

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: Winter-Spring Lunch HS wk. 1 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Flat Bread Pizza e 580	1	2 sticks	g 202	332	12.91	4	0	760	39.57								
Boneless Wings WG e 4036	1	5 pc	e 4036	198	8.66	1.856	0	334	12.37								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Mashed potatoes v 11	1	1/2 cup	v 11	64	0	0	0	18	14.17								
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3								
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
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								
Chicken noodle Soup m 1	1	6oz.	m 1	100	3.32	0.785	0.335	89	8.47								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

Meal SubTotal				1,842.0	49.7	10.8	0.3	2,680.0	278.6								
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Milk Nutrient Details:

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

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Day 2

Menu Cycle: Winter-Spring Lunch HS wk. 1 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
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	3.643	0	949	25.7									
Pop Corn Chicken (Secondary) e 552	1 15pc	e 552	303	17.14	3.296	0	462	18.46									
Beef Nachos (H.S. ONLY) e 4095	1 3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01									
Beef Taco (High School-2) e 306	1 3oz mt/2 shells	e 306	503	16.83	8.951	0.274	812	66.04									
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	24	0.11	0.017		40	5.13									
Garden Salad v 4	1 1 Cup Salad	v 4	22	0	0	0	12	4.61									
Applesauce f 9	1 1/2c Applesauce	f 9	52	0	0	0	10	13.41									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1 1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Spanish Rice (homemade) g 208	1 #8 scoop	g 208	192	2.08	0.094		392	39.22									
Corn muffin g 17	1 1 each	g 17	169	4.97	0.497	0	90	28.85									
Cream of Chicken Soup m 8	1 6oz	m 8	226	12.68	2.908	2.681	240	16.88									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
Meal SubTotal			3,248.0	111.0	30.3	3.2	4,910.0	449.8									

Milk Nutrient Details:

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

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Day 3

Menu Cycle: Winter-Spring Lunch HS wk. 1 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Pasta Roll up & Meat sauce e 551	1	1 roll up / 2oz sauce e 551	230	8.5	5	0	334	23.21									
Marinara sauce v 208	1	1/2c v 208	31	1.55	0	0	248	4.65									
Chicken Nuggets (6pc) e 31	1	6pc e 31	263	15.34	2.739	0	515	17.53									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le e 809	417	16.79	3.29	0.01	646	43.8									
Rotini whole grain noodles g 23	1	1/2c g 23	111	1.45	0.1	0	0	20.5									
Meat sauce e 520	1	6oz mt sauce e 520	119	5	2	0	207	6.43									
broccoli (frozen) v 7	1	1/2c v 7	17	0	0	0	12	2.56									
Fresh Mixed Vegetables v 104	1	1/2c v 104	24	0.11	0.017		40	5.13									
Garden Salad v 4	1	1 Cup Salad v 4	22	0	0	0	12	4.61									
Peaches Diced f 6	1	1/2c peaches f 6	54	0	0	0	5	12.97									
f 1 apple	1	1 Each f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple f 17	79	0	0	0	0	21.6									
WG Twisted Breadstick g 224	1	1 bread stick g 224	154	3.86	1.446	0	135	26.99									
Chicken Tortilla soup m 20	1	6oz. m 20	127	5.87	3.072		378	10.19									
Homemade Croutons g 200	1	1 slice bread g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1	4 pkgs g 37	125	3.91	0	0	231	19.55									
Meal SubTotal			2,139.0	64.3	18.0	<u>0.0</u>	2,924.0	308.0									

Milk Nutrient Details:

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

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Day 4

Menu Cycle: Winter-Spring Lunch HS wk. 1 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Mac & Cheese e 102	1	6 oz	e 102	280	11	5	0	670	29								
Cheez-it g 227	1	1 EA	g 227	99	3.46	0.988	0	148	14								
Italian Beef on a bun e 53	1	3ozmt /1 bun	e 53	425	13.37	6.038	0.031	755	28.3								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Mashed potatoes v 11	1	1/2 cup	v 11	64	0	0	0	18	14.17								
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3								
Calif. blend v 16	1	4oz	v 16	23	0	0	0	28	4.66								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Cream of Potato soup m	1	6oz	m 7	203	11.16	2.461	2.681	308	19.65								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

Meal SubTotal		2,233.0	63.8	18.7	2.7	3,257.0	314.1										
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Milk Nutrient Details:

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

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Day 5

Menu Cycle: Winter-Spring Lunch HS wk. 1 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Big Daddy X-tra cheese H.S. e 4063	1	1 pizza slice	e 4063	366	16.04	7.772	0	456	34.51								
Cheese Burger e 18	1	192 - 2.5oz. burger patties	e 18	336	13.96	5.184	0.61	909	30.64								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Baked Beans v 29	1	4 oz.	v 29	141	1.41	0	0	554	27.25								
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Meal SubTotal				2,159.0	66.0	19.6	<u>0.6</u>	3,506.0	321.4								

Milk Nutrient Details:

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Day 1

Menu Cycle: Winter-Spring Lunch HS wk. 2 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
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	4.293	0	661	18.04										
Buffalo Chicken Sandwich e 809	1 brdchixpat/le e 809	417	16.79	3.29	0.01	646	43.8										
Mashed potatoes v 11	1 1/2 cup v 11	64	0	0	0	18	14.17										
Turkey Gravy m 9	1 2oz gravy m 9	35	2	0.5	0	240	3										
Corn v 5	1 1/2 cup v5	68	0.68	0	0	3	14.27										
Fresh Mixed Vegetables v 104	1 1/2c v 104	24	0.11	0.017		40	5.13										
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	100	3.32	0.785	0.335	89	8.47										
saltines g 37	1 4 pkgs g 37	125	3.91	0	0	231	19.55										
Homemade Croutons g 200	1 1 slice bread g 200	69	0.95	0.14	0	149	12.45										

Meal SubTotal		2,014.0	56.1	12.8	0.4	3,190.0	298.1										
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Milk Nutrient Details:

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Day 2

Menu Cycle: Winter-Spring Lunch HS wk. 2 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Chicken & Cheese Quesadilla e 45	1	1ques.2ozsala	e 45	320	11	2.5	0	770	38								
Mini Corn Dogs & Cheese e 553	1	6pc & 2oz cheese	e 553	365	18.56	8.126	0	821	32.92								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Beef Nachos (H.S. ONLY) e 4095	1	3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01								
Beef Taco (High School-2) e 306	1	3oz mt/2 shells	e 306	503	16.83	8.951	0.274	812	66.04								
refried beans v 48	1	1/2c	v 48	107	3.13	1.125	0	608	16.5								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22								
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

Meal SubTotal				3,162.0	103.3	32.4	<u>0.6</u>	5,879.0	446.1								
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Milk Nutrient Details:

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Day 3

Menu Cycle: Winter-Spring Lunch HS wk. 2 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Flat Bread Pizza e 580	1	2 sticks	g 202	332	12.91	4	0	760	39.57								
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								
Meat sauce e 520	1	6oz mt sauce	e 520	119	5	2	0	207	6.43								
Rotini whole grain noodles g 23	1	1/2c	g 23	111	1.45	0.1	0	0	20.5								
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	0.023	738	15.94								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

Meal SubTotal				2,191.0	55.9	15.2	0.0	3,546.0	337.9								
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Milk Nutrient Details:

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

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Day 4

Menu Cycle: Winter-Spring Lunch HS wk. 2 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Bosco Stick / sauce e 66	1	2 brd stk 2oz s	e 66	433	13.41	6.099	0	542	50.05								
Orange Chicken e 173	1	4 oz.	e 173	231	6.86	1.686	0	479	20.35								
Brown Rice g 25	1	1/2c cup	g 25	107	0.95	0		1	22.72								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Cooked Carrots v 20	1	4oz	v 20	40	0.67	0	0	67	9.34								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Italian Rotini Pasta g 18	1	1/2c	g 18	108	0.81	0.052	0.002	109	21.02								
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Cream of Broccoli Soup m 6	1	6oz	m 6	189	11.16	2.461	2.681	203	16.66								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

Meal SubTotal		2,212.0	56.6	14.0	2.7	2,491.0	341.5										
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Milk Nutrient Details:

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

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Day 5

Menu Cycle: Winter-Spring Lunch HS wk. 2 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Mini Cheese Pizza e 4010	1	1 pizza 4.58 oz. each	e 4005	281	12.04	6.021	0	442	29.1										
Fish Combo basket e 6012	1	2pc fish, 3 pc shrimp	e 6012	395	17.69	3.253	0	607	31.54										
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8										
Malibu Blend v 600	1	1/2c	v 600	20	0	0	0	26	3.44										
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52										
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13										
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61										
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52										
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63										
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68										
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6										
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63										
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9										
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55										
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45										

Meal SubTotal				2,012.0	64.3	15.9	<u>0.0</u>	2,662.0	293.1										
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Milk Nutrient Details:

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

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Day 1

Menu Cycle: Winter-Spring Lunch HS wk. 3 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Mac & Cheese e 102	1 6 oz	e 102	280	11	5	0	670	29									
Cheez-it g 227	1 1 EA	g 227	99	3.46	0.988	0	148	14									
French Toast Sticks (4) e 92	1 4pc	e 92	201	4.82	1.474	0	354	29.68									
Turkey Sausages (Lunch) (2) e 976	1 Each	e 976	125	8.3	2.076	0	166	0									
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Hash Brown Triangle v 44	1 2 hash brown	v 44	219	10.96	1.495	0	448	26.91									
green beans canned v 6	1 1/2c	v 6	20	0	0	0	139	3.98									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
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									
Chicken noodle Soup m 1	1 6oz.	m 1	100	3.32	0.785	0.335	89	8.47									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									

Meal SubTotal			2,137.0	64.6	15.5	0.3	3,114.0	309.0									
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Milk Nutrient Details:

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

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Day 2

Menu Cycle: Winter-Spring Lunch HS wk. 3 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Beef Nachos (H.S. ONLY) e 4095	1	3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01								
Corn Dog e 85	1	Each	e 85	243	8.1	2.531	0	395	30.37								
Beef Taco (High School-2) e 306	1	3oz mt/2 shells	e 306	503	16.83	8.951	0.274	812	66.04								
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	24	0.11	0.017		40	5.13								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Spanish Rice (homemade) g 208	1	1/2 cup	g 208	192	2.08	0.094		392	39.22								
Corn muffin g 17	1	1 each	g 17	169	4.97	0.497	0	90	28.85								
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	2.681	240	16.88								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

Meal SubTotal		2,947.0	92.6	25.8	3.2	3,894.0	436.0										
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Milk Nutrient Details:

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

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Day 3

Menu Cycle: Winter-Spring Lunch HS wk. 3 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Chicken Parmesan e 1030	1	1 each	e 1030	329	10.69	4.183		778	24.83									
Buffalo Chicken Tender Wrap e 2008	1	3ea	e 2008	378	18.43	4.299	0	543	36.33									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Rotini whole grain noodles g 23	1	1/2c	g 23	111	1.45	0.1	0	0	20.5									
Meat sauce e 520	1	6oz mt sauce	e 520	119	5	2	0	207	6.43									
Calif. blend v 16	1	4oz	v 16	23	0	0	0	28	4.66									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									
Chicken Tortilla soup m 20	1	6oz.	m 20	127	5.87	3.072		378	10.19									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									

Meal SubTotal				2,328.0	68.1	18.8	<u>0.0</u>	3,164.0	325.9									
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Milk Nutrient Details:

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

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Day 4

Menu Cycle: Winter-Spring Lunch HS wk. 3 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Pop Corn Chicken (Secondary) e 552	1	15pc	e 552	303	17.14	3.296	0	462	18.46								
Turkey & Gravy H.S. e 99	1	6 OZ	e 99	180	9	3	0	675	3								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Mashed potatoes v 11	1	1/2 cup	v 11	64	0	0	0	18	14.17								
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3								
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15								
Cream of Potato soup m	1	6oz	m 7	203	11.16	2.461	2.681	308	19.65								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								

Meal SubTotal				1,985.0	63.4	13.2	2.7	3,077.0	276.8								
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Milk Nutrient Details:
 Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 5

Menu Cycle: Winter-Spring Lunch HS wk. 3 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Big Daddy X-tra cheese H.S. e 4063	1	1 pizza slice	e 4063	366	16.04	7.772	0	456	34.51								
Cheese Burger e 18	1	192 - 2.5oz. burger patties	e 18	335	13.96	5.184	0.61	902	30.64								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Baked Beans v 29	1	4 oz.	v 29	141	1.41	0	0	554	27.25								
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61								
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52								
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68								
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								

Meal SubTotal				2,158.0	66.0	19.6	<u>0.6</u>	3,499.0	321.4								
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Milk Nutrient Details:

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

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Day 1

Menu Cycle: Winter-Spring Lunch HS wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Bosco Stick / sauce e 66	1	2ea	e 66	433	13.41	6.099	0	542	50.05								
Popcorn Chicken Bowl HS e 851	1	15pc	e 851	315	18.07	4.293	0	661	18.04								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Mashed potatoes v 11	1	1/2 cup	v 11	64	0	0	0	18	14.17								
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3								
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
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	113	0.87	0.073	0.003	154	22.37								
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	100	3.32	0.785	0.335	89	8.47								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
Meal SubTotal				2,297.0	62.4	15.7	0.4	2,952.0	340.5								

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 2

Menu Cycle: Winter-Spring Lunch HS wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Chicken Burritos e 4097	1	3oz.meat/1shell	e 4097	336	12.34	4.775	0	1343	33.96									
Mini Corn Dogs & Cheese e 553	1	6pc & 2oz cheese	e 553	365	18.56	8.126	0	821	32.92									
Beef Taco (High School-2) e 306	1	3oz mt/2 shells	e 306	503	16.83	8.951	0.274	812	66.04									
Beef Nachos (H.S. ONLY) e 4095	1	3oz mt/2ozch/2sa	e 4095	461	24.52	7.197	0.274	862	44.01									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
refried beans v 48	1	1/2c	v 48	107	3.13	1.125	0	608	16.5									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22									
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									

Meal SubTotal				3,178.0	104.6	34.7	<u>0.6</u>	6,452.0	442.0									
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Milk Nutrient Details:

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

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Day 3

Menu Cycle: Winter-Spring Lunch HS wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATRN	NA	CHO													
KCAL	GM	GM	GM	MG	GM													
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									
Buffalo Chicken Drumstick e 4093	1	1 EA	e 4093	170	10	2.5	0	300	4									
Meat sauce e 520	1	4ozmts.	e 520	119	5	2	0	207	6.43									
Rotini whole grain noodles g 23	1	1/2c	g 23	111	1.45	0.1	0	0	20.5									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Corn v 5	1	1/2 cup	v 5	68	0.68	0	0	3	14.27									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	0.023	738	15.94									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									

Meal SubTotal				2,152.0	58.6	14.2	0.0	3,238.0	323.7									
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Milk Nutrient Details:

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

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Day 4

Menu Cycle: Winter-Spring Lunch HS wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

BBQ pork sandwich e 147	1 Each	e 147	373	12.14	3.838	0.01	693	43.44									
Chicken Nuggets (6pc) e 31	1 6pc	e 31	263	15.34	2.739	0	515	17.53									
Wheat Dinner roll g 2	1 Each	g 2	76	1.32	0.239	0.02	145	13.15									
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Mashed potatoes v 11	1 1/2 cup	v 11	64	0	0	0	18	14.17									
Turkey Gravy m 9	1 2oz gravy	m 9	35	2	0.5	0	240	3									
Calif. blend v 16	1 4oz	v 16	23	0	0	0	28	4.66									
Creamy Coleslaw v 2	1 1/2 cup	v 2	81	2.5	0	0	151	14.47									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
Garden Salad v 4	1 1 Cup Salad	v 4	22	0	0	0	12	4.61									
Pineapple Tidbits f 5	1 1/2c	f 5	71	0	0	0	0	18.37									
f 1 apple	1 1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1 1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1 1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Cream of Broccoli Soup m 6	1 6oz	m 6	189	11.16	2.461	2.681	203	16.66									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
Meal SubTotal			2,208.0	67.2	13.4	2.7	3,083.0	328.4									

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 5

Menu Cycle: Winter-Spring Lunch HS wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

Food Description

Lunch

Mini Cheese Pizza e 4010	1	1 pizza 4.58 oz. each	e 4005	281	12.04	6.021	0	442	29.1									
Fish Combo basket e 6012	1	2pc fish, 3 pc shrimp	e 6012	395	17.69	3.253	0	607	31.54									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
peas and carrots v 120	1	1/2 cup	v 120	52	0.27	0	0	78	9.85									
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
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									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Meal SubTotal				2,037.0	64.6	15.9	<u>0.0</u>	2,719.0	297.0									

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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