.7	27.4	0.3	3,169.0	751.0									
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 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 2
Menu Cycle: *SPRING BREAKFAST MAR. M.S.- H.S. School 2021

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

Apple Cinnamon French Toast b 228	1	3.30 oz	b 228	266	6.13	1.021	0	296	45.96								
Pop-Tart Blueberry 2 CT WG b 506	1	1 pkg.	b 506	363	5.5	1.801	0.1	360	75.66								
Pop-Tart Cinnamon 2 CT WG b 509	1	1 pkg.	b 509	370	5.98	1.994	0	396	75.79								
Pop-Tart Fudge 2 CT WG b 507	1	1 pkg.	b 507	370	6	2.002	0	390	76.06								
Pop- Tart Strawberry 2 CT WG b 508	1	1 pkg.	b 508	353	5.48	1.795	0.1	370	75.39								
Frosted Flakes Breakfast Kit b 707	1	1 Kit	b 707	250	2.5	0	0	270	56.08								
Cheerios Breakfast Kit b 701	1	1 Kit	b 701	280	5.5	0	0	175	58.02								
Cinnamon Toast Crunch Breakfast Kit I 1	1	1 Kit	b 702	270	6.01	0.501	0.1	215	55.08								
Apple Red Delicious f 1	1	1 Each	f 1	77	0.25	0.041	0	1	20.43								
Fruit Yogurt Parfait b 210	1	1 Parfait	b 210	195	2.43	1.008	0	105	38.05								
Chocolate Cake Donut b 2006	1	Each	g 2006	400	23.01	15.009	0	360	47.03								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135	0	1	27.63								
Orange f 4	1	Each	f 4	64	0.39	0.046	0	0	15.63								
Apple Golden Delicious f 17	1	1 apple	f 17	68	0.22	0.037	0	1	18.16								
Apple Juice Box 4.23 oz f 14	1	1 Each	f 14	60	0	0	0	5	14								
Orange Tangerine Juice Box 4.23 f 26	1	1 Each	f 26	60	0	0	0	10	15								
Cocoa Bread b 423	1	1 Each	b 423	250	8	1.5	0	240	43								

Meal SubTotal				3,804.0	77.8	26.9	0.3	3,195.0	757.0								
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 3

Menu Cycle: *SPRING BREAKFAST MAR. M.S.- H.S. School 2021

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

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

Food Description

Breakfast

Mini Maple Pancakes b 102	1 Each	b 102	220	6	0.5	0	270	37									
Chocolate Cake Donut b 2006	1 Each	g 2006	400	23.01	15.009	0	360	47.03									
Pop-Tart Blueberry 2 CT WG b 506	1 1 pkg.	b 506	363	5.5	1.801	0.1	360	75.66									
Pop-Tart Cinnamon 2 CT WG b 509	1 1 pkg.	b 509	370	5.98	1.994	0	396	75.79									
Pop-Tart Fudge 2 CT WG b 507	1 1 pkg.	b 507	370	6	2.002	0	390	76.06									
Pop- Tart Strawberry 2 CT WG b 508	1 1 pkg.	b 508	353	5.48	1.795	0.1	370	75.39									
Frosted Flakes Breakfast Kit b 707	1 1 Kit	b 707	250	2.5	0	0	270	56.08									
Cheerios Breakfast Kit b 701	1 1 Kit	b 701	280	5.5	0	0	175	58.02									
Cinnamon Toast Crunch Breakfast Kit I 1	1 1 Kit	b 702	270	6.01	0.501	0.1	215	55.08									
Fruit Yogurt Parfait b 210	1 1 Parfait	b 210	195	2.43	1.008	0	105	38.05									
Chocolate Cake Donut b 2006	1 Each	g 2006	400	23.01	15.009	0	360	47.03									
Apple Red Delicious f 1	1 1 Each	f 1	77	0.25	0.041	0	1	20.43									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135	0	1	27.63									
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63									
Apple Golden Delicious f 17	1 1 apple	f 17	68	0.22	0.037	0	1	18.16									
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14									
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15									
Cocoa Bread b 423	1 1 Each	b 423	250	8	1.5	0	240	43									

Meal SubTotal			4,158.0	100.7	41.4	0.3	3,529.0	795.0									
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 4
Menu Cycle: *SPRING BREAKFAST MAR. M.S.- H.S. School 2021

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

Mini Cinnamon Bagels WG b 10	1 Each	b 10	230	6	2	0	190	42									
Pop-Tart Blueberry 2 CT WG b 506	1 1 pkg.	b 506	363	5.5	1.801	0.1	360	75.66									
Pop-Tart Cinnamon 2 CT WG b 509	1 1 pkg.	b 509	370	5.98	1.994	0	396	75.79									
Pop-Tart Fudge 2 CT WG b 507	1 1 pkg.	b 507	370	6	2.002	0	390	76.06									
Pop- Tart Strawberry 2 CT WG b 508	1 1 pkg.	b 508	353	5.48	1.795	0.1	370	75.39									
Frosted Flakes Breakfast Kit b 707	1 1 Kit	b 707	250	2.5	0	0	270	56.08									
Cheerios Breakfast Kit b 701	1 1 Kit	b 701	280	5.5	0	0	175	58.02									
Cinnamon Toast Crunch Breakfast Kit b 702	1 1 Kit	b 702	270	6.01	0.501	0.1	215	55.08									
Fruit Yogurt Parfait b 210	1 1 Parfait	b 210	195	2.43	1.008	0	105	38.05									
Chocolate Cake Donut b 2006	1 Each	g 2006	400	23.01	15.009	0	360	47.03									
Apple Red Delicious f 1	1 1 Each	f 1	77	0.25	0.041	0	1	20.43									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135	0	1	27.63									
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63									
Apple Golden Delicious f 17	1 1 apple	f 17	68	0.22	0.037	0	1	18.16									
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14									
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15									
Cocoa Bread b 423	1 1 Each	b 423	250	8	1.5	0	240	43									

Meal SubTotal			3,768.0	77.7	27.9	0.3	3,089.0	753.0									
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 5

Menu Cycle: *SPRING BREAKFAST MAR. M.S.- H.S. School 2021

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

Chocolate Chip French Toast b 417	1 Each	b 417	190	6	1.5	0	260	35									
Pop-Tart Blueberry 2 CT WG b 506	1 1 pkg.	b 506	363	5.5	1.801	0.1	360	75.66									
Pop-Tart Cinnamon 2 CT WG b 509	1 1 pkg.	b 509	370	5.98	1.994	0	396	75.79									
Pop-Tart Fudge 2 CT WG b 507	1 1 pkg.	b 507	370	6	2.002	0	390	76.06									
Pop- Tart Strawberry 2 CT WG b 508	1 1 pkg.	b 508	353	5.48	1.795	0.1	370	75.39									
Frosted Flakes Breakfast Kit b 707	1 1 Kit	b 707	250	2.5	0	0	270	56.08									
Cheerios Breakfast Kit b 701	1 1 Kit	b 701	280	5.5	0	0	175	58.02									
Cinnamon Toast Crunch Breakfast Kit b 702	1 1 Kit	b 702	270	6.01	0.501	0.1	215	55.08									
Fruit Yogurt Parfait b 210	1 1 Parfait	b 210	195	2.43	1.008	0	105	38.05									
Chocolate Cake Donut b 2006	1 Each	g 2006	400	23.01	15.009	0	360	47.03									
Apple Red Delicious f 1	1 1 Each	f 1	77	0.25	0.041	0	1	20.43									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135	0	1	27.63									
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63									
Apple Golden Delicious f 17	1 1 apple	f 17	68	0.22	0.037	0	1	18.16									
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14									
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15									
Cocoa Bread b 423	1 1 Each	b 423	250	8	1.5	0	240	43									

Meal SubTotal			3,728.0	77.7	27.4	0.3	3,159.0	746.0									
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 1

Menu Cycle: *SPRING CONDIMENTS 2021

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

Ketchup pkg s 3	1 2 pkt.	s 3	20	0	0	0	170	6									
Mustard pkg s 22	1 1 pkt.	s 22	5	0	0	0	85	0									
Mayonnaise FF s 2	1 1 pkt.	s 2	15	0	0	0	105	3									
BBQ pkg s 12	1 2 pkt.	s 12	41	0	0	0	184	10.21									
Cheese Cup m 52	1 1 Dip Cup	s 52	190	10.01	6.003	0	570	14.01									
Salsa Cup s 51	1 1 Dip Cup	s 51	30	0	0	0	198	5.93									
Salsa s 5	1 2 oz.	s 5	20	0	0	0	137	3.96									
Marinara Sauce Dip Cup v 50	1 1 Dip Cup	s 50	38	0	0	0	192	7.68									
Marinara sauce v 208	1 2 floz	v 208	23	0	0	0	212	3.1									
Ranch Dressing Packet s 25	1 2 pkt.	s 25	19	0.01	0.007	0	253	4.63									
Parm. Cheese s 6	1 1T	s 6	57	4.25	0	0	283	5.67									
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	3.46									

Meal SubTotal			491.0	15.3	6.4	0.0	2,389.0	71.2									
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 1

Menu Cycle: *SPRING LUNCH MAR. H.S. 1 WK CYCLE 2021

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 Drumstick H.S. e 4012	1 2 EA	e 4012	440	26	6	0	1060	12										
Corn muffin g 17	1 1 each	g 17	179	5.97	0.497	0	90	27.85										
Stuffed Cheese Breadstick e 75	1 2 brd stk/sauce	e 75	328	11	6		692	35.68										
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	645	43.83										
Turkey & cheese Sub Sec. e 57	1 1sub sand	e 57	250	4.92	2.334	0.02	1166	29.91										
Soy Butter Jammer e 4023	1 Each	e 4023	540	29	6	0	390	53										
Cheese Chef salad c 4	1 1clett/20zmt	c 4	195	10.68	6.058	0	684	10.31										
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	139	3.1	1.639		933	11.16										
Wheat Dinner Roll g 2	1 Each	g 2	80	1.49	0	0	159	13.92										
Mashed Potatoes Idahoan v 11	1 1/2 cup	v 11	73	0.92	0	0	287	15.57										
Turkey Gravy m 9	1 2oz gravy	m 9	45	2	0.5	0	360	5										
Carrots pkg. v 15	1 2 pkg.	v 15	32	0.12	0.021	0	71	7.48										
Fresh Baby Carrots v 90	1 1/2c	v 90	28	0	0	0	50	6.64										
Apples Fresh Sliced f 2	1 1- pkg	f 2	30	0	0	0	0	6.96										
Apple Red Delicious f 1	1 1 Each	f 1	77	0.25	0.041	0	1	20.43										
Banana f 3	1 1 Banana	f 3	108	0.4	0.135	0	1	27.63										
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63										
Apple Golden Delicious f 17	1 1 apple	f 17	68	0.22	0.037	0	1	18.16										
Chicken Nuggets Secondary Gold Kist	1 1- 6pc	e 41	242	12.11	2.421	0	484	15.74										
Chicken Tenders Secondary (4pc) e 8	1 4 chix	e 8	347	20	3.333	0	520	21.33										
Wheat Dinner Roll g 2	1 Each	g 2	80	1.49	0	0	159	13.92										
Meal SubTotal			3,762.0	146.9	38.4	0.0	7,753.0	412.2										

Milk Nutrient Details:

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Day 2

Menu Cycle: *SPRING LUNCH MAR. H.S. 1 WK CYCLE 2021

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

Beef Nachos/Chs.Cup e 3003	1 2oz mt/chips/chs.cup	e 3003	529	24.01	8.631	0.183	973	56.82										
Stuffed Cheese Breadstick e 75	1 2 brd stk/sauce	e 75	328	11	6		692	35.68										
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	645	43.83										
Turkey & cheese Sub Sec. e 57	1 1sub sand	e 57	250	4.92	2.334	0.02	1166	29.91										
Soy Butter Jammer e 4023	1 Each	e 4023	540	29	6	0	390	53										
Cheese Chef salad c 4	1 1clett/20zmt	c 4	195	10.68	6.058	0	684	10.31										
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	139	3.1	1.639		933	11.16										
Wheat Dinner Roll g 2	1 Each	g 2	80	1.49	0	0	159	13.92										
Corn (Frozen) v 5	1 1/2 c. cooked	v5	67	0.99	0	0	1	15.9										
Garden Salad v 4	1 1 Cup Salad	v 4	22	0.02	0.003	0	21	4.56										
Apples Fresh Sliced f 2	1 1- pkg	f 2	30	0	0	0	0	6.96										
Apple Red Delicious f 1	1 1 Each	f 1	77	0.25	0.041	0	1	20.43										
Banana f 3	1 1 Banana	f 3	108	0.4	0.135	0	1	27.63										
Orange f 4	1 Each	f 4	64	0.39	0.046	0	0	15.63										
Apple Golden Delicious f 17	1 1 apple	f 17	68	0.22	0.037	0	1	18.16										
Chicken & Cheese Quesadilla e 45	1 1ques.2ozsala	e 45	281	8.04	2.011	0	663	38.2										
Beef Taco (High School) e 306	1 3oz mt/2 shells	e 306	320	11.83	5.951	0.274	661	35.54										
Meal SubTotal			3,515.0	123.1	42.2	0.5	6,991.0	437.6										

Milk Nutrient Details:

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Day 3

Menu Cycle: *SPRING LUNCH MAR. H.S. 1 WK CYCLE 2021

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

Rotini Noodles WG g 23	1	1/2c	g 23	98	1.16	0.097	0	3	19.88								
Meat sauce e 520	1	4ozmtsa.	e 520	167	7	2.8	0	290	9								
Stuffed Cheese Breadstick e 75	1	2 brd stk/sauce	e 75	328	11	6		692	35.68								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	645	43.83								
Turkey & cheese Sub Sec. e 57	1	1sub sand	e 57	250	4.92	2.334	0.02	1166	29.91								
Soy Butter Jammer e 4023	1	Each	e 4023	540	29	6	0	390	53								
Cheese Chef salad c 4	1	1clett/20zmt	c 4	195	10.68	6.058	0	684	10.31								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	139	3.1	1.639		933	11.16								
Wheat Dinner Roll g 2	1	Each	g 2	80	1.49	0	0	159	13.92								
Broccoli (frozen) v 7	1	1/2 c. drained	v 7	26	0	0	0	15	5.15								
Tomatoes ,Grape v 24	1	12 each = 1/2 cup	v 24	16	0.18	0.025	0	5	3.53								
Apples Fresh Sliced f 2	1	1- pkg	f 2	30	0	0	0	0	6.96								
Apple Red Delicious f 1	1	1 Each	f 1	77	0.25	0.041	0	1	20.43								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135	0	1	27.63								
Orange f 4	1	Each	f 4	64	0.39	0.046	0	0	15.63								
Apple Golden Delicious f 17	1	1 apple	f 17	68	0.22	0.037	0	1	18.16								
Flat Bread Pizza e 580	1	1 each	e 580	343	12	4	0	762	39.1								
Pepperoni Pizza Stick & Sauce e 4092	1	2 brd stk 2oz s	e 4092	540	18.62	9.308	0	1267	65.15								

Meal SubTotal				3,486.0	117.2	41.8	0.0	7,014.0	428.4								
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 4

Menu Cycle: *SPRING LUNCH MAR. H.S. 1 WK CYCLE 2021

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

Cheeseburger e 18	1	1burger/1bun	e 18	330	13.96	5.184	0.61	730	29.48								
Stuffed Cheese Breadstick e 75	1	2 brd stk/sauce	e 75	328	11	6		692	35.68								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	645	43.83								
Turkey & cheese Sub Sec. e 57	1	1sub sand	e 57	250	4.92	2.334	0.02	1166	29.91								
Soy Butter Jammer e 4023	1	Each	e 4023	540	29	6	0	390	53								
Cheese Chef salad c 4	1	1clett/20zmt	c 4	195	10.68	6.058	0	684	10.31								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	139	3.1	1.639		933	11.16								
Wheat Dinner Roll g 2	1	Each	g 2	80	1.49	0	0	159	13.92								
Carrots (frozen) v 20	1	1/2 c. drained	v 20	32	0	0	0	49	7.57								
Tomatoes ,Grape v 24	1	12 each = 1/2 cup	v 24	16	0.18	0.025	0	5	3.53								
Carrots pkg. v 15	1	2 pkg.	v 15	32	0.12	0.021	0	71	7.48								
Fresh Baby Carrots v 90	1	1/2c	v 90	28	0	0	0	50	6.64								
Apples Fresh Sliced f 2	1	1- pkg	f 2	30	0	0	0	0	6.96								
Apple Red Delicious f 1	1	1 Each	f 1	77	0.25	0.041	0	1	20.43								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135	0	1	27.63								
Orange f 4	1	Each	f 4	64	0.39	0.046	0	0	15.63								
Apple Golden Delicious f 17	1	1 apple	f 17	68	0.22	0.037	0	1	18.16								
Hot Ham & Cheese on Pretzel Roll e 1034	1	1-Hot Ham Sand	e 1034	317	10.09	3.784	0	1260	34.01								

Meal SubTotal				3,051.0	102.6	34.6	0.6	6,837.0	375.3								
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 5

Menu Cycle: *SPRING LUNCH MAR. H.S. 1 WK CYCLE 2021

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 X-TRA Cheesy Pan Pizza e 4049	1	1 each	e 4049	401	16.06	6.54	0	652	40.97										
Stuffed Cheese Breadstick e 75	1	2 brd stk/sauce	e 75	328	11	6		692	35.68										
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	645	43.83										
Turkey & cheese Sub Sec. e 57	1	1sub sand	e 57	250	4.92	2.334	0.02	1166	29.91										
Soy Butter Jammer e 4023	1	Each	e 4023	540	29	6	0	390	53										
Cheese Chef salad c 4	1	1clett/20zmt	c 4	195	10.68	6.058	0	684	10.31										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	139	3.1	1.639		933	11.16										
Wheat Dinner Roll g 2	1	Each	g 2	80	1.49	0	0	159	13.92										
French Fries Crinkle Cut v 19	1	1.98 oz.	v 19	90	2	0	0	20	13										
Tomatoes ,Grape v 24	1	12 each = 1/2 cup	v 24	16	0.18	0.025	0	5	3.53										
Carrots pkg. v 15	1	2 pkg.	v 15	32	0.12	0.021	0	71	7.48										
Fresh Baby Carrots v 90	1	1/2c	v 90	28	0	0	0	50	6.64										
Apples Fresh Sliced f 2	1	1- pkg	f 2	30	0	0	0	0	6.96										
Apple Red Delicious f 1	1	1 Each	f 1	77	0.25	0.041	0	1	20.43										
Banana f 3	1	1 Banana	f 3	108	0.4	0.135	0	1	27.63										
Orange f 4	1	Each	f 4	64	0.39	0.046	0	0	15.63										
Apple Golden Delicious f 17	1	1 apple	f 17	68	0.22	0.037	0	1	18.16										
French Bread Pizza e 522	1	1 FB Pizza	e 522	290	11.01	4.002	0	440	33.02										
BBQ Beef Rib Sandwich e 504	1	1 BBQ Rib sandwich	e 504	347	12.24	4.731	0.02	962	39.25										
3 Cheese Calzone w/Marinara Sauce e 1	1	1 each	e 4041	288	5	2.001	0	622	40.69										
Meal SubTotal				3,788.0	124.9	42.9	0.1	7,494.0	471.2										

Milk Nutrient Details:

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Day 1

Menu Cycle: *SPRING Ala CarteFEB.2021

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

Baked Lays m 143	1 Each	m 143	139	3.98	0.498	0	179	23.9									
Cheetos Flamin Hot m 157	1 Each	m 157	120	4.51	0.501	0	200	16.04									
Doritos Flamas m155	1 Each	m 155	132	5.06	0.506	0	202	20.25									
Doritos Nacho Cheese m 158	1 Each	m 158	132	5.06	1.012	0	202	20.25									
Lays Salt & Vinager Chips m 156	1 Each	m 156	180	7	1	0	180	28									
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15									
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14									
Fruit Yogurt Parfait b 210	1 1 Parfait	b 210	195	2.43	1.008	0	105	38.05									

Meal SubTotal			1,018.0	28.0	4.5	0.0	1,083.0	175.5									
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Milk Nutrient Details:

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