

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

Day 1

Menu Cycle: Winter-Spring Soup & Sides H.S. Wk 1 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken noodle Soup m 1	1	6oz.	m 1	100	3.32	0.785	<b>0.335</b>	89	8.47									
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	<b>2.681</b>	240	16.88									
Chicken Tortilla soup m 20	1	6oz.	m 20	127	5.87	3.072		378	10.19									
Cream of Potato soup m	1	6oz	m 7	203	11.16	2.461	<b>2.681</b>	308	19.65									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
Mashed potatoes v 11	1	1/2 cup	v 11	64	0	0	0	18	14.17									
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3									
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98									
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27									
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56									
Calif. blend v 16	1	4oz	v 16	23	0	0	0	28	4.66									
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									
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01									
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41									
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97									
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37									
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22									
Corn muffin g 17	1	1 each	g 17	169	4.97	0.497	0	90	28.85									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									

Milk Nutrient Details:

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

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Nutritional Goal:

School Lunch 9-12

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

**Food Description**

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									

<b>Meal SubTotal</b>				2,675.0	65.8	15.1	<b><u>5.7</u></b>	3,592.0	464.1									
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Day 1

Menu Cycle: Winter-Spring Soup & Sides H.S. Wk 2 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken noodle Soup m 1	1	6oz.	m 1	100	3.32	0.785	<b>0.335</b>	89	8.47									
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13									
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	<b>0.023</b>	738	15.94									
Cream of Broccoli Soup m 6	1	6oz	m 6	189	11.16	2.461	<b>2.681</b>	203	16.66									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
Mashed potatoes v 11	1	1/2 cup	v 11	64	0	0	0	18	14.17									
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3									
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27									
broccoli (frozen) v 7	1	1/2c	v 7	17	0	0	0	12	2.56									
Cooked Carrots v 20	1	4oz	v 20	40	0.67	0	0	67	9.34									
Malibu Blend v 600	1	1/2c	v 600	20	0	0	0	26	3.44									
French Fries v 8	1	1/2 cup	v 8	216	11.81	2.952	0	492	29.52									
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01									
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41									
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97									
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37									
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Italian Rotini Pasta g 18	1	1/2c	g 18	108	0.81	0.052	<b>0.002</b>	109	21.02									
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22									
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									

Milk Nutrient Details:

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

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Day 1

Menu Cycle: Winter-Spring Soup & Sides H.S. Wk 2 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

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									

<b>Meal SubTotal</b>				2,439.0	49.9	10.2	<b><u>3.1</u></b>	3,657.0	445.2									
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Day 1

Menu Cycle: Winter-Spring Soup & Sides H.S. Wk 3 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken noodle Soup m 1	1	6oz.	m 1	100	3.32	0.785	<b>0.335</b>	89	8.47										
Cream of Chicken Soup m 8	1	6oz	m 8	226	12.68	2.908	<b>2.681</b>	240	16.88										
Chicken Tortilla soup m 20	1	6oz.	m 20	127	5.87	3.072		378	10.19										
Cream of Potato soup m	1	6oz	m 7	203	11.16	2.461	<b>2.681</b>	308	19.65										
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13										
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61										
Hash Brown Triangle v 44	1	2 hash brown	v 44	219	10.96	1.495	0	448	26.91										
green beans canned v 6	1	1/2c	v 6	20	0	0	0	139	3.98										
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27										
Calif. blend v 16	1	4oz	v 16	23	0	0	0	28	4.66										
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										
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										
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01										
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41										
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97										
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37										
Mandarin Oranges and Pineapple f 28	1	1/2c	f 28	67	0	0	0	5	16.52										
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68										
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63										
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63										
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9										
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6										
Cheez-it g 227	1	1 EA	g 227	99	3.46	0.988	0	148	14										
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22										
Corn muffin g 17	1	1 each	g 17	169	4.97	0.497	0	90	28.85										

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Nutritional Goal:

School Lunch 9-12

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

**Food Description**

WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99										
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15										
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										

<b>Meal SubTotal</b>				3,052.0	81.6	17.8	<b><u>5.7</u></b>	4,321.0	515.6										
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Day 1

Menu Cycle: Winter-Spring Soup & Sides H.S. Wk. 4 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

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

**Food Description**

**Lunch**

Chicken noodle Soup m 1	1	6oz.	m 1	100	3.32	0.785	<b>0.335</b>	89	8.47									
Chili Homemade m 22	1	6oz.	m 22	129	4.37	0.783		514	13									
Pasta Fagioli soup m 16	1	6oz.	m 16	111	1.88	0.538	<b>0.023</b>	738	15.94									
Cream of Broccoli Soup m 6	1	6oz	m 6	189	11.16	2.461	<b>2.681</b>	203	16.66									
Fresh Mixed Vegetables v 104	1	1/2c	v 104	24	0.11	0.017		40	5.13									
Garden Salad v 4	1	1 Cup Salad	v 4	22	0	0	0	12	4.61									
Mashed potatoes v 11	1	1/2 cup	v 11	64	0	0	0	18	14.17									
Turkey Gravy m 9	1	2oz gravy	m 9	35	2	0.5	0	240	3									
Corn v 5	1	1/2 cup	v5	68	0.68	0	0	3	14.27									
Pasta Salad g 18	1	3/4cp,1/4cl,2zmt	c 18	113	0.87	0.073	<b>0.003</b>	154	22.37									
refried beans v 48	1	1/2c	v 48	107	3.13	1.125	0	608	16.5									
Calif. blend v 16	1	4oz	v 16	23	0	0	0	28	4.66									
Creamy Coleslaw v 2	1	1/2 cup	v 2	81	2.5	0	0	151	14.47									
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									
Pears Sliced f 8	1	1/2c pears	f 8	60	0	0	0	10	14.01									
Applesauce f 9	1	1/2c Applesauce	f 9	52	0	0	0	10	13.41									
Peaches Diced f 6	1	1/2c peaches	f 6	54	0	0	0	5	12.97									
Pineapple Tidbits f 5	1	1/2c	f 5	71	0	0	0	0	18.37									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Wheat Dinner roll g 2	1	Each	g 2	76	1.32	0.239	0.02	145	13.15									
Spanish Rice (homemade) g 208	1	#8 scoop	g 208	192	2.08	0.094		392	39.22									
WG Twisted Breadstick g 224	1	1 bread stick	g 224	154	3.86	1.446	0	135	26.99									

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School Lunch 9-12

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KCAL	GM	GM	GM	MG	GM												
750.0	25.0	8.3	0.0	740.0	100.0												

**Food Description**

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>				2,566.0	55.2	11.4	<b><u>3.1</u></b>	4,635.0	460.8									

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