

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 Middle wk. 1, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

Food Description

Lunch

Chicken Nuggets (6pc) e 31	1	6pc	e 31	263	15.34	2.739	0	515	17.53								
Sloppy Joe Sandwich (JTM) e 1015	1	3.63 oz	e 1015	292	7.95	2.522	0.01	666	36.48								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09								
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clett/2ozmt	c 2	115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
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	24	0.11	0.017		40	5.13								
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								
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								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								

Meal SubTotal				3,363.0	114.9	31.7	0.4	8,274.0	397.4								
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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 2

Menu Cycle: Winter-Spring Lunch Middle wk. 1, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

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									
Pop Corn Chicken (Secondary) e 552	1	15pc	e 552	303	17.14	3.296	0	462	18.46									
cheesy garlic toast g 222	1	1 garlic toast	g 222	103	5.02	1.885	0	203	11.25									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55									
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
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									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
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									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	<u>2.681</u>	240	16.88									
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66									

Meal SubTotal				3,680.0	135.9	39.7	<u>2.7</u>	8,205.0	425.2									
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Milk Nutrient Details:

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

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Day 3

Menu Cycle: Winter-Spring Lunch Middle wk. 1, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

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								
WG Twisted Breadstick g 224	1	1 bread stick g 224		154	3.86	1.446	0	135	26.99								
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								
Turkey Sand on White Bread e 203	1	1 sand e 203		246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each e 4023		570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand e 27		264	6.37	2.718	0.02	1283	29.09								
Ham Chef Salad c 3	1	1clett/1.5oz ham c 3		136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt c 1		124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.044		703	10.27								
broccoli (frozen) v 7	1	1/2c v 7		17	0	0	0	12	2.56								
Garden Salad v 4	1	1/2 cup salad v 4		22	0	0	0	12	4.61								
Fresh Mixed Vegetables v 104	1	1/2c v 104		24	0.11	0.017		40	5.13								
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								
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								
Pickles v 32	1	2 Pickles v 32		3	0	0	0	171	0.66								

Meal SubTotal				3,515.0	119.9	37.1	2.7	7,939.0	429.6								
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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 4

Menu Cycle: Winter-Spring Lunch Middle wk. 1, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

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								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09								
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
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								
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	24	0.11	0.017		40	5.13								
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								
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								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								

Meal SubTotal				3,713.0	120.0	38.7	0.1	9,424.0	439.7								
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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 5

Menu Cycle: Winter-Spring Lunch Middle wk. 1, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

Food Description

Lunch

Big Daddy Pizza e 508	1	1 pizza slice	e 508	320	13	6	0	350	34								
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								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09								
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
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								
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	24	0.11	0.017		40	5.13								
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								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								

Meal SubTotal				3,707.0	128.5	39.8	<u>0.6</u>	9,158.0	454.8								
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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 1

Menu Cycle: Winter-Spring Lunch Middle wk. 2, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

Food Description

Lunch

Hot Ham & Cheese on Pretzel Roll e 1(1	1-Hot Ham Sand	e 1034	263	7.9	3.278	0	934	30.01									
Chicken Tenders (4pc) e 8	4 chix	e 8	347	20	3.333	0	520	21.33									
Buffalo Chicken Sandwich e 809	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Turkey Sand on White Bread e 203	1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Deluxe Sub e 27	1 sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Ham Chef Salad c 3	1 clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1 clett/2ozmt	c 2	115	2.77	1.509		706	9.29									
Grilled Chicken Chef Salad c 1	1 clett/20zmt	c 1	124	3.52	1.503		347	8.26									
NO MEAT Chef salad c 4	1 clett/20zmt	c 4	195	10.57	6.044		703	10.27									
Tator Tots v 105	1 8 tots	v 105	143	7.17	1.537	0	287	16.4									
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	24	0.11	0.017		40	5.13									
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									
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									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
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									
Pickles v 32	1 2 Pickles	v 32	3	0	0	0	171	0.66									
Meal SubTotal			3,541.0	126.7	34.6	0.4	8,695.0	407.1									

Milk Nutrient Details:

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

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Day 2

Menu Cycle: Winter-Spring Lunch Middle wk. 2, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

Food Description

Lunch

Beef Nachos 2oz e 16	1 2oz mt/2ozch/2sa/chip	e 16	426	22.99	6.63	0.183	770	42.5									
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									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Deluxe Sub e 27	1 1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Ham Chef Salad c 3	1 1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1 1clett/2ozmt	c 2	115	2.77	1.509		706	9.29									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
refried beans v 48	1 1/2c	v 48	107	3.13	1.125	0	608	16.5									
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									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
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									
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									
orange f 4	1 Each	f 4	64	0.39	0.046		0	15.63									
Lemon Rice Soup m 10	1 6oz.	m 10	198	11.06	2.443	<u>2.681</u>	201	18.53									
saltines g 37	1 4 pkgs	g 37	125	3.91	0	0	231	19.55									
Homemade Croutons g 200	1 1 slice bread	g 200	69	0.95	0.14	0	149	12.45									
Pickles v 32	1 2 Pickles	v 32	3	0	0	0	171	0.66									

Meal SubTotal	3,863.0	144.7	44.0	<u>2.9</u>	9,258.0	460.0											
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Milk Nutrient Details:

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Day 3

Menu Cycle: Winter-Spring Lunch Middle wk. 2, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

Food Description

Lunch

Flat Bread Pizza e 580	1	2 sticks	g 202	332	12.91	4	0	760	39.57								
Pop Corn Chicken (Secondary) e 552	1	15pc	e 552	303	17.14	3.296	0	462	18.46								
cheesy garlic toast g 222	1	1 garlic toast	g 222	103	5.02	1.885	0	203	11.25								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09								
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56								
Garden Salad v 4	1	1/2 cup salad	v 4	22	0	0	0	12	4.61								
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13								
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								
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								
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63								
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								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								

Meal SubTotal				3,663.0	136.1	37.7	2.7	8,537.0	418.6								
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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 4

Menu Cycle: Winter-Spring Lunch Middle wk. 2, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

Food Description

Lunch

3 Bosco Stick/Sauce e 69	1	3 Bosco St./Sauce e 69		397	10.86	4.971	0	674	50.97								
Buffalo Chicken Drumstick e 4093	1	1 EA e 4093		170	10	2.5	0	300	4								
Waffle Sticks (2) g 2006	1	2 waffle stix e 2006		141	2.01	0	0	251	27.16								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le e 809		417	16.79	3.29	0.01	646	43.8								
Turkey Sand on White Bread e 203	1	1 sand e 203		246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each e 4023		570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand e 27		264	6.37	2.718	0.02	1283	29.09								
Ham Chef Salad c 3	1	1clett/1.5oz ham c 3		136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt c 1		124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.044		703	10.27								
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		24	0.11	0.017		40	5.13								
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								
Golden Apple f 17	1	apple f 17		79	0	0	0	0	21.6								
orange f 4	1	Each f 4		64	0.39	0.046		0	15.63								
Banana f 3	1	1 Banana f 3		108	0.4	0.135		1	27.63								
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								
Pickles v 32	1	2 Pickles v 32		3	0	0	0	171	0.66								

Meal SubTotal				3,630.0	122.4	35.6	2.7	8,527.0	441.0								
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Milk Nutrient Details:

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

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Day 5

Menu Cycle: Winter-Spring Lunch Middle wk. 2, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

Food Description

Lunch

Bosco Stuffed Crust Pizza e 4079	1	1 slice	e 4079	306	10.85	4.932	0	533	33.54								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09								
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clett/2ozmt	c 2	115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
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								
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	24	0.11	0.017		40	5.13								
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								
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								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								
Meal SubTotal				3,269.0	111.3	33.5	<u>0.0</u>	7,963.0	406.3								

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Winter-Spring Lunch Middle wk. 3, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

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									
Chocolate Chip French Toast e 4007	1 Each	e 4007	210	6	1.5	0	260	35									
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									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Deluxe Sub e 27	1 1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Ham Chef Salad c 3	1 1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1 1clett/2ozmt	c 2	115	2.77	1.509		706	9.29									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
Hash Brown Triangle v 44	1 2 hash brown	v 44	219	10.96	1.495	0	448	26.91									
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	24	0.11	0.017		40	5.13									
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									
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									
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									
Pickles v 32	1 2 Pickles	v 32	3	0	0	0	171	0.66									

Meal SubTotal			3,721.0	131.4	37.5	0.4	8,646.0	444.3									
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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 Middle wk. 3, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

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										
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										
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97										
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55										
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09										
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29										
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26										
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27										
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										
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13										
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										
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	2.681	240	16.88										
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										
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66										

Meal SubTotal				3,517.0	121.8	37.1	2.7	7,935.0	425.9										
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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 3

Menu Cycle: Winter-Spring Lunch Middle wk. 3, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

Food Description

Lunch

Chicken Nuggets (6pc) e 31	1	6pc	e 31	263	15.34	2.739	0	515	17.53									
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									
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55									
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98									
Garden Salad v 4	1	1/2 cup salad	v 4	22	0	0	0	12	4.61									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
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									
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									
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									
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66									

Meal SubTotal				3,568.0	126.7	35.8	2.7	8,451.0	425.0									
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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 4

Menu Cycle: Winter-Spring Lunch Middle wk. 3, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

Food Description

Lunch

Chicken Rings (elem) e 4087	1	5pc	e 4087	305	17.77	3.173	0	457	15.23								
Turkey & Gravy e 98	1	4oz	e 98	119	5.94	1.979	0	445	1.98								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09								
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clett/2ozmt	c 2	115	2.77	1.509		706	9.29								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
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								
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	24	0.11	0.017		40	5.13								
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								
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								
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	0.023	738	15.94								
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								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								

Meal SubTotal				3,409.0	117.2	32.1	0.1	8,898.0	398.7								
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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 5

Menu Cycle: Winter-Spring Lunch Middle wk. 3, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

Food Description

Lunch

Big Daddy Pizza e 508	1	1 pizza slice	e 508	320	13	6	0	350	34									
Cheesy Fish Sandwich e 74	1	1fish/1bun tart	e 74	365	11.96	3.086	0.01	742	41.98									
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55									
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1	1clett/2ozmt	c 2	115	2.77	1.509		706	9.29									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
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									
Garden Salad v 4	1	1/2 cup salad	v 4	22	0	0	0	12	4.61									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
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									
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									
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66									

Meal SubTotal				3,737.0	126.5	37.7	<u>0.0</u>	8,998.0	466.2									
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Milk Nutrient Details:

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

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Day 1

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

Food Description

Lunch

Pepperoni Pizza Stick & Sauce e 4092	1	2 brd stk, 2 oz sauce	e 4092	544	20.11	9.6	0	1277	66.44								
Pop Corn Chicken (Secondary) e 552	1	15pc	e 552	303	17.14	3.296	0	462	18.46								
cheesy garlic toast g 222	1	1 garlic toast	g 222	103	5.02	1.885	0	203	11.25								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
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	24	0.11	0.017		40	5.13								
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								
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								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								

Meal SubTotal				3,755.0	133.9	41.2	0.4	8,908.0	438.1								
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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 2

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

Food Description

Lunch

Beef Nachos 2oz e 16	1 2oz mt/2ozch/2sa/chip	e 16	426	22.99	6.63	0.183	770	42.5									
Cheese Hot Dog e 952	1 1 each	e 952	263	10.79	3.442	0.03	890	30.01									
Buffalo Chicken Sandwich e 809	1 brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8									
Turkey Sand on White Bread e 203	1 1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1 Each	e 4023	570	32	6	0	440	55									
Deluxe Sub e 27	1 1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Grilled Chicken Chef Salad c 1	1 1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Ham Chef Salad c 3	1 1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1 1clett/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
refried beans v 48	1 1/2c	v 48	107	3.13	1.125	0	608	16.5									
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									
Fresh Mixed Vegetables v 104	1 1/2c	v 104	24	0.11	0.017		40	5.13									
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									
Golden Apple f 17	1 apple	f 17	79	0	0	0	0	21.6									
Lemon Rice Soup m 10	1 6oz.	m 10	198	11.06	2.443	2.681	201	18.53									
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									
Pickles v 32	1 2 Pickles	v 32	3	0	0	0	171	0.66									

Meal SubTotal	3,761.0	137.0	39.3	2.9	9,327.0	457.1											
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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 3

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO													
KCAL	GM	GM	GM	MG	GM													
600.0	20.0	6.6	0.0	710.0	80.0													

Food Description

Lunch

Flat Bread Pizza e 580	1	1 each	g 202	332	12.91	4	0	760	39.57									
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									
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97									
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55									
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09									
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26									
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27									
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									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
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									
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	2.681	240	16.88									
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									
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66									

Meal SubTotal				3,655.0	134.6	35.9	2.7	8,383.0	423.2									
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Milk Nutrient Details:
 Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

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Day 4

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

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
600.0	20.0	6.6	0.0	710.0	80.0												

Food Description

Lunch

3 Bosco Stick/Sauce e 69	1	3 Bosco St./Sauce e 69		397	10.86	4.971	0	674	50.97								
BBQ pork sandwich e 147	1	Each e 147		373	12.14	3.838	0.01	693	43.44								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le e 809		417	16.79	3.29	0.01	646	43.8								
Turkey Sand on White Bread e 203	1	1 sand e 203		246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each e 4023		570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand e 27		264	6.37	2.718	0.02	1283	29.09								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt c 1		124	3.52	1.503		347	8.26								
Ham Chef Salad c 3	1	1clett/1.5oz ham c 3		136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.044		703	10.27								
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		81	2.5	0	0	151	14.47								
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		24	0.11	0.017		40	5.13								
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								
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								
Pickles v 32	1	2 Pickles v 32		3	0	0	0	171	0.66								

Meal SubTotal				3,793.0	125.7	36.9	2.7	8,748.0	473.1								
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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 Middle wk. 4, 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

Food Description

Lunch

Bosco Stuffed Crust Pizza e 4079	1	1 slice	e 4079	306	10.85	4.932	0	533	33.54								
Buffalo Chicken Drumstick e 4093	1	1 EA	e 4093	170	10	2.5	0	300	4								
Waffle Sticks (2) g 2006	1	2 waffle stix	e 2006	141	2.01	0	0	251	27.16								
Buffalo Chicken Sandwich e 809	1	brdchixpat/le	e 809	417	16.79	3.29	0.01	646	43.8								
Turkey Sand on White Bread e 203	1	1 sand	e 203	246	4.7	1.934	0	1188	27.97								
Soy Butter Jammer e 4023	1	Each	e 4023	570	32	6	0	440	55								
Deluxe Sub e 27	1	1sub sand	e 27	264	6.37	2.718	0.02	1283	29.09								
Grilled Chicken Chef Salad c 1	1	1clett/20zmt	c 1	124	3.52	1.503		347	8.26								
Ham Chef Salad c 3	1	1clett/1.5oz ham	c 3	136	5.62	2.262		937	8.26								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.509		706	9.29								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.044		703	10.27								
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								
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	24	0.11	0.017		40	5.13								
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								
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6								
saltines g 37	1	4 pkgs	g 37	125	3.91	0	0	231	19.55								
Homemade Croutons g 200	1	1 slice bread	g 200	69	0.95	0.14	0	149	12.45								
Pickles v 32	1	2 Pickles	v 32	3	0	0	0	171	0.66								

Meal SubTotal				3,580.0	123.3	36.0	<u>0.0</u>	8,514.0	437.5								
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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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