

**Updated June , 2017 A LA CARTE ITEMS**  
**ALL ITEMS NOT AVAILABLE AT ALL SCHOOLS**

Item #	Only 3 ala carte items allowed @ elem. & M.S. - H.S. No limit	portion	calories	fat grams	sat. fat grams	trans fat grams	sodium	carbs
<b>CRACKERS,CHIPS</b>								
191090	CHEETOS CHS BKD ( FRITO -LAY 104-SSV) (M.S./H.S.)	1 BAG=24.81g	120	4.5g.	.5g.	0g.	200mg.	17g.
338670	CHEETOS CHS BKD HOT (FRITO-LAY 104-SSV) (M.S./H.S.)	1 BAG=24.81g	120	4.5g.	.5g.	0g.	190mg.	18g.
537871	CHEETOS PUFFS BKD (FRITO-LAY) (M.S./H.S.)	1 BAG=19.8g.	90	3.5g.	0g.	0g.	135mg.	14g.
266031	CHEX MIX HOT & SPICY (GENERAL MILLS) (M.S./H.S.)	1 BAG=26g.	110	3g.	.5g.	0g.	140mg.	19g.
265971	CHEX MIX CHOC.CARAMEL (GENERAL MILLS) (M.S./H.S.)	1 BAG=29g.	130	4g.	1.5g.	0	70mg.	22g.
266020	CHEX MIX STRAWBERRY (GENERAL MILLS) (M.S./H.S.)	1 BAG=29g.	120	3g.	1g.	0g.	55mg.	23g.
737611	DORITOS BOLD & SPICY (FLAMAS) (M.S./H.S.)	1 BAG=29g.	140	5g.	0.5g.	0g.	200m.g.	20g.
541502	DORITOS COOL RANCH RF (FRITO-LAY 72-1Z) (H.S. ONLY)	1 BAG=28g.	130	5g.	1g	0g.	160g.	19g.
456090	DORITOS NACHO RF (FRITO-LAY 1Z) (M.S./H.S.)	1 BAG=28g.	120	3.5g.	0.5g.	0g.	230 g.	21g.
788670	DORITOS SPCY SWT CHILI RF ( FRITO-LAY-1Z) (M.S./H.S.)	1 BAG=28.35g.	130	5g.	0.5g.	0g.	180g.	20g.
712560	LAYS BAKED CHIP (FRITO LAY) (M.S./H.S.)	1 BAG=31.89g.	130	2g.	0g.	0g.	150mg.	26g.
712550	LAYS BBQ BAKED (FRITO LAY) (M.S./H.S.)	1 BAG=31.89g.	140	3.5g.	0.5g.	0g.	220mg.	24g.
712540	LAYS BAKED SOUR CREAM & ONION (FRITO LAY)(M.S./H.S.)	1 BAG=31.89g.	130	3.5g.	.5g.	0g.	190g.	24g.
405983	RUFFLES CHEDDAR & S. CREAM (FRITO LAY) (H.S.)	1 BAG=22.7g.	100	3g.	0g.	0g.	200mg.	17g.
537140	CHIP CORN RF FRITO LAY (H.S.)	1 BAG=28g.	140	6g.	1g.	0g.	170mg.	20g.
682840	CRACKER ANIMAL KEEBLER WG (M.S./H.S.)	1BAG=29g.	130	4g.	1g.	0g.	110mg.	21g.
618941	CRACKER CHEEZ-IT HOT WG KELLOGG (M.S./H.S.)	1PKG=21g.	100	3.5g.	1g.	0g.	200mg.	14g.
805640	GRIPZ GRAHAM (KEEBLER) (M.S./H.S.)	1 BAG=25g.	100	3g.	1g.	0g.	80mg.	19g.
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.	70m.g.	19g.
859550	SCOOBY GRHM STCK (KELLOGGS) (Elem. /M.S./H.S.)	1 PKG.=28g.	120	3.5g.	1g.	0g.	115mg.	21g.
893711	HEARTZELS (FRITO LAY) (M.S./H.S.)	1 BAG=19.84g.	80	1.5g.	0g.	0g.	200mg.	15g.
641721	POPCORN WHITE CHEDDAR (SMARTFOOD) (M.S./H.S.)	1 BAG=14g.	130	2.5g.	0g.	0g.	110mg.	9g.
644182	POPCORN SEA SALT CARAMEL (SMARTFOOD) (M.S./H.S.)	1 BAG=14.7g.	70	2.5g.	0g.	0g.	115m.g.	10g.
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>								
265891	BAR CIN TST CRUNCH WG (M.S./ H.S.)	1 BAR=40g.	150	3g.	.5g.	0g.	115mg.	30g.
268690	BAR TRIX WG (M.S. / H.S.)	1 BAR=40g.	150	3g.	.5g.	.5g.	105g.	30g.
265901	BAR COCOA PUFF WG (M.S. / H.S.)	1 BAR=40g.	150	3g.	.5g.	0g.	110mg.	30g.
282431	BAR COCOA RICE KRISPY GRANOLA WG (M.S. / H.S.)	1 BAR =38g.	150	4.5g.	1g.	0g.	140mg.	27g.
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.
618862	TREAT RICE KRISPIE WG (M.S. / H.S.)	1 BAR=41g.	160	4g.	1g.	0g.	140mg.	30g.
645331	TREAT RICE KRISPIE CHOCOLATE CHIP WG (M.S. / H.S.)	1 BAR=45g.	190	5g.	2g.	0.g.	150m.g.	34g.
565002	TREAT RICE KRISPIE MINI WG (Elem/ M.S./ H.S. )	1 EACH=12g.	50	1g.	0.g.	0g.	45m.g.	9g.
<b>DONUTS</b>								
509942	WG Cake Donut (M.S. /H.S. ONLY)	1 Donut =54g.	150	5g.	1.5g.	0g.	190m.g.	23g.
941974	Ultra Power Cocoa (M.S. /H.S. ONLY)	1 Donut =54g.	140	4.5g.	1.5g.	0g.	170m.g.	22g.
615421	Donut Stars (Elem. M.S.,H.S.)	1 Donut =37g.	100	2.5g.	0.5g.	0g.	150m.g.	17g.
<b>FRUIT SNACK</b>								
746831	Motts Fruit Snacks (M.S. /H.S. ONLY)	1 pkg. = 45g.	130	0g.	0g.	0g.	55m.g.	38g.
<b>BEVERAGES</b>								
118921	APPLE JUICE (SUNCUP)	4 OZ.=113.4g.	60	0g.	0g.	0g.	5mg.	14g.
118930	ORANGE JUICE (SUNCUP)	4 OZ=118g.	60	0g.	0g.	0g.	0mg.	14g.
	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 JUICECELEMINTINE (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>								
	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 (Elem) -(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>ANNIES FROZEN YOGURT</b>								
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>								
170750	DANNON STRAWBERRY BANANA	170g.	150	1.5g.	1g.	0	95mg.	29g.
170780	DANNON BLUEBERRY	170g.	80	0g.	0g.	0g.	75mg.	14g.
170790	DANNON STRAWBERRY	170g.	80	0g.	0g.	0g.	80mg.	14g.
114381	DANNON GREEK STRAWBERRY OIKOS	150g.	120	0g.	0g.	0g.	50mg.	19g.
551760	TRIX YOGURT STRAWBERRY BANANA BASH	113g.	100	.5g.	.5g.	0g.	50mg.	20g.
B210	YOGURT PARFAIT	163.5g.	195	2.43g.	1.0g.	0g.	105mg.	37.89
786580	STRING CHEESE STICK	28g.	80	6g.	4g.	0g.	20mg.	1g.
565870	TURKEY SAUSAGE SNACK STICK (H.S. ONLY)	14g.	40	1.5g.	0g.	0g.	200m.g.	3g.

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: Fall Condiments 2018

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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	11	0	0	0	528	3.23								
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 Salad Dressing pkg s 41	1	1 pkt.	s 41	111	9.1	1.517	0	677	5.06								
Chipolte Sauce s 32	1	2oz	s 32	94	3.76	0.73	0.038	244	13.87								
TSO sauce/sweet sour s 7	1	2oz	s 7	2	0.03	0	0	9	0.56								
TSO sauce (hot) s 16	1	2oz	s 16	4	0	0	0	20	0.94								
red hot sauce s 18	1	1 oz	s 18	10	0	0	0	800	0								
seafood sauce s 6015	1	2 pkt.	s 6015	77	0	0	0	552	15.46								
Tartar Sauce	1	1 Each	0001020158	43	3.67	0.576	0.024	103	2.6								

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.

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 M.S. Fall 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
400.0	13.0	4.4	0.0	470.0	55.0												

**Food Description**

**Breakfast**

Breakfast Pizza b 5	1	1 slice	b 5	200	7	2.001	0	430	24.01								
Apple Frudel b 418	1	Each	b 418	210	6	1	0	280	36								
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								
Mini Cinnis b 202	1	Each	b 202	240	6.99	1.498	0	270	38.95								
Cheerios b 24	1	1 bowl	b 24	101	2.02	0.506	0	142	20.25								
Cinn. Toast Cereal b 20	1	1 bowl	b 20	111	3.04	0.506	0	162	22.27								
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								
Cocoa Puffs Cereal WG b 421	1	1 bowl	b 421	110	1.5	0	0	120	25								
Frosted Mini Wheats Cereal WG b 420	1	1 bowl	b 420	100	1	0	0	105	23								
Poptart Brown Sugar, single b 12	1	1 poptart	b 12	180	2.5	1	0	190	37.01								
Poptart Strawberry, single b 29	1	1 pkg	b 29	180	2.5	1	0	180	38.01								
Pop Tart Fudge WG ,single b 409	1	1 bar	b 409	180	3	1.001	0	190	38.03								
Cinn Toast Cereal Bar b 209	1	Each	b 209	150	3.5	0	0	95	30								
Trix Wh. Gr. Cereal Bar b 207	1	Each	b 207	150	3.5	0.5	0	100	30								
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	0.498	0	149	16.93								
Yogurt Parfait b 210	1	1 yogurt	b 210	195	2.54	1.008	0	105	37.89								
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								
Apple juice f 10	1	1 (4oz cup)	f 10	50	0	0	0	1	13								
Orange Juice f 11	1	1 (4oz cup)	f 11	57	0	0	0	0	12.45								

<b>Meal SubTotal</b>	3,060.0	64.5	15.4	<b><u>0.2</u></b>	3,316.0	582.9											
----------------------	---------	------	------	-------------------	---------	-------	--	--	--	--	--	--	--	--	--	--	--

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: Fall Lunch Middle wk. 1, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
Crispy Chicken Chef Salad c 8	1 1clet/20zmt	c 8	228	11.51	4.348		679	16.8									
NO MEAT Chef salad c 4	1 1clet/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92									
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									
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	<b>0.335</b>	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	178	0.66									
<b>Meal SubTotal</b>			3,317.0	117.2	33.0	<b>0.4</b>	7,670.0	395.8									

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 2

Menu Cycle: Fall Lunch Middle wk. 1, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29										
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8										
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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	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										
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	<b>2.681</b>	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	178	0.66										

<b>Meal SubTotal</b>				3,614.0	136.6	40.6	<b>2.7</b>	7,562.0	425.9										
----------------------	--	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--	--	--

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 3

Menu Cycle: Fall Lunch Middle wk. 1, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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									
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.759		706	9.29									
Crispy Chicken Chef Salad c 8	1	1clett/20zmt c 8		228	11.51	4.348		679	16.8									
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.544		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		18	0.04	0.01		34	3.92									
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	<b>2.681</b>	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	178	0.66									

<b>Meal SubTotal</b>				3,514.0	123.8	38.8	<b>2.7</b>	7,372.0	428.9									
----------------------	--	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--	--

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 4

Menu Cycle: Fall Lunch Middle wk. 1, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Chicken Patty Sandwich e 11	1	brdchixpat/le	e 11	387	14.8	2.793	0.01	705	41.81								
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								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clet/20zmt	c 8	228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clet/20zmt	c 4	195	10.57	6.544		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	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								
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								
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	178	0.66								

<b>Meal SubTotal</b>				3,637.0	123.8	36.8	<b>0.1</b>	8,785.0	452.3								
----------------------	--	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--

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: Fall Lunch Middle wk. 1, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

Big Daddy Pizza e 508	1	1 pizza slice	e 508	320	13	6	0	350	34								
Mini Cheeseburger e 5001	1	Each	e 5001	364	15.19	7.087	1.013	719	39.49								
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								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clet/20zmt	c 8	228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clet/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92								
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	178	0.66								
<b>Meal SubTotal</b>				3,698.0	132.0	43.0	<b><u>1.0</u></b>	8,371.0	462.7								

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: Fall Lunch Middle wk. 2, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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									
Turkey Chef Salad c 2	1 clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
Crispy Chicken Chef Salad c 8	1 clet/20zmt	c 8	228	11.51	4.348		679	16.8									
NO MEAT Chef salad c 4	1 clet/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92									
Blue-Rasp Slushie f 34	1 1ea	f 34	90	0	0	0	30	22									
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 Rice Soup m 15	1 6oz.	m 15	76	3.22	0.785	<b>0.335</b>	89	3.98									
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	178	0.66									
<b>Meal SubTotal</b>			3,509.0	128.9	35.9	<b>0.4</b>	8,111.0	409.7									

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 2

Menu Cycle: Fall Lunch Middle wk. 2, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
Crispy Chicken Chef Salad c 8	1 1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.544		703	10.27									
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									
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									
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 Broccoli Soup m 6	1 6oz	m 6	189	11.16	2.461	<b>2.681</b>	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	178	0.66									

<b>Meal SubTotal</b>			3,864.0	147.1	45.4	<b>2.9</b>	8,687.0	463.8									
----------------------	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--	--

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 3

Menu Cycle: Fall Lunch Middle wk. 2, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clet/20zmt	c 8	228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clet/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92								
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	<b>2.681</b>	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	178	0.66								
<b>Meal SubTotal</b>				3,625.0	138.4	39.0	<b>2.7</b>	7,933.0	417.6								

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.

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: Fall Lunch Middle wk. 2, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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									
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.759		706	9.29									
Crispy Chicken Chef Salad c 8	1	1clet/20zmt c 8		228	11.51	4.348		679	16.8									
NO MEAT Chef salad c 4	1	1clet/20zmt c 4		195	10.57	6.544		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		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									
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	<b>2.681</b>	308	19.91									
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	178	0.66									
<b>Meal SubTotal</b>				3,592.0	124.7	36.9	<b>2.7</b>	7,923.0	440.3									

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: Fall Lunch Middle wk. 2, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92								
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	178	0.66								
<b>Meal SubTotal</b>				3,231.0	113.6	34.8	<b><u>0.0</u></b>	7,359.0	405.4								

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: Fall Lunch Middle wk. 3, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

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

School Lunch 6-8

**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									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
Crispy Chicken Chef Salad c 8	1 1clet/20zmt	c 8	228	11.51	4.348		679	16.8									
NO MEAT Chef salad c 4	1 1clet/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92									
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									
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	<b>0.335</b>	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	178	0.66									

<b>Meal SubTotal</b>			3,675.0	133.7	38.8	<b>0.4</b>	8,042.0	442.7									
----------------------	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--	--

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 2

Menu Cycle: Fall Lunch Middle wk. 3, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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									
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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	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									
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	<b><u>2.681</u></b>	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	178	0.66									
<b>Meal SubTotal</b>				3,451.0	122.5	38.0	<b><u>2.7</u></b>	7,292.0	426.6									

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.

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 3

Menu Cycle: Fall Lunch Middle wk. 3, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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	263	8.08	3.537	0	606	30.31								
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								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt	c 8	228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clett/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92								
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	<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								
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	178	0.66								

<b>Meal SubTotal</b>				3,570.0	130.6	37.6	<b>2.7</b>	7,891.0	424.6								
----------------------	--	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--

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.

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: Fall Lunch Middle wk. 3, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	Gram	Gram	Gram	MG	Gram												
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								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clet/20zmt	c 8	228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clet/20zmt	c 4	195	10.57	6.544		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	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								
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	<b>0.023</b>	753	15.96								
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	178	0.66								

<b>Meal SubTotal</b>				3,371.0	119.5	33.4	<b>0.1</b>	8,309.0	397.8								
----------------------	--	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--

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: Fall Lunch Middle wk. 3, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

Big Daddy Pizza e 508	1	1 pizza slice	e 508	320	13	6	0	350	34								
Mini Cheeseburger e 5001	1	Each	e 5001	364	15.19	7.087	1.013	719	39.49								
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								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clet/20zmt	c 8	228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clet/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92								
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	178	0.66								
<b>Meal SubTotal</b>				3,698.0	132.0	43.0	<b><u>1.0</u></b>	8,371.0	462.7								

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: Fall Lunch Middle wk. 4, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

Pepperoni Pizza Stick & Sauce e 4092	1	3 Bosco St./Sauce e 4092		552	18.91	9	0	1230	68.57								
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								
Grilled Chicken Sandwich e 9	1	4ozmt/1bn/1/4zchs e 9		284	5.99	1.711	0.01	485	27.22								
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								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt c 8		228	11.51	4.348		679	16.8								
Turkey Chef Salad c 2	1	1clet/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								
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								
Blue-Rasp Slushie f 34	1	1ea f 34		90	0	0	0	30	22								
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 Rice Soup m 15	1	6oz. m 15		76	3.22	0.785	<b>0.335</b>	89	3.98								
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	178	0.66								

<b>Meal SubTotal</b>				3,598.0	124.1	40.3	<b>0.4</b>	8,116.0	426.2								
----------------------	--	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--

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 2

Menu Cycle: Fall Lunch Middle wk. 4, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

Beef Nachos 2oz e 16	1 2oz mt/2ozch/2sa/chip	e 16	426	22.99	6.63	0.183	770	42.5									
Chicken & Cheese Quesadilla e 45	1 1ques.2ozsala	e 45	320	11	2.5	0	770	38									
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									
Turkey Chef Salad c 2	1 1clet/2ozmt	c 2	115	2.77	1.759		706	9.29									
Crispy Chicken Chef Salad c 8	1 1clett/20zmt	c 8	228	11.51	4.348		679	16.8									
NO MEAT Chef salad c 4	1 1clett/20zmt	c 4	195	10.57	6.544		703	10.27									
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									
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									
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	<b>2.681</b>	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	178	0.66									

<b>Meal SubTotal</b>			3,819.0	139.5	39.8	<b>2.9</b>	8,636.0	468.9									
----------------------	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--	--

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 3

Menu Cycle: Fall Lunch Middle wk. 4, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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										
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29										
Crispy Chicken Chef Salad c 8	1	1clet/20zmt	c 8	228	11.51	4.348		679	16.8										
NO MEAT Chef salad c 4	1	1clet/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92										
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	<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										
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	178	0.66										
<b>Meal SubTotal</b>				3,617.0	136.9	37.2	<b>2.7</b>	7,779.0	422.3										

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 4

Menu Cycle: Fall Lunch Middle wk. 4, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

3 Bosco Stick/Sauce e 69	1	3 Bosco St./Sauce e 69		397	10.86	4.971	0	674	50.97								
BBQ Pork Rib Sandwich e 504	1	1 BBQ Rib sandwich e 504		349	12.03	4.357	0.01	924	39.59								
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								
Turkey Chef Salad c 2	1	1clet/2ozmt c 2		115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clett/20zmt c 8		228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clett/20zmt c 4		195	10.57	6.544		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		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								
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								
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	178	0.66								

<b>Meal SubTotal</b>				3,731.0	127.8	38.7	<b>2.7</b>	8,375.0	468.6								
----------------------	--	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--

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.

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: Fall Lunch Middle wk. 4, 2017-18

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

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

**Food Description**

**Lunch**

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								
Turkey Chef Salad c 2	1	1clet/2ozmt	c 2	115	2.77	1.759		706	9.29								
Crispy Chicken Chef Salad c 8	1	1clet/20zmt	c 8	228	11.51	4.348		679	16.8								
NO MEAT Chef salad c 4	1	1clet/20zmt	c 4	195	10.57	6.544		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	18	0.04	0.01		34	3.92								
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	178	0.66								

<b>Meal SubTotal</b>				3,542.0	125.6	37.3	<u>0.0</u>	7,910.0	436.5								
----------------------	--	--	--	---------	-------	------	------------	---------	-------	--	--	--	--	--	--	--	--

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.