

| UPDATED MARCH, 2018 A LA CARTE ITEMS<br>ALL ITEMS NOT AVAILABLE AT ALL SCHOOLS |   |                     |                |     |          |           |        |         |        |
|--|---|---------------------|----------------|-----|----------|-----------|--------|---------|--------|
| Item #   | Only 3 ala carte items allowed @ elem. & M.S. - H.S. No limit |                     |                |     |          |           |        |         |        |
| <b>CHIPS</b>   |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
| 134733   | CHIP APPLEWOOD (FRITO LAY)                                    | (M.S.-H.S.)         | 1 BAG= 38.9g   | 180 | 7g.      | 1g.       | 0g.    | 190mg.  | 27g.   |
| 712560   | CHIP BAKED CHIP (FRITO LAY)                                   | (M.S.-H.S.)         | 1 BAG=31.89g.  | 130 | 4g.      | 0.5g.     | 0g.    | 150mg.  | 26g.   |
| 712550   | CHIP BBQ BAKED (FRITO LAY)                                    | (M.S.-H.S.)         | 1 BAG=31.89g.  | 140 | 3.5g.    | 0.5g.     | 0g.    | 180mg.  | 24g.   |
| 600331   | CHIP JALAPENO CHEDDAR (FRITO LAY)                             | (M.S.-H.S.)         | 1 BAG = 38.9g  | 180 | 7g.      | 1g.       | 0g.    | 160mg.  | 27g.   |
| 405983   | CHIP RUFFLES CHEDDAR & S. CREAM (FRITO LAY)                   | (H.S.)              | 1 BAG=22.6g.   | 100 | 2.5g.    | 0g.       | 0g.    | 200mg.  | 17g.   |
| 600360   | CHIP SALT & VINAGER (FRITO LAY)                               | (M.S.-H.S.)         | 1 BAG =38.9g.  | 180 | 7g.      | 1g.       | 0g.    | 180mg.  | 28g.   |
| 712540   | CHIP SOUR CREAM & ONION (FRITO LAY)                           | (M.S.-H.S.)         | 1 BAG=31.89g.  | 140 | 3.5g.    | .5g.      | 0g.    | 190mg.  | 24g.   |
| 191090   | CHEETOS CHS BKD CRUNCHY (FRITO -LAY)                          | (M.S.-H.S.)         | 1 BAG=24.81g   | 120 | 4.5g.    | 1g.       | 0g.    | 200mg.  | 16g.   |
| 338670   | CHEETOS CHS BKD HOT (FRITO-LAY)                               | (M.S.-H.S.)         | 1 BAG=24.81g   | 120 | 4.5g.    | .5g.      | 0g.    | 200mg.  | 17g.   |
| 537871   | CHEETOS PUFFS BKD (FRITO-LAY)                                 | (M.S.-H.S.)         | 1 BAG=19.8g.   | 90  | 3.5g.    | .5g.      | 0g.    | 140mg.  | 13g.   |
| 266031   | CHEX MIX HOT & SPICY (GENERAL MILLS)                          | (M.S.-H.S.)         | 1 BAG=26g.     | 110 | 2.5g.    | .5g.      | 0g.    | 140mg.  | 20g.   |
| 265971   | CHEX MIX CHOC.CARAMEL (GENERAL MILLS)                         | (M.S.-H.S.)         | 1 BAG=29g.     | 120 | 4g.      | 1g.       | 0      | 65mg.   | 21g.   |
| 266020   | CHEX MIX STRAWBERRY (GENERAL MILLS)                           | (M.S.-H.S.)         | 1 BAG=29g.     | 120 | 3g.      | 1g.       | 0g.    | 55mg.   | 23g.   |
| 682840   | CRACKER ANIMAL KEEBLER WG                                     | (M.S.-H.S.)         | 1BAG=29g.      | 130 | 4g.      | 1g.       | 0g.    | 110mg.  | 21g.   |
| 282422   | CRACKER CHEEZ-IT KELLOGG                                      | (M.S.-H.S.)         | 1PKG=21g.      | 100 | 3.5g.    | 1g.       | 0g.    | 150mg.  | 14g.   |
| 618941   | CRACKER CHEEZ-IT HOT WG KELLOGG                               | (M.S.-H.S.)         | 1PKG=25g.      | 100 | 3.5 g.   | 1g.       | 0g.    | 200mg.  | 14g.   |
| 736280   | CRACKER GOLDFISH CHEDDAR WG                                   | (ELEM)              | 1PKG=21g.      | 100 | 4g.      | .5g.      | 0g.    | 170mg.  | 14g.   |
| 770960   | CRACKER GOLDFISH OATS & HONEY                                 | (M.S.-H.S.)         | 1PKG=26g.      | 120 | 4g.      | 1g.       | 0g.    | 70mg.   | 19g.   |
| 865091   | CRACKER DESPICABLE ME GRAHAM                                  | (ELEM/M.S./H.S)     | 1PKG=30g.      | 140 | 4.5g.    | 1.5g.     | 0g.    | 110mg.  | 22g.   |
| 859550   | CRACKER GRAHAM SCOOPY (KELLOGGS)                              | (ELEM.-M.S.-H.S.)   | 1 PKG.=28g.    | 120 | 3.5g.    | 1g.       | 0g.    | 115mg.  | 21g.   |
| 737611   | DORITOS BOLD & SPICY (FLAMAS)                                 | (M.S.-H.S.)         | 1 BAG=28g.     | 130 | 5g.      | 0.5g.     | 0g.    | 200mg.  | 20g.   |
| 541502   | DORITOS COOL RANCH RF (FRITO-LAY 72-1Z)                       | (M.S.-H.S.)         | 1 BAG=28g.     | 130 | 5g.      | 0.5g.     | 0g.    | 150mg.  | 20g.   |
| 456090   | DORITOS NACHO RF (FRITO-LAY 1Z)                               | (M.S.-H.S.)         | 1 BAG=28g.     | 130 | 5g.      | 1g.       | 0g.    | 200 mg. | 20g.   |
| 788670   | DORITOS SPCY SWT CHILI RF (FRITO-LAY)                         | (M.S.-H.S.)         | 1 BAG=28.35g.  | 130 | 5g.      | 0.5g.     | 0g.    | 200mg.  | 20g.   |
| 865601   | FUNYUNS (FRITO LAY)   | (M.S.-H.S.)         | 1 BAG = 21.2g. | 100 | 3.5g.    | 0.5g.     | 0g.    | 125mg.  | 14g.   |
| 893711   | PRETZELS HEARTZELS (FRITO LAY)                                | (M.S.-H.S.)         | 1 BAG=19.84g.  | 80  | 1.5g.    | 0g.       | 0g.    | 200mg.  | 15g.   |
| 644182   | POPCORN SEA SALT CARAMEL (SMARTFOOD)                          | (M.S.-H.S.)         | 1 BAG=14.7g.   | 70  | 2.5g.    | 0g.       | 0g.    | 115m.g. | 10g.   |
| 641721   | POPCORN WHITE CHEDDAR (SMARTFOOD)                             | (M.S.-H.S.)         | 1 BAG=14g.     | 70  | 2.5g.    | 0g.       | 0g.    | 100mg.  | 9g.    |
| 660962   | SUN CHIPS HARVEST CHEDDAR (FRITO LAY)                         | (M.S.-H.S.)         | 1 BAG=24.8g.   | 110 | 4g.      | 0g.       | 0g.    | 200mg.  | 15g.   |
| <b>CEREAL BARS/POP-TARTS/RICE KRISP</b>  |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
| 526290   | BAR-APPLE OATMEAL . APPLEWAYS                                 | (Elem. -M.S.-H.S.)  | 1 BAR=34.02g.  | 140 | 4.5g.    | 1.5g.     | 0g.    | 80m.g.  | 23g.   |
| 265891   | BAR- CIN TOAST CRUNCH WG                                      | (M.S.- H.S.)        | 1 BAR=40g.     | 150 | 3.5g.    | 0g.       | 0g.    | 115mg.  | 30g.   |
| 268690   | BAR- TRIX WG  | (M.S.- H.S.)        | 1 BAR=40g.     | 150 | 3.5g.    | 0.5g.     | 0g.    | 100m.g. | 30g.   |
| 282431   | BAR- COCOA RICE KRISPY GRANOLA WG                             | (M.S.- H.S.)        | 1 BAR =38g.    | 150 | 4.5g.    | 1g.       | 0g.    | 140mg.  | 27g.   |
| 865131   | PASTRY POP-TART BLUEBERRY                                     | (M.S./H.S)          | 1 BAR= 50g.    | 180 | 2.5g.    | 1g.       | 0g.    | 180mg.  | 38g.   |
| 695880   | PASTRY POP-TART CINN. WG                                      | (M.S.- H.S.)        | 1 BAR=50g.     | 180 | 2.5g.    | 1g.       | 0g.    | 190g.   | 37g.   |
| 695890   | PASTRY POP-TART STRAWBERRY WG                                 | (M.S.- H.S.)        | 1 BAR=50g.     | 180 | 2.5g.    | 1g.       | 0g.    | 180mg.  | 38g.   |
| 452062   | PASTRY POP-TART FUDGE WG                                      | (M.S.- H.S.)        | 1 BAR=50g.     | 180 | 3g.      | 1g.       | 0g.    | 190mg.  | 38g.   |
| 833830   | TREAT RICE KRISPIE WG APPLE CINN. GRANOLA                     | (M.S.- H.S.)        | 1 BAR=36g.     | 140 | 3g.      | 0.5g.     | 0g.    | 105m.g. | 27g.   |
| 618862   | TREAT RICE KRISPIE WG   | (M.S.- H.S.)        | 1 BAR=40g.     | 160 | 4g.      | 1g.       | 0g.    | 140mg.  | 30g.   |
| 645331   | TREAT RICE KRISPIE CHOCOLATE CHIP WG                          | (M.S.- H.S.)        | 1 BAR=45g.     | 190 | 5g.      | 2g.       | 0g.    | 150m.g. | 34g.   |
| 565002   | TREAT RICE KRISPIE MINI WG                                    | (Elem- M.S.- H.S. ) | 1 EACH=12g.    | 50  | 1g.      | 0g.       | 0g.    | 45m.g.  | 9g.    |
| <b>DONUTS</b>  |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
| 509942   | WG CAKE DONUT   |                     | 1 Donut =54g.  | 150 | 5g.      | 1.5g.     | 0g.    | 190m.g. | 23g.   |
| 941974   | ULTRA POWER DONUT   |                     | 1 Donut =54g.  | 140 | 4.5g.    | 1.5g.     | 0g.    | 170m.g. | 22g.   |
| 615421   | DONUT STARS   |                     | 1 Donut =37g.  | 100 | 2.5g.    | 0.5g.     | 0g.    | 150m.g. | 17g.   |
| <b>FRUIT SNACK</b>   |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
| 746831   | MOTTS FRUIT SNACKS  |                     | 1 pkg. = 45g.  | 130 | 0g.      | 0g.       | 0g.    | 55m.g.  | 37g.   |
| <b>MISC.</b>   |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
| 565870   | SAUSAGE SNACK STICK (OLD WISCONSON)                           | (H.S.)              | 1 stick=14g.   | 40  | 1.5g.    | 0g.       | 0g.    | 200mg.  | 3g.    |
| <b>BEVERAGES</b>   |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
| 118921   | APPLE JUICE (SUNCUP)  | (Elem -H.S.-M.S.)   | 4 oz.=113.4g.  | 60  | 0g.      | 0g.       | 0g.    | 5mg.    | 14g.   |
| 118930   | ORANGE JUICE (SUNCUP)   | (Elem-H.S.-M.S.)    | 4 oz.=118g.    | 60  | 0g.      | 0g.       | 0g.    | 0mg.    | 14g.   |
|  | COFFEE- WITH 1-CREAM/ 1 - SUGAR                               | (H.S. ONLY)         | 8 oz.          | 36  | 1.4g.    | 1.4g.     | 0g.    | 0.1m.g. | 5.98g. |
|  | DOLE PLUS APPLE JUICE   | (H.S.-M.S.)         | 10oz.          | 140 | 0g.      | 0g.       | 0g.    | 25m.g.  | 33g.   |
|  | DOLE PLUS ORANGE JUICE  | (H.S.-M.S.)         | 10oz.          | 140 | 0g.      | 0g.       | 0g.    | 25m.g.  | 34g.   |
|  | WILDBERRY WATER G2  | (H.S. ONLY)         | 8oz.           | 0   | 0g.      | 0g.       | 0g.    | 70mg.   | 0g.    |
|  | GATORADE GLACIER FREEZE G2                                    | (H.S. ONLY)         | 12oz.          | 30  | 0g.      | 0g.       | 0g.    | 160mg.  | 7g.    |
|  | GATORADE FRUIT PUNCH G2                                       | (H.S. ONLY)         | 12oz.          | 30  | 0g.      | 0g.       | 0g.    | 160mg.  | 7g.    |
|  | LIPTON ICED GREEN TEA   | (H.S. ONLY)         | 8oz.           | 0   | 0g.      | 0g.       | 0g.    | 25mg.   | 0g.    |
|  | IZZY SPARKLING JUICE APPLE                                    | (H.S.- M.S. ONLY)   | 8.4oz.         | 90  | 0g.      | 0g.       | 0g.    | 15mg.   | 23g.   |
|  | IZZY SPARKLING JUICE BLACKBERRY                               | (H.S.-M.S. ONLY)    | 8.4oz.         | 90  | 0g.      | 0g.       | 0g.    | 20mg.   | 22g.   |
|  | IZZY SPARKLING JUICE CLEMINTINE                               | (H.S.-M.S. ONLY)    | 8.4oz..        | 90  | 0g.      | 0g.       | 0g.    | 15mg.   | 21g.   |
| 619672   | TROPICANA FRUIT MEDLEY JUICE                                  | (H.S.- M.S. ONLY)   | 10oz.          | 140 | 0g.      | 0g.       | 0g.    | 25mg.   | 34g.   |
| 619652   | TROPICANA STRAWBERRY KIWI JUICE                               | (H.S.-M.S. ONLY)    | 10oz.          | 150 | 0g.      | 0g.       | 0g.    | 25mg.   | 38g.   |
| 616402   | V-8 SMOOTHIE STRAW-BAN  | (H.S.-M.S. ONLY)    | 12oz.          | 180 | 0g.      | 0g.       | 0g.    | 142m.g. | 45g.   |
| 616391   | V-8 SMOOTHIE WATERMEL/RASP                                    | (H.S.-M.S. ONLY)    | 12oz.          | 180 | 0g.      | 0g.       | 0g.    | 120m.g. | 44g.   |
| 616382   | V-8 SMOOTHIE PEACH-MANGO                                      | (H.S.-M.S. ONLY)    | 12oz.          | 180 | 0g.      | 0g.       | 0g.    | 142m.g. | 44g.   |
| 460581   | V-8 SMOOTHIE TROP-FRUIT                                       | (H.S.-M.S. ONLY)    | 12oz.          | 180 | 0g.      | 0g.       | 0g.    | 142m.g. | 46.5g. |
| <b>HERSHEY'S ICE CREAM</b>   |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
|  | LF CRAZY CONE   | (H.S.-M.S.)         | 1 CONE=64g.    | 120 | 2g.      | 1g.       | 0g.    | 85mg.   | 25g.   |
|  | LF COOKIES & CREAM  | (H.S.-M.S.)         | 1 CONE=62g.    | 120 | 1.5g.    | 1g.       | 0g.    | 100mg.  | 25g.   |
|  | MIGHTY MINI SANDWICH  | (H.S.-M.S.)         | 1 BAR=44g.     | 120 | 2.5g.    | 1g.       | 0g.    | 70mg.   | 12g.   |
|  | NF BIRTHDAY CAKE YOGURT CUP                                   | (Elem) -(H.S.-M.S.) | 1 CUP=66.47g.  | 80  | 0g.      | 0g.       | 0g.    | 95mg.   | 17g.   |
|  | POLAR BLAST JUICE BAR   | (Elem)- (H.S.-M.S.) | 1 BAR=73.93g   | 70  | 0g.      | 0g.       | 0g.    | 5mg.    | 16g.   |
|  | LACTAID ICE CREAM CUP   | (Elem) -(H.S.-M.S.) | 1 CUP=69g.     | 150 | 8g.      | 5g.       | 0g.    | 40mg.   | 16g.   |
| <b>YOGURT FROZEN ANNIES</b>  |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
| 127342   | FROZEN YOGURT, VANILLA (ANNIES)                               | (H.S. ONLY)         | 5oz.           | 137 | 0g.      | 0g.       | 0g.    | 81m.g.  | 28g.   |
| 127351   | FROZEN YOGURT,CHOCOLATE (ANNIES)                              | (H.S.ONLY)          | 5oz.           | 125 | 0g.      | 0g.       | 0g.    | 69m.g.  | 29g.   |
| <b>YOGURT, DAIRY</b>   |   |                     |                |     |          |           |        |         |        |
|  |   | portion             | calories       | fat | sat. fat | trans fat | sodium | carbs   |        |
| 551760   | YOPLAIT TRIX YOGURT   |                     | 113g.          | 80  | .0g.     | .0g.      | 0g.    | 60mg.   | 15g.   |
| B210   | YOGURT PARFAIT  | (Elem) -(H.S.-M.S.) | 163.5g.        | 195 | 2.43g.   | 1.0g.     | 0g.    | 105mg.  | 37.89  |
| 786580   | STRING CHEESE STICK   | (Elem) -(H.S.-M.S.) | 28g.           | 80  | 6g.      | 4g.       | 0g.    | 20mg.   | 1g.    |

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     |  |  |  |  |  |  |  |  |

|                      |  |  |  |         |      |      |     |         |       |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  |  | 1,054.0 | 39.9 | 10.8 | 0.0 | 5,675.0 | 157.5 |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

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

"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: 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 | <b>3.721</b> | 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 | <b>4.396</b> | 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:

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: 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 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 |  |  |  |  |  |  |  |  |  |

|                      |  |  |  |         |       |             |            |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|-------|-------------|------------|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  |  | 5,338.0 | 136.1 | <b>36.6</b> | <b>0.2</b> | 6,815.0 | 917.0 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|-------|-------------|------------|---------|-------|--|--|--|--|--|--|--|--|--|

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.

| 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 Gram | SFA Gram | FATRN 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   |          |      |      |       |       |                      |                 |                       |             |                 |
| 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 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         |             | 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         |             | <b>56</b>  | <b>43.25</b>  | <b>0.34</b> | <b>0.06</b> |             |
| 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          |             |            |               |             |             |             |
| <b>Nutrients per Portion Size:</b> |       |         | <b>1,909</b> | <b>57.51</b> | <b>20.702</b> | <b>0.170</b> | <b>293</b> | <b>5,257</b> | <b>234.64</b> | <b>31.9</b> | <b>33.45</b> | <b>119.32</b> | <b>4,090.52</b> | <b>71.30</b> | <b>18.27</b> | <b>850.51</b> | <b>0.00</b> | <b>462</b> | <b>230.00</b> | <b>1.71</b> | <b>0.45</b> | <b>0.45</b> |

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. 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       | <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        |              | 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   | <b>0.521</b> |              | <b>417</b>  | 6.51         |  |  |  |  |  |  |  |  |  |
| Stud. Turkey Avocado Wrap e 6009       | 1 | 1-6" wrap        | e 6009 | 373 | 15.32 | <b>3.935</b> |              | <b>1259</b> | 45.39        |  |  |  |  |  |  |  |  |  |
| Beef & Pepperjack on Focaccia e 2031   | 1 | 1 EA             | e 2031 | 638 | 19.88 | 8.295        | <b>0.011</b> | 1063        | <b>64.87</b> |  |  |  |  |  |  |  |  |  |
| 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        | <b>0.003</b> | 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:

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

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\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

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Day 1

Menu Cycle: 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  | 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                |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b> |   |           |      | 7,525.0 | 309.5 | <b><u>120.6</u></b> | <b><u>0.5</u></b> | <b><u>16,968.0</u></b> | <b><u>704.2</u></b> |  |  |  |  |  |  |  |  |  |

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. 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 | <b>0.023</b> | 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                 |   |                       |        | 2,168.0 | 60.8  | 19.6  | <b>0.0</b>   | 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 | <b>2.681</b> | 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>            |                    |        | 3,004.0 | 101.6 | 27.0  | <b>3.2</b>   | 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  | FATRN | 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   | 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 | <b>2.681</b> | 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |     |                                 | 2,588.0 | 89.1  | 26.3  | <b>2.7</b>   | 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 | <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  | 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       |  |  |  |  |  |  |  |  |  |

|                      |  |  |         |      |      |            |         |              |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|------------|---------|--------------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  | 2,258.0 | 63.8 | 20.1 | <b>0.1</b> | 3,517.0 | <b>321.0</b> |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|------------|---------|--------------|--|--|--|--|--|--|--|--|--|

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 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                |   |                 |        | 2,050.0 | 60.3  | 18.1  | <b><u>0.6</u></b> | 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)

"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: 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 | <b>0.023</b> | 753 | 15.96 |  |  |  |  |  |  |  |  |
| Cream of Broccoli Soup m 6          | 1 | 6oz             | m 6    | 189 | 11.16 | 2.461 | <b>2.681</b> | 203 | 16.66 |  |  |  |  |  |  |  |  |
| Cream of Chicken Soup m 8           | 1 | 6oz             | m 8    | 226 | 12.68 | 2.908 | <b>2.681</b> | 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 |  |  |  |  |  |  |  |  |  |  |

|                      |  |  |  |         |      |      |                   |         |       |  |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  |  | 2,817.0 | 72.3 | 19.0 | <b><u>5.4</u></b> | 4,348.0 | 486.6 |  |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|--|

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: 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 | <b>0.324</b> | 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 |  |  |  |  |  |  |  |  |  |  |

|                      |  |         |      |      |            |         |       |  |  |  |  |  |  |  |  |  |  |
|----------------------|--|---------|------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  | 2,007.0 | 57.6 | 13.2 | <b>0.4</b> | 3,699.0 | 288.6 |  |  |  |  |  |  |  |  |  |  |
|----------------------|--|---------|------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

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

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Day 2

Menu Cycle: Spring Lunch 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 |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>             |   |                  |        | 3,262.0 | 104.7 | 30.0  | <b><u>0.6</u></b> | 5,779.0 | 466.0 |  |  |  |  |  |  |  |  |

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 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 | <b><u>2.681</u></b> | 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 |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |   |                          |        | 2,597.0 | 77.3  | 23.8  | <b><u>2.7</u></b>   | 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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\* 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 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 | <b><u>2.681</u></b> | 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |   |                       |        | 2,456.0 | 75.8  | 18.8  | <b><u>2.7</u></b>   | 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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\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

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Day 5

Menu Cycle: Spring Lunch 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                |   |               |        | 1,954.0 | 49.6  | 12.6  | <b><u>0.0</u></b> | 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 | <b>0.324</b> | 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 | <b>2.681</b> | 240 | 16.88 |  |  |  |  |  |  |  |  |
| Cream of Potato soup m              | 1 | 6oz              | m 7   | 203 | 11.16 | 2.461 | <b>2.681</b> | 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 |  |  |  |  |  |  |  |  |  |

|                      |  |  |  |         |      |      |                   |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  |  | 2,866.0 | 66.3 | 13.1 | <b><u>5.7</u></b> | 4,321.0 | 492.2 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|

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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\* 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: 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**

|                                    |                 |        |     |       |       |              |     |       |  |  |  |  |  |  |  |  |  |
|------------------------------------|-----------------|--------|-----|-------|-------|--------------|-----|-------|--|--|--|--|--|--|--|--|--|
| 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 | <b>0.023</b> | 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 |  |  |  |  |  |  |  |  |  |

|                      |  |  |         |      |      |            |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  | 2,125.0 | 62.0 | 16.9 | <b>0.1</b> | 3,750.0 | 319.8 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|

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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\* 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 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**

|                                 |                    |        |     |       |       |              |     |       |  |  |  |  |  |  |  |  |  |
|---------------------------------|--------------------|--------|-----|-------|-------|--------------|-----|-------|--|--|--|--|--|--|--|--|--|
| 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 | <b>2.681</b> | 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 |  |  |  |  |  |  |  |  |  |

|                      |  |  |         |      |      |            |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  | 2,738.0 | 87.4 | 22.8 | <b>3.2</b> | 3,700.0 | 406.7 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|------------|---------|-------|--|--|--|--|--|--|--|--|--|

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 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 | 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  |  |  |  |  |  |  |  |  |  |  |
| 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 | <b>2.681</b> | 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 |  |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |   |                          |        | 2,942.0 | 95.4  | 25.9  | <b>2.7</b>   | 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 |  |  |  |  |  |  |  |  |

|                      |  |  |  |         |      |      |                   |         |       |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  |  | 2,095.0 | 61.5 | 15.1 | <b><u>0.0</u></b> | 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 |  |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                |   |                 |        | 2,050.0 | 60.3  | 18.1  | <b><u>0.6</u></b> | 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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\* 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: 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 | <b><u>0.023</u></b> | 753 | 15.96 |  |  |  |  |  |  |  |  |  |
| Cream of Broccoli Soup m 6          | 1 | 6oz             | m 6   | 189 | 11.16 | 2.461 | <b><u>2.681</u></b> | 203 | 16.66 |  |  |  |  |  |  |  |  |  |
| Cream of Chicken Soup m 8           | 1 | 6oz             | m 8   | 226 | 12.68 | 2.908 | <b><u>2.681</u></b> | 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 |  |  |  |  |  |  |  |  |  |

|                      |  |  |  |         |      |      |                   |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  |  | 3,092.0 | 79.6 | 18.7 | <b><u>5.4</u></b> | 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 | 4.293 | 0            | 661     | 18.04 |  |  |  |  |  |  |  |  |  |
| Buffalo Chicken Sandwich e 809       | 1 | brdchixpat/le         | e 809  | 418     | 16.79 | 3.29  | 0.01         | 647     | 44.09 |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |
| f1 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 | <b>0.324</b> | 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                 |   |                       |        | 2,257.0 | 68.6  | 18.7  | <b>0.4</b>   | 3,976.0 | 321.4 |  |  |  |  |  |  |  |  |  |

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 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 | 402     | 13.76 | 4.557 | 0                 | 1590    | 48.61 |  |  |  |  |  |  |  |  |
| 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  | 418     | 16.79 | 3.29  | 0.01              | 647     | 44.09 |  |  |  |  |  |  |  |  |
| Beef Taco (High School-2) e 306 | 1 | 3oz mt/2 shells  | e 306  | 324     | 11.83 | 5.951 | 0.274             | 663     | 36.33 |  |  |  |  |  |  |  |  |
| 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  | 1.117 | 0                 | 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 |  |  |  |  |  |  |  |  |
| f1 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 |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>            |   |                  |        | 3,364.0 | 108.4 | 32.2  | <b><u>0.6</u></b> | 6,667.0 | 478.0 |  |  |  |  |  |  |  |  |

Milk Nutrient Details:

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

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Day 3

Menu Cycle: Spring Lunch 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**

|                                       |   |                     |        |         |       |       |              |         |       |  |  |  |  |  |  |  |  |
|---------------------------------------|---|---------------------|--------|---------|-------|-------|--------------|---------|-------|--|--|--|--|--|--|--|--|
| 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  | 418     | 16.79 | 3.29  | 0.01         | 647     | 44.09 |  |  |  |  |  |  |  |  |
| 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     | 33.32 |  |  |  |  |  |  |  |  |
|                                       |   | 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  |  |  |  |  |  |  |  |  |
| Peaches Diced f 6                     | 1 | 1/2c peaches        | f 6    | 54      | 0     | 0     | 0            | 5       | 12.97 |  |  |  |  |  |  |  |  |
| f1 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 | <b>2.681</b> | 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 |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |   |                     |        | 2,720.0 | 95.3  | 25.6  | <b>2.7</b>   | 3,865.0 | 362.6 |  |  |  |  |  |  |  |  |

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 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 | <b>0.01</b>  | 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 | 418     | 16.79 | 3.29  | 0.01         | 647     | 44.09 |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |
| f1 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 |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |                 |       | 2,287.0 | 69.2  | 13.7  | <b>2.7</b>   | 3,566.0 | 342.1 |  |  |  |  |  |  |  |  |  |

Milk Nutrient Details:

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

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\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

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 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  | 418     | 16.79 | 3.29  | 0.01              | 647     | 44.09 |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |
| f1 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 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                |   |                    |        | 1,913.0 | 52.2  | 14.9  | <b><u>0.0</u></b> | 2,868.0 | 296.6 |  |  |  |  |  |  |  |  |  |

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: 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 | <b>0.324</b> | 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 | <b>2.681</b> | 240 | 16.88 |  |  |  |  |  |  |  |  |  |  |
| Cream of Potato soup m              | 1 | 6oz             | m 7   | 203 | 11.16 | 2.461 | <b>2.681</b> | 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)

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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**

|                               |   |                  |       |     |      |       |   |     |       |  |  |  |  |  |  |  |  |  |  |
|-------------------------------|---|------------------|-------|-----|------|-------|---|-----|-------|--|--|--|--|--|--|--|--|--|--|
| 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  |  |  |  |  |  |  |  |  |  |  |

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

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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