

Please note that our menus are subject to last minute changes, resulting in nutrient details changing. If your student requires medical attention at school and the medical attention is related to food nutrients please contact your school nurse.

Day 1  
Menu Cycle: \*SPRING BREAKFAST MAR. M.S.- H.S. School 2021

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

| KCAL  | FAT  | SFA  | FATR | NA    | CHO  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------|------|------|------|-------|------|--|--|--|--|--|--|--|--|--|--|--|--|
| KCAL  | Gram | GRAM | GRAM | MG    | GRAM |  |  |  |  |  |  |  |  |  |  |  |  |
| 450.0 | 15.0 | 5.0  | 0.0  | 500.0 | 65.0 |  |  |  |  |  |  |  |  |  |  |  |  |

**Food Description**

**Breakfast**

|   |             |        |     |       |        |     |     |       |  |  |  |  |  |  |  |  |  |
|---|-------------|--------|-----|-------|--------|-----|-----|-------|--|--|--|--|--|--|--|--|--|
| Mini Cinnis b 202                         | 1 Each      | b 202  | 240 | 6.99  | 1.498  | 0   | 270 | 39.95 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Blueberry 2 CT WG b 506          | 1 1 pkg.    | b 506  | 363 | 5.5   | 1.801  | 0.1 | 360 | 75.66 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Cinnamon 2 CT WG b 509           | 1 1 pkg.    | b 509  | 370 | 5.98  | 1.994  | 0   | 396 | 75.79 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Fudge 2 CT WG b 507              | 1 1 pkg.    | b 507  | 370 | 6     | 2.002  | 0   | 390 | 76.06 |  |  |  |  |  |  |  |  |  |
| Pop- Tart Strawberry 2 CT WG b 508        | 1 1 pkg.    | b 508  | 353 | 5.48  | 1.795  | 0.1 | 370 | 75.39 |  |  |  |  |  |  |  |  |  |
| Frosted Flakes Breakfast Kit b 707        | 1 1 Kit     | b 707  | 250 | 2.5   | 0      | 0   | 270 | 56.08 |  |  |  |  |  |  |  |  |  |
| Cheerios Breakfast Kit b 701              | 1 1 Kit     | b 701  | 280 | 5.5   | 0      | 0   | 175 | 58.02 |  |  |  |  |  |  |  |  |  |
| Cinnamon Toast Crunch Breakfast Kit b 702 | 1 1 Kit     | b 702  | 270 | 6.01  | 0.501  | 0.1 | 215 | 55.08 |  |  |  |  |  |  |  |  |  |
| Fruit Yogurt Parfait b 210                | 1 1 Parfait | b 210  | 195 | 2.43  | 1.008  | 0   | 105 | 38.05 |  |  |  |  |  |  |  |  |  |
| Chocolate Cake Donut b 2006               | 1 Each      | g 2006 | 400 | 23.01 | 15.009 | 0   | 360 | 47.03 |  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1                   | 1 1 Each    | f 1    | 77  | 0.25  | 0.041  | 0   | 1   | 20.43 |  |  |  |  |  |  |  |  |  |
| Banana f 3                                | 1 1 Banana  | f 3    | 108 | 0.4   | 0.135  | 0   | 1   | 27.63 |  |  |  |  |  |  |  |  |  |
| Orange f 4                                | 1 Each      | f 4    | 64  | 0.39  | 0.046  | 0   | 0   | 15.63 |  |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17               | 1 1 apple   | f 17   | 68  | 0.22  | 0.037  | 0   | 1   | 18.16 |  |  |  |  |  |  |  |  |  |
| Apple Juice Box 4.23 oz f 14              | 1 1 Each    | f 14   | 60  | 0     | 0      | 0   | 5   | 14    |  |  |  |  |  |  |  |  |  |
| Orange Tangerine Juice Box 4.23 f 26      | 1 1 Each    | f 26   | 60  | 0     | 0      | 0   | 10  | 15    |  |  |  |  |  |  |  |  |  |
| Cocoa Bread b 423                         | 1 1 Each    | b 423  | 250 | 8     | 1.5    | 0   | 240 | 43    |  |  |  |  |  |  |  |  |  |

|                      |  |  |         |      |      |     |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  | 3,778.0 | 78.7 | 27.4 | 0.3 | 3,169.0 | 751.0 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|--|

Milk Nutrient Details:  
Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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

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Day 2

Menu Cycle: \*SPRING BREAKFAST MAR. M.S.- H.S. School 2021

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

| KCAL  | FAT  | SFA  | FATR | NA    | CHO  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------|------|------|------|-------|------|--|--|--|--|--|--|--|--|--|--|--|--|
| KCAL  | Gram | GRAM | GRAM | MG    | GRAM |  |  |  |  |  |  |  |  |  |  |  |  |
| 450.0 | 15.0 | 5.0  | 0.0  | 500.0 | 65.0 |  |  |  |  |  |  |  |  |  |  |  |  |

**Food Description**

**Breakfast**

|                                       |   |           |        |     |       |        |     |     |       |  |  |  |  |  |  |  |  |
|---------------------------------------|---|-----------|--------|-----|-------|--------|-----|-----|-------|--|--|--|--|--|--|--|--|
| Apple Cinnamon French Toast b 228     | 1 | 3.30 oz   | b 228  | 266 | 6.13  | 1.021  | 0   | 296 | 45.96 |  |  |  |  |  |  |  |  |
| Pop-Tart Blueberry 2 CT WG b 506      | 1 | 1 pkg.    | b 506  | 363 | 5.5   | 1.801  | 0.1 | 360 | 75.66 |  |  |  |  |  |  |  |  |
| Pop-Tart Cinnamon 2 CT WG b 509       | 1 | 1 pkg.    | b 509  | 370 | 5.98  | 1.994  | 0   | 396 | 75.79 |  |  |  |  |  |  |  |  |
| Pop-Tart Fudge 2 CT WG b 507          | 1 | 1 pkg.    | b 507  | 370 | 6     | 2.002  | 0   | 390 | 76.06 |  |  |  |  |  |  |  |  |
| Pop- Tart Strawberry 2 CT WG b 508    | 1 | 1 pkg.    | b 508  | 353 | 5.48  | 1.795  | 0.1 | 370 | 75.39 |  |  |  |  |  |  |  |  |
| Frosted Flakes Breakfast Kit b 707    | 1 | 1 Kit     | b 707  | 250 | 2.5   | 0      | 0   | 270 | 56.08 |  |  |  |  |  |  |  |  |
| Cheerios Breakfast Kit b 701          | 1 | 1 Kit     | b 701  | 280 | 5.5   | 0      | 0   | 175 | 58.02 |  |  |  |  |  |  |  |  |
| Cinnamon Toast Crunch Breakfast Kit I | 1 | 1 Kit     | b 702  | 270 | 6.01  | 0.501  | 0.1 | 215 | 55.08 |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1               | 1 | 1 Each    | f 1    | 77  | 0.25  | 0.041  | 0   | 1   | 20.43 |  |  |  |  |  |  |  |  |
| Fruit Yogurt Parfait b 210            | 1 | 1 Parfait | b 210  | 195 | 2.43  | 1.008  | 0   | 105 | 38.05 |  |  |  |  |  |  |  |  |
| Chocolate Cake Donut b 2006           | 1 | Each      | g 2006 | 400 | 23.01 | 15.009 | 0   | 360 | 47.03 |  |  |  |  |  |  |  |  |
| Banana f 3                            | 1 | 1 Banana  | f 3    | 108 | 0.4   | 0.135  | 0   | 1   | 27.63 |  |  |  |  |  |  |  |  |
| Orange f 4                            | 1 | Each      | f 4    | 64  | 0.39  | 0.046  | 0   | 0   | 15.63 |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17           | 1 | 1 apple   | f 17   | 68  | 0.22  | 0.037  | 0   | 1   | 18.16 |  |  |  |  |  |  |  |  |
| Apple Juice Box 4.23 oz f 14          | 1 | 1 Each    | f 14   | 60  | 0     | 0      | 0   | 5   | 14    |  |  |  |  |  |  |  |  |
| Orange Tangerine Juice Box 4.23 f 26  | 1 | 1 Each    | f 26   | 60  | 0     | 0      | 0   | 10  | 15    |  |  |  |  |  |  |  |  |
| Cocoa Bread b 423                     | 1 | 1 Each    | b 423  | 250 | 8     | 1.5    | 0   | 240 | 43    |  |  |  |  |  |  |  |  |

|                      |  |  |  |         |      |      |     |         |       |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  |  | 3,804.0 | 77.8 | 26.9 | 0.3 | 3,195.0 | 757.0 |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 3  
Menu Cycle: \*SPRING BREAKFAST MAR. M.S.- H.S. School 2021

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

| KCAL  | FAT  | SFA  | FATRN | NA    | CHO  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------|------|------|-------|-------|------|--|--|--|--|--|--|--|--|--|--|--|--|
| KCAL  | Gram | GRAM | GRAM  | MG    | GRAM |  |  |  |  |  |  |  |  |  |  |  |  |
| 450.0 | 15.0 | 5.0  | 0.0   | 500.0 | 65.0 |  |  |  |  |  |  |  |  |  |  |  |  |

**Food Description**

**Breakfast**

|                                       |             |        |     |       |        |     |     |       |  |  |  |  |  |  |  |  |  |
|---------------------------------------|-------------|--------|-----|-------|--------|-----|-----|-------|--|--|--|--|--|--|--|--|--|
| Mini Maple Pancakes b 102             | 1 Each      | b 102  | 220 | 6     | 0.5    | 0   | 270 | 37    |  |  |  |  |  |  |  |  |  |
| Chocolate Cake Donut b 2006           | 1 Each      | g 2006 | 400 | 23.01 | 15.009 | 0   | 360 | 47.03 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Blueberry 2 CT WG b 506      | 1 1 pkg.    | b 506  | 363 | 5.5   | 1.801  | 0.1 | 360 | 75.66 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Cinnamon 2 CT WG b 509       | 1 1 pkg.    | b 509  | 370 | 5.98  | 1.994  | 0   | 396 | 75.79 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Fudge 2 CT WG b 507          | 1 1 pkg.    | b 507  | 370 | 6     | 2.002  | 0   | 390 | 76.06 |  |  |  |  |  |  |  |  |  |
| Pop- Tart Strawberry 2 CT WG b 508    | 1 1 pkg.    | b 508  | 353 | 5.48  | 1.795  | 0.1 | 370 | 75.39 |  |  |  |  |  |  |  |  |  |
| Frosted Flakes Breakfast Kit b 707    | 1 1 Kit     | b 707  | 250 | 2.5   | 0      | 0   | 270 | 56.08 |  |  |  |  |  |  |  |  |  |
| Cheerios Breakfast Kit b 701          | 1 1 Kit     | b 701  | 280 | 5.5   | 0      | 0   | 175 | 58.02 |  |  |  |  |  |  |  |  |  |
| Cinnamon Toast Crunch Breakfast Kit I | 1 1 Kit     | b 702  | 270 | 6.01  | 0.501  | 0.1 | 215 | 55.08 |  |  |  |  |  |  |  |  |  |
| Fruit Yogurt Parfait b 210            | 1 1 Parfait | b 210  | 195 | 2.43  | 1.008  | 0   | 105 | 38.05 |  |  |  |  |  |  |  |  |  |
| Chocolate Cake Donut b 2006           | 1 Each      | g 2006 | 400 | 23.01 | 15.009 | 0   | 360 | 47.03 |  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1               | 1 1 Each    | f 1    | 77  | 0.25  | 0.041  | 0   | 1   | 20.43 |  |  |  |  |  |  |  |  |  |
| Banana f 3                            | 1 1 Banana  | f 3    | 108 | 0.4   | 0.135  | 0   | 1   | 27.63 |  |  |  |  |  |  |  |  |  |
| Orange f 4                            | 1 Each      | f 4    | 64  | 0.39  | 0.046  | 0   | 0   | 15.63 |  |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17           | 1 1 apple   | f 17   | 68  | 0.22  | 0.037  | 0   | 1   | 18.16 |  |  |  |  |  |  |  |  |  |
| Apple Juice Box 4.23 oz f 14          | 1 1 Each    | f 14   | 60  | 0     | 0      | 0   | 5   | 14    |  |  |  |  |  |  |  |  |  |
| Orange Tangerine Juice Box 4.23 f 26  | 1 1 Each    | f 26   | 60  | 0     | 0      | 0   | 10  | 15    |  |  |  |  |  |  |  |  |  |
| Cocoa Bread b 423                     | 1 1 Each    | b 423  | 250 | 8     | 1.5    | 0   | 240 | 43    |  |  |  |  |  |  |  |  |  |

|                      |  |  |         |       |      |     |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|-------|------|-----|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  | 4,158.0 | 100.7 | 41.4 | 0.3 | 3,529.0 | 795.0 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|-------|------|-----|---------|-------|--|--|--|--|--|--|--|--|--|

Milk Nutrient Details:  
Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 4

Menu Cycle: \*SPRING BREAKFAST MAR. M.S.- H.S. School 2021

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

| KCAL  | FAT  | SFA  | FATR | NA    | CHO  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------|------|------|------|-------|------|--|--|--|--|--|--|--|--|--|--|--|--|
| KCAL  | Gram | GRAM | GRAM | MG    | GRAM |  |  |  |  |  |  |  |  |  |  |  |  |
| 450.0 | 15.0 | 5.0  | 0.0  | 500.0 | 65.0 |  |  |  |  |  |  |  |  |  |  |  |  |

**Food Description**

**Breakfast**

|   |             |        |     |       |        |     |     |       |  |  |  |  |  |  |  |  |  |
|---|-------------|--------|-----|-------|--------|-----|-----|-------|--|--|--|--|--|--|--|--|--|
| Mini Cinnamon Bagels WG b 10              | 1 Each      | b 10   | 230 | 6     | 2      | 0   | 190 | 42    |  |  |  |  |  |  |  |  |  |
| Pop-Tart Blueberry 2 CT WG b 506          | 1 1 pkg.    | b 506  | 363 | 5.5   | 1.801  | 0.1 | 360 | 75.66 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Cinnamon 2 CT WG b 509           | 1 1 pkg.    | b 509  | 370 | 5.98  | 1.994  | 0   | 396 | 75.79 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Fudge 2 CT WG b 507              | 1 1 pkg.    | b 507  | 370 | 6     | 2.002  | 0   | 390 | 76.06 |  |  |  |  |  |  |  |  |  |
| Pop- Tart Strawberry 2 CT WG b 508        | 1 1 pkg.    | b 508  | 353 | 5.48  | 1.795  | 0.1 | 370 | 75.39 |  |  |  |  |  |  |  |  |  |
| Frosted Flakes Breakfast Kit b 707        | 1 1 Kit     | b 707  | 250 | 2.5   | 0      | 0   | 270 | 56.08 |  |  |  |  |  |  |  |  |  |
| Cheerios Breakfast Kit b 701              | 1 1 Kit     | b 701  | 280 | 5.5   | 0      | 0   | 175 | 58.02 |  |  |  |  |  |  |  |  |  |
| Cinnamon Toast Crunch Breakfast Kit b 702 | 1 1 Kit     | b 702  | 270 | 6.01  | 0.501  | 0.1 | 215 | 55.08 |  |  |  |  |  |  |  |  |  |
| Fruit Yogurt Parfait b 210                | 1 1 Parfait | b 210  | 195 | 2.43  | 1.008  | 0   | 105 | 38.05 |  |  |  |  |  |  |  |  |  |
| Chocolate Cake Donut b 2006               | 1 Each      | g 2006 | 400 | 23.01 | 15.009 | 0   | 360 | 47.03 |  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1                   | 1 1 Each    | f 1    | 77  | 0.25  | 0.041  | 0   | 1   | 20.43 |  |  |  |  |  |  |  |  |  |
| Banana f 3                                | 1 1 Banana  | f 3    | 108 | 0.4   | 0.135  | 0   | 1   | 27.63 |  |  |  |  |  |  |  |  |  |
| Orange f 4                                | 1 Each      | f 4    | 64  | 0.39  | 0.046  | 0   | 0   | 15.63 |  |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17               | 1 1 apple   | f 17   | 68  | 0.22  | 0.037  | 0   | 1   | 18.16 |  |  |  |  |  |  |  |  |  |
| Apple Juice Box 4.23 oz f 14              | 1 1 Each    | f 14   | 60  | 0     | 0      | 0   | 5   | 14    |  |  |  |  |  |  |  |  |  |
| Orange Tangerine Juice Box 4.23 f 26      | 1 1 Each    | f 26   | 60  | 0     | 0      | 0   | 10  | 15    |  |  |  |  |  |  |  |  |  |
| Cocoa Bread b 423                         | 1 1 Each    | b 423  | 250 | 8     | 1.5    | 0   | 240 | 43    |  |  |  |  |  |  |  |  |  |

|                      |  |  |         |      |      |     |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  | 3,768.0 | 77.7 | 27.9 | 0.3 | 3,089.0 | 753.0 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 5

Menu Cycle: \*SPRING BREAKFAST MAR. M.S.- H.S. School 2021

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

| KCAL  | FAT  | SFA  | FATR | NA    | CHO  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------|------|------|------|-------|------|--|--|--|--|--|--|--|--|--|--|--|--|
| KCAL  | Gram | GRAM | GRAM | MG    | GRAM |  |  |  |  |  |  |  |  |  |  |  |  |
| 450.0 | 15.0 | 5.0  | 0.0  | 500.0 | 65.0 |  |  |  |  |  |  |  |  |  |  |  |  |

**Food Description**

**Breakfast**

|   |             |        |     |       |        |     |     |       |  |  |  |  |  |  |  |  |  |
|---|-------------|--------|-----|-------|--------|-----|-----|-------|--|--|--|--|--|--|--|--|--|
| Chocolate Chip French Toast b 417         | 1 Each      | b 417  | 190 | 6     | 1.5    | 0   | 260 | 35    |  |  |  |  |  |  |  |  |  |
| Pop-Tart Blueberry 2 CT WG b 506          | 1 1 pkg.    | b 506  | 363 | 5.5   | 1.801  | 0.1 | 360 | 75.66 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Cinnamon 2 CT WG b 509           | 1 1 pkg.    | b 509  | 370 | 5.98  | 1.994  | 0   | 396 | 75.79 |  |  |  |  |  |  |  |  |  |
| Pop-Tart Fudge 2 CT WG b 507              | 1 1 pkg.    | b 507  | 370 | 6     | 2.002  | 0   | 390 | 76.06 |  |  |  |  |  |  |  |  |  |
| Pop- Tart Strawberry 2 CT WG b 508        | 1 1 pkg.    | b 508  | 353 | 5.48  | 1.795  | 0.1 | 370 | 75.39 |  |  |  |  |  |  |  |  |  |
| Frosted Flakes Breakfast Kit b 707        | 1 1 Kit     | b 707  | 250 | 2.5   | 0      | 0   | 270 | 56.08 |  |  |  |  |  |  |  |  |  |
| Cheerios Breakfast Kit b 701              | 1 1 Kit     | b 701  | 280 | 5.5   | 0      | 0   | 175 | 58.02 |  |  |  |  |  |  |  |  |  |
| Cinnamon Toast Crunch Breakfast Kit b 702 | 1 1 Kit     | b 702  | 270 | 6.01  | 0.501  | 0.1 | 215 | 55.08 |  |  |  |  |  |  |  |  |  |
| Fruit Yogurt Parfait b 210                | 1 1 Parfait | b 210  | 195 | 2.43  | 1.008  | 0   | 105 | 38.05 |  |  |  |  |  |  |  |  |  |
| Chocolate Cake Donut b 2006               | 1 Each      | g 2006 | 400 | 23.01 | 15.009 | 0   | 360 | 47.03 |  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1                   | 1 1 Each    | f 1    | 77  | 0.25  | 0.041  | 0   | 1   | 20.43 |  |  |  |  |  |  |  |  |  |
| Banana f 3                                | 1 1 Banana  | f 3    | 108 | 0.4   | 0.135  | 0   | 1   | 27.63 |  |  |  |  |  |  |  |  |  |
| Orange f 4                                | 1 Each      | f 4    | 64  | 0.39  | 0.046  | 0   | 0   | 15.63 |  |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17               | 1 1 apple   | f 17   | 68  | 0.22  | 0.037  | 0   | 1   | 18.16 |  |  |  |  |  |  |  |  |  |
| Apple Juice Box 4.23 oz f 14              | 1 1 Each    | f 14   | 60  | 0     | 0      | 0   | 5   | 14    |  |  |  |  |  |  |  |  |  |
| Orange Tangerine Juice Box 4.23 f 26      | 1 1 Each    | f 26   | 60  | 0     | 0      | 0   | 10  | 15    |  |  |  |  |  |  |  |  |  |
| Cocoa Bread b 423                         | 1 1 Each    | b 423  | 250 | 8     | 1.5    | 0   | 240 | 43    |  |  |  |  |  |  |  |  |  |

|                      |  |  |         |      |      |     |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  | 3,728.0 | 77.7 | 27.4 | 0.3 | 3,159.0 | 746.0 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|------|-----|---------|-------|--|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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

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Day 1

Menu Cycle: \*SPRING CONDIMENTS 2021

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**

|                             |   |           |            |     |       |       |   |     |       |  |  |  |  |  |  |  |  |
|-----------------------------|---|-----------|------------|-----|-------|-------|---|-----|-------|--|--|--|--|--|--|--|--|
| Ketchup pkg s 3             | 1 | 2 pkt.    | s 3        | 20  | 0     | 0     | 0 | 170 | 6     |  |  |  |  |  |  |  |  |
| Mustard pkg s 22            | 1 | 1 pkt.    | s 22       | 5   | 0     | 0     | 0 | 85  | 0     |  |  |  |  |  |  |  |  |
| Mayonnaise FF s 2           | 1 | 1 pkt.    | s 2        | 15  | 0     | 0     | 0 | 105 | 3     |  |  |  |  |  |  |  |  |
| BBQ pkg s 12                | 1 | 2 pkt.    | s 12       | 41  | 0     | 0     | 0 | 184 | 10.21 |  |  |  |  |  |  |  |  |
| Cheese Cup m 52             | 1 | 1 Dip Cup | s 52       | 190 | 10.01 | 6.003 | 0 | 570 | 14.01 |  |  |  |  |  |  |  |  |
| Salsa Cup s 51              | 1 | 1 Dip Cup | s 51       | 30  | 0     | 0     | 0 | 198 | 5.93  |  |  |  |  |  |  |  |  |
| Salsa s 5                   | 1 | 2 oz.     | s 5        | 20  | 0     | 0     | 0 | 137 | 3.96  |  |  |  |  |  |  |  |  |
| Marinara Sauce Dip Cup v 50 | 1 | 1 Dip Cup | s 50       | 38  | 0     | 0     | 0 | 192 | 7.68  |  |  |  |  |  |  |  |  |
| Marinara sauce v 208        | 1 | 2 floz    | v 208      | 23  | 0     | 0     | 0 | 212 | 3.1   |  |  |  |  |  |  |  |  |
| Ranch Dressing Packet s 25  | 1 | 2 pkt.    | s 25       | 19  | 0.01  | 0.007 | 0 | 253 | 4.63  |  |  |  |  |  |  |  |  |
| Parm. Cheese s 6            | 1 | 1T        | s 6        | 57  | 4.25  | 0     | 0 | 283 | 5.67  |  |  |  |  |  |  |  |  |
| French Vanilla Creamer      | 1 | 1 Each    | 0001028006 | 21  | 1.05  | 0.35  | 0 | 0   | 3.5   |  |  |  |  |  |  |  |  |
| Sugar                       | 1 | 1 Each    | 0001004542 | 12  | 0     | 0     | 0 | 0   | 3.46  |  |  |  |  |  |  |  |  |

|                      |  |  |  |       |      |     |     |         |      |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|-------|------|-----|-----|---------|------|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  |  | 491.0 | 15.3 | 6.4 | 0.0 | 2,389.0 | 71.2 |  |  |  |  |  |  |  |  |
|----------------------|--|--|--|-------|------|-----|-----|---------|------|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 1

Menu Cycle: \*SPRING LUNCH MAR. M.S. 1. WK CYCLE 2021

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 Drumstick e 4001              | 1 | 1 EA            | e 4001 | 220 | 13    | 3        | 0    | 530  | 6     |  |  |  |  |  |  |  |  |
| Corn muffin g 17                      | 1 | 1 each          | g 17   | 179 | 5.97  | 0.497    | 0    | 90   | 27.85 |  |  |  |  |  |  |  |  |
| Stuffed Cheese Breadstick e 75        | 1 | 2 brd stk/sauce | e 75   | 328 | 11    | <b>6</b> |      | 692  | 35.68 |  |  |  |  |  |  |  |  |
| Chicken Patty Sandwich Gold Kist e 38 | 1 | brdchixpat/le   | e 38   | 350 | 11.94 | 2.32     | 0.01 | 649  | 39.99 |  |  |  |  |  |  |  |  |
| Turkey & cheese Sub Sec. e 57         | 1 | 1sub sand       | e 57   | 250 | 4.92  | 2.334    | 0.02 | 1166 | 29.91 |  |  |  |  |  |  |  |  |
| Soy Butter Jammer e 4023              | 1 | Each            | e 4023 | 540 | 29    | 6        | 0    | 390  | 53    |  |  |  |  |  |  |  |  |
| Cheese Chef salad c 4                 | 1 | 1clett/20zmt    | c 4    | 195 | 10.68 | 6.058    | 0    | 684  | 10.31 |  |  |  |  |  |  |  |  |
| Turkey Chef Salad c 2                 | 1 | 1clet/2ozmt     | c 2    | 139 | 3.1   | 1.639    |      | 933  | 11.16 |  |  |  |  |  |  |  |  |
| Wheat Dinner Roll g 2                 | 1 | Each            | g 2    | 80  | 1.49  | 0        | 0    | 159  | 13.92 |  |  |  |  |  |  |  |  |
| Peas & Carrots v 120                  | 1 | 1/2 cup drained | v 120  | 52  | 0     | 0        | 0    | 24   | 9.85  |  |  |  |  |  |  |  |  |
| Carrots pkg. v 15                     | 1 | 2 pkg.          | v 15   | 32  | 0.12  | 0.021    | 0    | 71   | 7.48  |  |  |  |  |  |  |  |  |
| Fresh Baby Carrots v 90               | 1 | 1/2c            | v 90   | 28  | 0     | 0        | 0    | 50   | 6.64  |  |  |  |  |  |  |  |  |
| Apples Fresh Sliced f 2               | 1 | 1- pkg          | f 2    | 30  | 0     | 0        | 0    | 0    | 6.96  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1               | 1 | 1 Each          | f 1    | 77  | 0.25  | 0.041    | 0    | 1    | 20.43 |  |  |  |  |  |  |  |  |
| Banana f 3                            | 1 | 1 Banana        | f 3    | 108 | 0.4   | 0.135    | 0    | 1    | 27.63 |  |  |  |  |  |  |  |  |
| Orange f 4                            | 1 | Each            | f 4    | 64  | 0.39  | 0.046    | 0    | 0    | 15.63 |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17           | 1 | 1 apple         | f 17   | 68  | 0.22  | 0.037    | 0    | 1    | 18.16 |  |  |  |  |  |  |  |  |
| Chicken Nuggets Secondary Gold Kist   | 1 | 1- 6pc          | e 41   | 242 | 12.11 | 2.421    | 0    | 484  | 15.74 |  |  |  |  |  |  |  |  |
| Chicken Tenders Secondary (4pc) e 8   | 1 | 4 chix          | e 8    | 347 | 20    | 3.333    | 0    | 520  | 21.33 |  |  |  |  |  |  |  |  |
| Corn muffin g 17                      | 1 | 1 each          | g 17   | 179 | 5.97  | 0.497    | 0    | 90   | 27.85 |  |  |  |  |  |  |  |  |
| Buffalo Chicken Sandwich e 809        | 1 | brdchixpat/le   | e 809  | 417 | 16.79 | 3.29     | 0.01 | 645  | 43.83 |  |  |  |  |  |  |  |  |

|                      |         |       |                    |                   |         |       |  |  |  |  |  |  |  |  |  |  |  |
|----------------------|---------|-------|--------------------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> | 3,925.0 | 147.4 | <b><u>37.7</u></b> | <b><u>0.0</u></b> | 7,180.0 | 449.4 |  |  |  |  |  |  |  |  |  |  |  |
|----------------------|---------|-------|--------------------|-------------------|---------|-------|--|--|--|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 2

Menu Cycle: \*SPRING LUNCH MAR. M.S. 1. WK CYCLE 2021

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/Chs.Cup e 3003            | 1 2oz<br>mt/chips/chs.cup | e 3003 | 529     | 24.01 | 8.631       | 0.183      | 973     | 56.82 |  |  |  |  |  |  |  |  |  |
| Stuffed Cheese Breadstick e 75        | 1 2 brd stk/sauce         | e 75   | 328     | 11    | <b>6</b>    |            | 692     | 35.68 |  |  |  |  |  |  |  |  |  |
| Chicken Patty Sandwich Gold Kist e 38 | 1 brdchixpat/le           | e 38   | 350     | 11.94 | 2.32        | 0.01       | 649     | 39.99 |  |  |  |  |  |  |  |  |  |
| Turkey & cheese Sub Sec. e 57         | 1 1sub sand               | e 57   | 250     | 4.92  | 2.334       | 0.02       | 1166    | 29.91 |  |  |  |  |  |  |  |  |  |
| Soy Butter Jammer e 4023              | 1 Each                    | e 4023 | 540     | 29    | 6           | 0          | 390     | 53    |  |  |  |  |  |  |  |  |  |
| Cheese Chef salad c 4                 | 1 1clett/20zmt            | c 4    | 195     | 10.68 | 6.058       | 0          | 684     | 10.31 |  |  |  |  |  |  |  |  |  |
| Turkey Chef Salad c 2                 | 1 1clet/2ozmt             | c 2    | 139     | 3.1   | 1.639       |            | 933     | 11.16 |  |  |  |  |  |  |  |  |  |
| Wheat Dinner Roll g 2                 | 1 Each                    | g 2    | 80      | 1.49  | 0           | 0          | 159     | 13.92 |  |  |  |  |  |  |  |  |  |
| Corn (Frozen) v 5                     | 1 1/2 c. cooked           | v5     | 67      | 0.99  | 0           | 0          | 1       | 15.9  |  |  |  |  |  |  |  |  |  |
| Garden Salad v 4                      | 1 1 Cup Salad             | v 4    | 22      | 0.02  | 0.003       | 0          | 21      | 4.56  |  |  |  |  |  |  |  |  |  |
| Apples Fresh Sliced f 2               | 1 1- pkg                  | f 2    | 30      | 0     | 0           | 0          | 0       | 6.96  |  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1               | 1 1 Each                  | f 1    | 77      | 0.25  | 0.041       | 0          | 1       | 20.43 |  |  |  |  |  |  |  |  |  |
| Banana f 3                            | 1 1 Banana                | f 3    | 108     | 0.4   | 0.135       | 0          | 1       | 27.63 |  |  |  |  |  |  |  |  |  |
| Orange f 4                            | 1 Each                    | f 4    | 64      | 0.39  | 0.046       | 0          | 0       | 15.63 |  |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17           | 1 1 apple                 | f 17   | 68      | 0.22  | 0.037       | 0          | 1       | 18.16 |  |  |  |  |  |  |  |  |  |
| Mini Corn Dogs e 553                  | 1 6pc                     | e 553  | 270     | 12    | 3.75        | 0          | 480     | 30    |  |  |  |  |  |  |  |  |  |
| Cheese Cup m 52                       | 1 1 Dip Cup               | s 52   | 190     | 10.01 | 6.003       | 0          | 570     | 14.01 |  |  |  |  |  |  |  |  |  |
| Chicken & Cheese Quesadilla e 45      | 1 1ques.2ozsala           | e 45   | 281     | 8.04  | 2.011       | 0          | 663     | 38.2  |  |  |  |  |  |  |  |  |  |
| Buffalo Chicken Sandwich e 809        | 1 brdchixpat/le           | e 809  | 417     | 16.79 | 3.29        | 0.01       | 645     | 43.83 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |                           |        | 4,005.0 | 145.3 | <b>48.3</b> | <b>0.2</b> | 8,029.0 | 486.1 |  |  |  |  |  |  |  |  |  |

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 3

Menu Cycle: \*SPRING LUNCH MAR. M.S. 1. WK CYCLE 2021

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**

|                                       |   |                   |        |         |       |             |            |         |       |  |  |  |  |  |  |  |  |
|---------------------------------------|---|-------------------|--------|---------|-------|-------------|------------|---------|-------|--|--|--|--|--|--|--|--|
| Rotini Noodles WG g 23                | 1 | 1/2c              | g 23   | 98      | 1.16  | 0.097       | 0          | 3       | 19.88 |  |  |  |  |  |  |  |  |
| Meat sauce e 520                      | 1 | 4ozmtsa.          | e 520  | 167     | 7     | 2.8         | 0          | 290     | 9     |  |  |  |  |  |  |  |  |
| Stuffed Cheese Breadstick e 75        | 1 | 2 brd stk/sauce   | e 75   | 328     | 11    | <b>6</b>    |            | 692     | 35.68 |  |  |  |  |  |  |  |  |
| Chicken Patty Sandwich Gold Kist e 38 | 1 | brdchixpat/le     | e 38   | 350     | 11.94 | 2.32        | 0.01       | 649     | 39.99 |  |  |  |  |  |  |  |  |
| Turkey & cheese Sub Sec. e 57         | 1 | 1sub sand         | e 57   | 250     | 4.92  | 2.334       | 0.02       | 1166    | 29.91 |  |  |  |  |  |  |  |  |
| Soy Butter Jammer e 4023              | 1 | Each              | e 4023 | 540     | 29    | 6           | 0          | 390     | 53    |  |  |  |  |  |  |  |  |
| Cheese Chef salad c 4                 | 1 | 1clett/20zmt      | c 4    | 195     | 10.68 | 6.058       | 0          | 684     | 10.31 |  |  |  |  |  |  |  |  |
| Turkey Chef Salad c 2                 | 1 | 1clet/2ozmt       | c 2    | 139     | 3.1   | 1.639       |            | 933     | 11.16 |  |  |  |  |  |  |  |  |
| Wheat Dinner Roll g 2                 | 1 | Each              | g 2    | 80      | 1.49  | 0           | 0          | 159     | 13.92 |  |  |  |  |  |  |  |  |
| Broccoli (frozen) v 7                 | 1 | 1/2 c. drained    | v 7    | 26      | 0     | 0           | 0          | 15      | 5.15  |  |  |  |  |  |  |  |  |
| Tomatoes ,Grape v 24                  | 1 | 12 each = 1/2 cup | v 24   | 16      | 0.18  | 0.025       | 0          | 5       | 3.53  |  |  |  |  |  |  |  |  |
| Apples Fresh Sliced f 2               | 1 | 1- pkg            | f 2    | 30      | 0     | 0           | 0          | 0       | 6.96  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1               | 1 | 1 Each            | f 1    | 77      | 0.25  | 0.041       | 0          | 1       | 20.43 |  |  |  |  |  |  |  |  |
| Banana f 3                            | 1 | 1 Banana          | f 3    | 108     | 0.4   | 0.135       | 0          | 1       | 27.63 |  |  |  |  |  |  |  |  |
| Orange f 4                            | 1 | Each              | f 4    | 64      | 0.39  | 0.046       | 0          | 0       | 15.63 |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17           | 1 | 1 apple           | f 17   | 68      | 0.22  | 0.037       | 0          | 1       | 18.16 |  |  |  |  |  |  |  |  |
| Pasta & Meat Sauce (JTM) e 4000       | 1 | 6 oz              | e 4000 | 317     | 16.13 | 6.25        | 1.008      | 611     | 24.19 |  |  |  |  |  |  |  |  |
| Mac & Cheese e 102                    | 1 | 6 oz              | e 102  | 280     | 11    | 5           | 0          | 670     | 29    |  |  |  |  |  |  |  |  |
| Buffalo Chicken Sandwich e 809        | 1 | brdchixpat/le     | e 809  | 417     | 16.79 | 3.29        | 0.01       | 645     | 43.83 |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |   |                   |        | 3,550.0 | 125.7 | <b>42.1</b> | <b>1.0</b> | 6,915.0 | 417.4 |  |  |  |  |  |  |  |  |

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 4

Menu Cycle: \*SPRING LUNCH MAR. M.S. 1. WK CYCLE 2021

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**

|                                       |                     |        |         |       |             |            |         |       |  |  |  |  |  |  |  |  |  |
|---------------------------------------|---------------------|--------|---------|-------|-------------|------------|---------|-------|--|--|--|--|--|--|--|--|--|
| Chocolate Chip French Toast e 4007    | 1 Each              | e 4007 | 190     | 6     | 1.5         | 0          | 260     | 35    |  |  |  |  |  |  |  |  |  |
| Turkey Sausages (Lunch) ( 2) e 976    | 1 2 ea              | e 976  | 125     | 8.3   | 2.076       | 0          | 187     | 0     |  |  |  |  |  |  |  |  |  |
| Stuffed Cheese Breadstick e 75        | 1 2 brd stk/sauce   | e 75   | 328     | 11    | <b>6</b>    |            | 692     | 35.68 |  |  |  |  |  |  |  |  |  |
| Chicken Patty Sandwich Gold Kist e 38 | 1 brdchixpat/le     | e 38   | 350     | 11.94 | 2.32        | 0.01       | 649     | 39.99 |  |  |  |  |  |  |  |  |  |
| Turkey & cheese Sub Sec. e 57         | 1 1sub sand         | e 57   | 250     | 4.92  | 2.334       | 0.02       | 1166    | 29.91 |  |  |  |  |  |  |  |  |  |
| Soy Butter Jammer e 4023              | 1 Each              | e 4023 | 540     | 29    | 6           | 0          | 390     | 53    |  |  |  |  |  |  |  |  |  |
| Cheese Chef salad c 4                 | 1 1clett/20zmt      | c 4    | 195     | 10.68 | 6.058       | 0          | 684     | 10.31 |  |  |  |  |  |  |  |  |  |
| Turkey Chef Salad c 2                 | 1 1clet/2ozmt       | c 2    | 139     | 3.1   | 1.639       |            | 933     | 11.16 |  |  |  |  |  |  |  |  |  |
| Wheat Dinner Roll g 2                 | 1 Each              | g 2    | 80      | 1.49  | 0           | 0          | 159     | 13.92 |  |  |  |  |  |  |  |  |  |
| Hashbrown Round v 46                  | 1 2 Hashbrown       | v 46   | 90      | 2.5   | 0           | 0          | 190     | 15    |  |  |  |  |  |  |  |  |  |
| Tomatoes ,Grape v 24                  | 1 12 each = 1/2 cup | v 24   | 16      | 0.18  | 0.025       | 0          | 5       | 3.53  |  |  |  |  |  |  |  |  |  |
| Carrots pkg. v 15                     | 1 2 pkg.            | v 15   | 32      | 0.12  | 0.021       | 0          | 71      | 7.48  |  |  |  |  |  |  |  |  |  |
| Fresh Baby Carrots v 90               | 1 1/2c              | v 90   | 28      | 0     | 0           | 0          | 50      | 6.64  |  |  |  |  |  |  |  |  |  |
| Apples Fresh Sliced f 2               | 1 1- pkg            | f 2    | 30      | 0     | 0           | 0          | 0       | 6.96  |  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1               | 1 1 Each            | f 1    | 77      | 0.25  | 0.041       | 0          | 1       | 20.43 |  |  |  |  |  |  |  |  |  |
| Banana f 3                            | 1 1 Banana          | f 3    | 108     | 0.4   | 0.135       | 0          | 1       | 27.63 |  |  |  |  |  |  |  |  |  |
| Orange f 4                            | 1 Each              | f 4    | 64      | 0.39  | 0.046       | 0          | 0       | 15.63 |  |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17           | 1 1 apple           | f 17   | 68      | 0.22  | 0.037       | 0          | 1       | 18.16 |  |  |  |  |  |  |  |  |  |
| Buffalo Chicken Sandwich e 809        | 1 brdchixpat/le     | e 809  | 417     | 16.79 | 3.29        | 0.01       | 645     | 43.83 |  |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |                     |        | 3,127.0 | 107.3 | <b>31.5</b> | <b>0.0</b> | 6,084.0 | 394.3 |  |  |  |  |  |  |  |  |  |

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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

Please note that our menus are subject to last minute changes, resulting in nutrient details changing. If your student requires medical attention at school and the medical attention is related to food nutrients please contact your school nurse.

Day 5

Menu Cycle: \*SPRING LUNCH MAR. M.S. 1. WK CYCLE 2021

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 X-TRA Cheesy Pan Pizza e 4049    | 1 | 1 each             | e 4049 | 401     | 16.06 | 6.54               | 0                 | 652     | 40.97 |  |  |  |  |  |  |  |  |
| Stuffed Cheese Breadstick e 75        | 1 | 2 brd stk/sauce    | e 75   | 328     | 11    | <b><u>6</u></b>    |                   | 692     | 35.68 |  |  |  |  |  |  |  |  |
| Chicken Patty Sandwich Gold Kist e 38 | 1 | brdchixpat/le      | e 38   | 350     | 11.94 | 2.32               | 0.01              | 649     | 39.99 |  |  |  |  |  |  |  |  |
| Turkey & cheese Sub Sec. e 57         | 1 | 1sub sand          | e 57   | 250     | 4.92  | 2.334              | 0.02              | 1166    | 29.91 |  |  |  |  |  |  |  |  |
| Soy Butter Jammer e 4023              | 1 | Each               | e 4023 | 540     | 29    | 6                  | 0                 | 390     | 53    |  |  |  |  |  |  |  |  |
| Cheese Chef salad c 4                 | 1 | 1clett/20zmt       | c 4    | 195     | 10.68 | 6.058              | 0                 | 684     | 10.31 |  |  |  |  |  |  |  |  |
| Turkey Chef Salad c 2                 | 1 | 1clet/2ozmt        | c 2    | 139     | 3.1   | 1.639              |                   | 933     | 11.16 |  |  |  |  |  |  |  |  |
| Wheat Dinner Roll g 2                 | 1 | Each               | g 2    | 80      | 1.49  | 0                  | 0                 | 159     | 13.92 |  |  |  |  |  |  |  |  |
| French Fries Crinkle Cut v 19         | 1 | 1.98 oz.           | v 19   | 90      | 2     | 0                  | 0                 | 20      | 13    |  |  |  |  |  |  |  |  |
| Tomatoes ,Grape v 24                  | 1 | 12 each = 1/2 cup  | v 24   | 16      | 0.18  | 0.025              | 0                 | 5       | 3.53  |  |  |  |  |  |  |  |  |
| Carrots pkg. v 15                     | 1 | 2 pkg.             | v 15   | 32      | 0.12  | 0.021              | 0                 | 71      | 7.48  |  |  |  |  |  |  |  |  |
| Fresh Baby Carrots v 90               | 1 | 1/2c               | v 90   | 28      | 0     | 0                  | 0                 | 50      | 6.64  |  |  |  |  |  |  |  |  |
| Apples Fresh Sliced f 2               | 1 | 1- pkg             | f 2    | 30      | 0     | 0                  | 0                 | 0       | 6.96  |  |  |  |  |  |  |  |  |
| Apple Red Delicious f 1               | 1 | 1 Each             | f 1    | 77      | 0.25  | 0.041              | 0                 | 1       | 20.43 |  |  |  |  |  |  |  |  |
| Banana f 3                            | 1 | 1 Banana           | f 3    | 108     | 0.4   | 0.135              | 0                 | 1       | 27.63 |  |  |  |  |  |  |  |  |
| Orange f 4                            | 1 | Each               | f 4    | 64      | 0.39  | 0.046              | 0                 | 0       | 15.63 |  |  |  |  |  |  |  |  |
| Apple Golden Delicious f 17           | 1 | 1 apple            | f 17   | 68      | 0.22  | 0.037              | 0                 | 1       | 18.16 |  |  |  |  |  |  |  |  |
| French Bread Pizza e 522              | 1 | 1 FB Pizza         | e 522  | 290     | 11.01 | 4.002              | 0                 | 440     | 33.02 |  |  |  |  |  |  |  |  |
| Cheeseburger e 18                     | 1 | 1burger/1bun       | e 18   | 330     | 13.96 | 5.184              | 0.61              | 730     | 29.48 |  |  |  |  |  |  |  |  |
| BBQ Beef Rib Sandwich e 504           | 1 | 1 BBQ Rib sandwich | e 504  | 347     | 12.24 | 4.731              | 0.02              | 962     | 39.25 |  |  |  |  |  |  |  |  |
| Buffalo Chicken Sandwich e 809        | 1 | brdchixpat/le      | e 809  | 417     | 16.79 | 3.29               | 0.01              | 645     | 43.83 |  |  |  |  |  |  |  |  |
| <b>Meal SubTotal</b>                  |   |                    |        | 4,180.0 | 145.8 | <b><u>48.4</u></b> | <b><u>0.7</u></b> | 8,251.0 | 500.0 |  |  |  |  |  |  |  |  |

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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Day 1

Menu Cycle: \*SPRING Ala CarteFEB.2021

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**

|                                      |             |       |     |      |       |   |     |       |  |  |  |  |  |  |  |  |  |
|--------------------------------------|-------------|-------|-----|------|-------|---|-----|-------|--|--|--|--|--|--|--|--|--|
| Baked Lays m 143                     | 1 Each      | m 143 | 139 | 3.98 | 0.498 | 0 | 179 | 23.9  |  |  |  |  |  |  |  |  |  |
| Cheetos Flamin Hot m 157             | 1 Each      | m 157 | 120 | 4.51 | 0.501 | 0 | 200 | 16.04 |  |  |  |  |  |  |  |  |  |
| Doritos Flamas m155                  | 1 Each      | m 155 | 132 | 5.06 | 0.506 | 0 | 202 | 20.25 |  |  |  |  |  |  |  |  |  |
| Doritos Nacho Cheese m 158           | 1 Each      | m 158 | 132 | 5.06 | 1.012 | 0 | 202 | 20.25 |  |  |  |  |  |  |  |  |  |
| Lays Salt & Vinager Chips m 156      | 1 Each      | m 156 | 180 | 7    | 1     | 0 | 180 | 28    |  |  |  |  |  |  |  |  |  |
| Orange Tangerine Juice Box 4.23 f 26 | 1 1 Each    | f 26  | 60  | 0    | 0     | 0 | 10  | 15    |  |  |  |  |  |  |  |  |  |
| Apple Juice Box 4.23 oz f 14         | 1 1 Each    | f 14  | 60  | 0    | 0     | 0 | 5   | 14    |  |  |  |  |  |  |  |  |  |
| Fruit Yogurt Parfait b 210           | 1 1 Parfait | b 210 | 195 | 2.43 | 1.008 | 0 | 105 | 38.05 |  |  |  |  |  |  |  |  |  |

|                      |  |  |         |      |     |     |         |       |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|-----|-----|---------|-------|--|--|--|--|--|--|--|--|--|
| <b>Meal SubTotal</b> |  |  | 1,018.0 | 28.0 | 4.5 | 0.0 | 1,083.0 | 175.5 |  |  |  |  |  |  |  |  |  |
|----------------------|--|--|---------|------|-----|-----|---------|-------|--|--|--|--|--|--|--|--|--|

Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

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