

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 H.S. Spring 2018

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								
Chocolate Chip French Toast b 417	1	Each	b 417	210	6	1.5	0	260	35								
Breakfast bowl b 1	1	6 oz.	b 1	198	10.41	3.721	0.03	693	12.71								
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								
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								
Chocolate Chip French Toast b 417	1	Each	b 417	210	6	1.5	0	260	35								
Breakfast Wrap b 413	1	4 oz.	b 413	237	10.11	4.396	0.03	640	21.8								
Breakfast Pizza b 5	1	1 slice	b 5	200	7	2.001	0	430	24.01								
Maple Pancake Wrap WG b 422	1	Each	b 422	242	15.15	4.545	0	364	18.18								
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	104	1.49	0	0	142	20.89								
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	190	3	1	0	200	38.01								
Pop Tart Blueberry WG b 419	1	1 bar	b 419	180	2.5	1.001	0	180	38.03								
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								
Cinn Toast Cereal Bar b 209	1	Each	b 209	150	3.5	0	0	115	30								
Trix Wh. Gr. Cereal Bar b 207	1	Each	b 207	150	3.5	0.5	0	100	30								

Milk Nutrient Details:

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Day 1

Menu Cycle: Breakfast H.S. Spring 2018

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

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									
Donut b 403	1	1 donut	b 403	100	2.49	0.996		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	10	13									
Orange Juice f 11	1	1 (4oz cup)	f 11	57	0	0	0	0	13.41									

Meal SubTotal				5,338.0	136.1	36.6	0.2	6,815.0	917.0									
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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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High / Middle School Deli e 400			Nutrient Details																			Total Calories: 1909	% Protein: 25.0	% Carbohydrates: 49.2	% Fat: 27.1	% Sat. Fat: 9.8
Name	Qty	Unit	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
			KCAL	Gram	Gram	Gram	MG	MG	Gram	Gram	Gram	Gram	IU	MG	MG	MG	IU	MG	MG	MG	MG	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										
Flat Marinated Chicken Breast 4oz	1.000	1 Each	99	1.98	0.496	0.000	59	268	0.00	0.0	0.00	21.81	0.00	0.00	0.71	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										
Red Fat American Cheese Slice	1.000	1 Each	35	2.02	1.266	0.000	8	213	1.01	0.0	1.01	3.54	253.12	0.00	0.00	75.94										
Pepper Jack Cheese 0.75oz Slice	1.000	1 Slice	70	6.00	3.500	0.000	20	120	0.00	0.0	0.00	5.00			0.00	145.00		10								
Swiss Cheese 0.75oz Slice	1.000	1 slice	81	6.07	3.544	0.000	20	46	0.00	0.0	0.00	6.07			0.00	202.50		20								
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	500.00	0.00	0.00	150.00										
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			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 Iqf	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		20				
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	101	2.32	0.387	0.000	0	101	14.34	0.8	4.26	1.94	0.00	0.00	0.42							
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	2.15	0.000	0.000	0	258	16.13	8.6	1.08	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		56	43.25	0.34	0.06	
Whole Wheat Crackers g 37	1.000	4 pkg	125	3.91	0.000	0.000	0	231	19.55	2.0	0.00	1.96	0.00	0.00	4.22	0.00						
Nutrients per Portion Size:			1,909	57.51	20.702	0.170	293	5,257	234.64	31.9	33.45	119.32	4,090.52	71.30	18.27	850.51	0.00	462	230.00	1.71	0.45	0.45

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Day 1

Menu Cycle: Spring H.S. Deli To Go 2018.

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	0.146	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		496	35.36									
Grilled Smokehouse Turkey Panini e 600	1	1 Each	e 600	346	15.57	4.443	0	896	25.04									
Bosco Stick / sauce e 66	1	2ea	e 66	433	13.41	6.099	0	542	50.05									
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									
Chicken BLT on Ciabatta e 2038	1	1 Each	e 2038	162	4.5	0.521		417	6.51									
Stud. Turkey Avocado Wrap e 6009	1	1-6" wrap	e 6009	373	15.32	3.935		1259	45.39									
Beef & Pepperjack on Focaccia e 2031	1	1 EA	e 2031	638	19.88	8.295	0.011	1063	64.87									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.753		347	8.26									
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									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		703	10.27									
Antipasto Salad (Staff) c 36	1	1clett	c 36	118	5.67	2.531		629	8.38									
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	88	1.59	0.216	0.003	389	4.74									
Greek Salad c 34	1	1clett/1oz feta	c 34	274	11.37	4.137		978	35.18									
Avocado Turkey Cobb Salad c 30	1	1clett/20zmt	c 30	165	7.14	2.357		790	7.97									
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	187	10.44	2.564		236	10.1									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92									
Whole Wheat Crackers 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									

Milk Nutrient Details:

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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

Pickles v 32	1	2 Pickles	v 32	3	0	0	0	178	0.66									
Meal SubTotal				7,525.0	309.5	<u>120.6</u>	<u>0.5</u>	<u>16,968.0</u>	<u>704.2</u>									

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Day 1

Menu Cycle: Spring Lunch HS wk. 1 2018

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

Pepperoni Pizza Stick & Sauce e 4092	1	2 brd stk, 2 oz sauce	e 4092	512	18.91	9	0	1210	62.57									
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	240	16									
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	91	1.52	0		378	16.24									
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	10	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									
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	0.023	753	15.96									
Whole Wheat Crackers 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									
Meal SubTotal				2,168.0	60.8	19.6	0.0	4,388.0	325.9									

Milk Nutrient Details:

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

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Day 2

Menu Cycle: Spring Lunch HS wk. 1 2018

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									
Chicken Smacker e 4038	1 10pc	e 4038	268	12.96	2.992	0	588	19.95									
Beef Nachos (H.S. ONLY) e 4095	1 3oz mt/2ozch/2sa	e 4095	465	24.92	7.31	0.274	861	47.07									
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	179	5.97	0.497	0	90	27.85									
Cream of Broccoli Soup m 6	1 6oz	m 6	189	11.16	2.461	2.681	203	16.66									
Whole Wheat Crackers 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									
Meal SubTotal			3,004.0	101.6	27.0	3.2	4,842.0	421.9									

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 HS wk. 1 2018

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	314	25.21									
Marinara sauce v 208	1	1/2c v 208	31	1.55	0	0	248	4.65									
Chicken Nuggets Secondary (6pc) e 311	6pc	e 31	287	16.74	2.989	0	562	19.13									
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									
Pasta,Marinara & 2- cheese stick e 50	1	1/2c pasta/sauce, 2 e 5012 stks	332	16.66	8.197	0	901	31.29									
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	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	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									
Cream of Chicken Soup m 8	1	6oz m 8	226	12.68	2.908	2.681	240	16.88									
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			2,588.0	89.1	26.3	2.7	3,708.0	348.4									

Milk Nutrient Details:

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

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Day 4

Menu Cycle: Spring Lunch HS wk. 1 2018

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									
Wheat Dinner roll g 2	1 Each	g 2	76	1.32	0.239	0.02	145	13.15									
Italian Beef on a bun e 53	1 3ozmt /1 bun	e 53	425	13.37	6.038	0.031	755	28.3									
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	91	1.52	0		378	16.24									
Turkey Gravy m 9	1 2oz gravy	m 9	35	2	0.5	0	240	3									
Cooked Carrots v 20	1 4oz	v 20	40	0.67	0	0	67	9.34									
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									
Lemon Rice Soup m 10	1 6oz.	m 10	213	11.24	4.673		178	21.8									
Whole Wheat Crackers 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									

Meal SubTotal			2,258.0	63.8	20.1	0.1	3,517.0	321.0									
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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: Spring Lunch HS wk. 1 2018

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	1b1b2pic/slt/le	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	2.03	v 8	113	6.14	1.535	0	256	15.35										
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										
Whole Wheat Crackers g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55										
Meal SubTotal				2,050.0	60.3	18.1	<u>0.6</u>	3,264.0	306.0										

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Spring H.S. Soup & Sides Wk 1 2018.

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 Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	0.023	753	15.96								
Cream of Broccoli Soup m 6	1	6oz	m 6	189	11.16	2.461	2.681	203	16.66								
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	2.681	240	16.88								
Lemon Rice Soup m 10	1	6oz.	m 10	213	11.24	4.673		178	21.8								
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								
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								
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98								
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27								
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56								
Cooked Carrots v 20	1	4oz	v 20	40	0.67	0	0	67	9.34								
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								
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01								
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41								
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97								
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37								
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								
Mini Biscuits WG g 2007	1	Each	g 2007	114	5.14	4	0	240	16								
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	179	5.97	0.497	0	90	27.85								

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 H.S. Soup & Sides Wk 1 2018.

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

WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99										
Whole Wheat Crackers 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										

Meal SubTotal				2,817.0	72.3	19.0	<u>5.4</u>	4,348.0	486.6										
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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: Spring Lunch HS wk. 2 2018.

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

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	91	1.52	0		378	16.24										
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	10	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	120	4.11	1.029	0.324	108	8.36										
Whole Wheat Crackers 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										

Meal SubTotal		2,007.0	57.6	13.2	0.4	3,699.0	288.6										
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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 2

Menu Cycle: Spring Lunch HS wk. 2 2018.

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	302	10.05	2.011	0	704	37.2								
Mini Corn Dogs & Cheese e 553	1	6pc & 2oz cheese	e 553	370	19	8.25	0	820	33								
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	465	24.92	7.31	0.274	861	47.07								
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								
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								
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	179	5.97	0.497	0	90	27.85								
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13								
Whole Wheat Crackers 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								

Meal SubTotal				3,262.0	104.7	30.0	<u>0.6</u>	5,779.0	466.0								
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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: Spring Lunch HS wk. 2 2018.

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

Pep Calzone w/ marinara sauce e 404	1	1 each	e 4041	297	6.99	2.046	0	708	40.15								
Beef Ravioli e 29	1	1 cup rav	e 29	260	7.99	3.495	0	599	29.96								
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								
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								
Pasta,Marinara & 2- cheese stick e 50	1	1/2c pasta/sauce, 2 stks	e 5012	332	16.66	8.197	0	901	31.29								
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								
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	<u>2.681</u>	240	16.88								
Whole Wheat Crackers 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								
Meal SubTotal				2,597.0	77.3	23.8	<u>2.7</u>	3,891.0	369.5								

Milk Nutrient Details:

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

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Day 4

Menu Cycle: Spring Lunch HS wk. 2 2018.

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

Pepperoni Pizza Stick & Sauce e 4092	1	2 brd stk, 2 oz sauce	e 4092	512	18.91	9	0	1210	62.57									
Chicken Nuggets Secondary (6pc) e 311	1	6pc	e 31	287	16.74	2.989	0	562	19.13									
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	91	1.52	0		378	16.24									
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3									
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									
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22									
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	2.681	308	19.91									
Whole Wheat Crackers 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									
Meal SubTotal				2,456.0	75.8	18.8	2.7	4,155.0	365.7									

Milk Nutrient Details:

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

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Day 5

Menu Cycle: Spring Lunch HS wk. 2 2018.

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 Stuffed Crust Pizza e 4079	1	1 slice	e 4079	306	10.85	4.932	0	533	33.54									
Sloppy Joe Sandwich (JTM) e 1015	1	3.63 oz	e 1015	292	7.95	2.522	0.01	666	36.48									
Baked Lays m 143	1	Each	m 143	129	1.99	0	0	149	25.89									
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	2.03	v 8	113	6.14	1.535	0	256	15.35									
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									
Whole Wheat Crackers 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									
Meal SubTotal				1,954.0	49.6	12.6	<u>0.0</u>	2,719.0	313.0									

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Spring H.S. Soup & Sides Wk 2 2018.

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 noodle Soup m 1	1	6oz.	m 1	120	4.11	1.029	0.324	108	8.36										
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13										
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	2.681	240	16.88										
Cream of Potato soup m	1	6oz	m 7	203	11.16	2.461	2.681	308	19.91										
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										
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										
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98										
refried beans v 48	1	1/2c	v 48	155	3.09	1.242		639	23.15										
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27										
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56										
Cooked Carrots v 20	1	4oz	v 20	40	0.67	0	0	67	9.34										
Malibu Blend v 600	1	1/2c	v 600	20	0	0	0	26	3.44										
French Fries v 8	1	2.03	v 8	113	6.14	1.535	0	256	15.35										
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01										
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41										
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97										
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37										
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										
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22										
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15										

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 H.S. Soup & Sides Wk 2 2018.

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

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	179	5.97	0.497	0	90	27.85									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									
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				2,866.0	66.3	13.1	<u>5.7</u>	4,321.0	492.2									
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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: Spring Lunch HS wk. 3 2018.

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	277	10.8	5.4	0	675	29.02								
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15								
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								
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	3.488	0	518	26.91								
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								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92								
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	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								
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	0.023	753	15.96								
Whole Wheat Crackers 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								

Meal SubTotal				2,125.0	62.0	16.9	0.1	3,750.0	319.8								
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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: Spring Lunch HS wk. 3 2018.

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

Corn Dog e 85	1 Each	e 85	243	8.1	2.531	0	395	30.37									
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	465	24.92	7.31	0.274	861	47.07									
Beef Taco (High School-2) e 306	1 3oz mt/2 shells	e 306	323	11.83	6.2	0.274	662	36.04									
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	179	5.97	0.497	0	90	27.85									
Cream of Broccoli Soup m 6	1 6oz	m 6	189	11.16	2.461	2.681	203	16.66									
Whole Wheat Crackers 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									

Meal SubTotal			2,738.0	87.4	22.8	3.2	3,700.0	406.7									
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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 3

Menu Cycle: Spring Lunch HS wk. 3 2018.

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		763	25.99									
Rotini whole grain noodles g 23	1	1/2c	g 23	111	1.45	0.1	0	0	20.5									
Buffalo Chicken Tenders e 2004	1	4 pc	e 2004	347	20	3.333	0	520	22.66									
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	4ozmts.	e 520	119	5	2	0	207	6.43									
Pasta,Marinara & 2- cheese stick e 50	1	1/2c pasta/sauce, 2 stks	e 5012	332	16.66	8.197	0	901	31.29									
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									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	18	0.04	0.01		34	3.92									
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22									
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									
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	2.681	240	16.88									
Whole Wheat Crackers 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									
Meal SubTotal				2,942.0	95.4	25.9	2.7	4,028.0	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 4

Menu Cycle: Spring Lunch HS wk. 3 2018.

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 Smacker e 4038	1	10pc	e 4038	268	12.96	2.992	0	588	19.95								
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	91	1.52	0		378	16.24								
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								
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22								
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								
Lemon Rice Soup m 10	1	6oz.	m 10	213	11.24	4.673		178	21.8								
Whole Wheat Crackers 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								
Meal SubTotal				2,095.0	61.5	15.1	<u>0.0</u>	3,588.0	303.5								

Milk Nutrient Details:

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

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Day 5

Menu Cycle: Spring Lunch HS wk. 3 2018.

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	441	34.51								
Cheese Burger e 18	1	1b1b2pic/slt/le	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	2.03	v 8	113	6.14	1.535	0	256	15.35								
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								
Whole Wheat Crackers g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Meal SubTotal				2,050.0	60.3	18.1	<u>0.6</u>	3,249.0	306.0								

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Spring H.S. Soup & Sides Wk 3 2018.

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 Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	<u>0.023</u>	753	15.96									
Cream of Broccoli Soup m 6	1	6oz	m 6	189	11.16	2.461	<u>2.681</u>	203	16.66									
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	<u>2.681</u>	240	16.88									
Lemon Rice Soup m 10	1	6oz.	m 10	213	11.24	4.673		178	21.8									
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									
Hash Brown Triangle v 44	1	2 hash brown	v 44	219	10.96	3.488	0	518	26.91									
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98									
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27									
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56									
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									
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98									
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									
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01									
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41									
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97									
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37									
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									
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15									
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22									

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 H.S. Soup & Sides Wk 3 2018.

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

Corn muffin g 17	1	1 each	g 17	179	5.97	0.497	0	90	27.85										
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22										
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99										
Whole Wheat Crackers 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										
Meal SubTotal				3,092.0	79.6	18.7	<u>5.4</u>	5,004.0	527.5										

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Spring Lunch HS wk. 4 2018.

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

Pepperoni Pizza Stick & Sauce e 4092	1	2 brd stk, 2 oz sauce	e 4092	512	18.91	9	0	1210	62.57									
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	91	1.52	0		378	16.24									
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	10	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	120	4.11	1.029	0.324	108	8.36									
Whole Wheat Crackers 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									
Meal SubTotal				2,256.0	68.6	19.0	0.4	3,975.0	321.1									

Milk Nutrient Details:

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

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Day 2

Menu Cycle: Spring Lunch HS wk. 4 2018.

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 Burritos e 4097	1	2oz.meat/1shell	e 4097	399	13.76	4.807	0	1589	48.03									
Cheese Hot Dog e 952	1	1 each	e 952	265	10.9	3.473	0.03	889	30.03									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
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	465	24.92	7.31	0.274	861	47.07									
refried beans v 48	1	1/2c	v 48	155	3.09	1.242		639	23.15									
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	179	5.97	0.497	0	90	27.85									
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13									
Whole Wheat Crackers 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									
Meal SubTotal				3,254.0	100.3	28.1	0.6	6,733.0	473.8									

Milk Nutrient Details:

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

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Day 3

Menu Cycle: Spring Lunch HS wk. 4 2018.

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

Flat Bread Pizza e 580	1	1 each	g 202	332	12.91	4	0	760	39.57								
Chicken Tenders Secondary (4pc) e 8	1	4 chix	e 8	347	20	3.333	0	520	21.33								
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								
Pasta,Marinara & 2- cheese stick e 50	1	1/2c pasta/sauce, 2	e 5012	332	16.66	8.197	0	901	31.29								
		stks															
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								
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22								
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								
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	2.681	240	16.88								
Whole Wheat Crackers 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								
Meal SubTotal				2,833.0	96.0	25.6	2.7	4,025.0	382.5								

Milk Nutrient Details:

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

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Day 4

Menu Cycle: Spring Lunch HS wk. 4 2018.

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	0.01	706	45.45									
Chicken Nuggets Secondary (6pc) e 311	6pc	e 31	287	16.74	2.989	0	562	19.13									
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	91	1.52	0		378	16.24									
Turkey Gravy m 9	1 2oz gravy	m 9	35	2	0.5	0	240	3									
Cooked Carrots v 20	1 4oz	v 20	40	0.67	0	0	67	9.34									
Creamy Coleslaw v 2	1 1/2 cup	v 2	71	0.99	0	0	75	15.42									
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 Potato soup m	1 6oz	m 7	203	11.16	2.461	2.681	308	19.91									
Whole Wheat Crackers 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									
Meal SubTotal			2,286.0	69.2	13.7	2.7	3,565.0	341.8									

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 HS wk. 4 2018.

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 Stuffed Crust Pizza e 4079	1	1 slice	e 4079	306	10.85	4.932	0	533	33.54								
BBQ Beef Rib Sandwich e 504	1	1 BBQ Rib sandwich	e 504	347	12.24	4.731	0.02	962	39.25								
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	27	9.85								
French Fries v 8	1	2.03	v 8	113	6.14	1.535	0	256	15.35								
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								
Whole Wheat Crackers g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Meal SubTotal				1,912.0	52.2	14.9	<u>0.0</u>	2,867.0	296.3								

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Spring H.S. Soup & Sides Wk. 4 2018.

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 noodle Soup m 1	1	6oz.	m 1	120	4.11	1.029	0.324	108	8.36										
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13										
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	2.681	240	16.88										
Cream of Potato soup m	1	6oz	m 7	203	11.16	2.461	2.681	308	19.91										
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										
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										
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98										
refried beans v 48	1	1/2c	v 48	155	3.09	1.242		639	23.15										
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27										
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56										
Cooked Carrots v 20	1	4oz	v 20	40	0.67	0	0	67	9.34										
Creamy Coleslaw v 2	1	1/2 cup	v 2	71	0.99	0	0	75	15.42										
peas and carrots v 120	1	1/2 cup	v 120	52	0.27	0	0	27	9.85										
French Fries v 8	1	2.03	v 8	113	6.14	1.535	0	256	15.35										
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01										
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41										
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97										
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37										
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										
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15										

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.

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 H.S. Soup & Sides Wk. 4 2018.

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

Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	114	0.75	0		161	22.22									
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	179	5.97	0.497	0	90	27.85									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									
Whole Wheat Crackers 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									

Meal SubTotal				2,972.0	67.6	13.1	<u>5.7</u>	4,575.0	514.7									
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