

McAllen ISD

Carbohydrate Analysis

Carbohydrate grams per serving in Lunch menus for Elementary for Grades K -5

Monday, 1 February		Tuesday, 2 February		Wednesday, 3 February		Thursday, 4 February		Friday, 5 February	
Chicken Tenders , Assorted Fruit, Milk, Juice, veggie nibbles blend		Beef Tamales, Assorted Fruit, Refried Beans		Cheeseburger, Assorted Fruit, Emoji Fries		Ciabatta Melt , Assorted Fruit, broccoli		Pepperoni Pizza , Assorted Fruit, Carrots	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Chicken Tenders w Biscuit	42.0g	Beef Tamales with Cheese	23.3g	Beef Cheeseburger	28.2g	Ciabatta Grilled Cheese Melt	27.9g	Pizza, Pepperoni, Round	34.9g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Fresh fruit Oranges, Raw	15.0g	Beans Pinto Refried 3/4 CUP	44.9g	Emoji Fries 3/4 CUP	27.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Fresh Baby Carrots, (dinner	14.0g
Juice, Apple Vita Fresh, 4oz	14.0g	Fresh fruit Oranges, Raw	15.0g	Fresh fruit Oranges, Raw	15.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Apple Vita Fresh, 4oz	14.0g
Juice, Orange Vita Fresh, 4	12.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Pears, Fresh	11.7g	Juice, Orange Vita Fresh, 4	12.0g
Veggie Nibbles Blend 3/4 CU	7.6g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Broccoli Florets serve 3/4 C	7.0g	Pears, Fresh	11.7g
Biscuit, WW	0.0g*	Saltines HS ONLY	7.8g	<i>Milk</i>		<i>Milk</i>		Baby Carrots 3/4 CUP	11.5g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g
<i>Condiment</i>				<i>Condiment</i>					
Ketchup, 9 gram	3.0g			Ketchup, 9 gram	3.0g				

* Indicates incomplete or missing nutrient information.

Saturday, 6 February		Sunday, 7 February		Monday, 8 February		Tuesday, 9 February		Wednesday, 10 February	
Chicken Nuggets with Broccoli		Pinwheel and Steamed Carrots		Mini Corn Dog, Broccoli, Assorted Fruit		Burritos , Refiried Beans, Assorted Fruit		Cheeseburger , Assorted Fruit, tator tots	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Weekend Chicken Nuggets	16.2g	Pinwheel, Pepperoni	36.0g	Corn Dogs, Mini	33.3g	Beef & Bean Burrito	40.0g	Beef Cheeseburger	28.2g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Broccoli Florets serve 3/4 C	7.0g	Baby Carrots 3/4 CUP	11.5g	Fresh fruit Apples,Golden De	18.1g	Beans Pinto Refried 3/4 CUP	44.9g	Potato and Sweet Potato Ro	24.9g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Apples, Red, Fresh	18.1g	Fresh fruit Apples,Golden De	18.1g	Fresh fruit Oranges, Raw	15.0g
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Fresh fruit Oranges, Raw	15.0g	Apples, Red, Fresh	18.1g	Juice, Apple Vita Fresh, 4oz	14.0g
				Juice, Apple Vita Fresh, 4oz	14.0g	Fresh fruit Oranges, Raw	15.0g	Juice, Orange Vita Fresh, 4	12.0g
				Juice, Orange Vita Fresh, 4	12.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Mandarin Oranges, Raw	3.6g
				Pears, Fresh	11.7g	Juice, Orange Vita Fresh, 4	12.0g		
				Broccoli Florets serve 3/4 C	7.0g	Pears, Fresh	11.7g		
				<i>Milk</i>		<i>Milk</i>		<i>Milk</i>	
				Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g
				Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g
				<i>Condiment</i>		<i>Condiment</i>		<i>Condiment</i>	
				Ketchup, 9 gram	3.0g	Ketchup, 9 gram	3.0g	Ketchup, 9 gram	3.0g

* Indicates incomplete or missing nutrient information.

Thursday, 11 February	Friday, 12 February	Saturday, 13 February	Sunday, 14 February	Monday, 15 February
Chicken Burger Assorted fruit, cucumber	Pepperoni Pizza ,Assorted Fruit,Carrots	Pizza with Carrots, assorted milk	Mini Corn Dogs with Vegetable Normandy	Cheese Sticks, Assorted Fruit Veggies nibbles blend
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken Burger 15.4g	Pizza, Pepperoni, Round 34.9g	Pizza, Pepperoni, Round 34.9g	Mini Corn Dogs 33.3g	Cheese Sticks w Marinara Sa 38.9g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>		<i>Side Dish</i>
Fresh fruit Apples,Golden De 18.1g	Fresh fruit Apples,Golden De 18.1g	Baby Carrots 3/4 CUP 11.5g		Juice, Fruit Punch Vita Fresh 14.0g
Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Carrots Steamed 3/4 Cup (C 9.8g		Juice, Apple Vita Fresh, 4oz 14.0g
Fresh fruit Oranges, Raw 15.0g	Fresh Baby Carrots, (dinner 14.0g	<i>Milk</i>		Juice, Orange Vita Fresh, 4 12.0g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Milk, Fat Free, Chocolate 19.0g		Veggie Nibbles Blend 3/4 CU 7.6g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Unflavored 13.0g		Fruit Canned** DO NOT PLA 0.0g*
Cucumber Slices Seasoned 3 5.5g	Pears, Fresh 11.7g			Fruit Fresh Assorted ** DO 0.0g*
Mandarin Oranges, Raw 3.6g	Baby Carrots 3/4 CUP 11.5g			<i>Milk</i>
<i>Milk</i>	Double Chocolate Cookie 0.1g			Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>			Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g			Milk, Fat Free, Unflavored 13.0g
	Milk, Fat Free, Unflavored 13.0g			<i>Condiment</i>
				Ketchup, 9 gram 3.0g
				Mustard, 5.5 gram 0.3g

* Indicates incomplete or missing nutrient information.

Tuesday, 16 February		Wednesday, 17 February		Thursday, 18 February		Friday, 19 February		Saturday, 20 February	
Beef Tamales, Assorted Fruit, Refried Beans		Cheeseburger, Assorted Fruit, Emoji Fries		Oven Roasted Chicken w Biscuit, Assorted Fruit, Broccoli		Pepperoni Pizza, Carrots, Ranch, Assorted Fruit		Burrito with Broccoli	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Beef Tamales WG, Lunch	21.1g	Beef Cheeseburger	28.2g	Chicken Oven Roasted w/Bis	34.8g	Pizza, Pepperoni, Round	34.9g	Beef & Bean Burrito	40.0g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Beans Pinto Refried 3/4 CUP	44.9g	Emoji Fries 3/4 CUP	27.0g	Juice, Fruit Punch Vita Fresh	14.0g	Fresh Baby Carrots, (dinner	14.0g	Juice, Assorted Flavors 4oz	40.0g
Juice, Fruit Punch Vita Fresh	14.0g	Juice, Fruit Punch Vita Fresh	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Fruit Punch Vita Fresh	14.0g	Broccoli Florets serve 3/4 C	7.0g
Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Fruit Fresh Assorted ** DO	0.0g*
Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Broccoli Florets serve 3/4 C	7.0g	Juice, Orange Vita Fresh, 4	12.0g	<i>Milk</i>	
Fruit Canned** DO NOT PLA	0.0g*	Fruit Canned** DO NOT PLA	0.0g*	Fruit Canned** DO NOT PLA	0.0g*	Baby Carrots 3/4 CUP	11.5g	Milk, Fat Free, Chocolate	19.0g
Fruit Fresh Assorted ** DO	0.0g*	Fruit Fresh Assorted ** DO	0.0g*	Fruit Fresh Assorted ** DO	0.0g*	Fruit Canned** DO NOT PLA	0.0g*	Milk, Fat Free, Unflavored	13.0g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>			
Milk, Fat Free, Strawberry	19.0g	Milk, Fat Free, Strawberry	19.0g	Milk, Fat Free, Strawberry	19.0g	Milk, Fat Free, Strawberry	19.0g		
Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g		
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g		
		<i>Condiment</i>		<i>Condiment</i>		<i>Condiment</i>			
		Ketchup, 9 gram	3.0g	Ketchup, 9 gram	3.0g	Ranch Dressing, Portion 1 oz	1.0g		

* Indicates incomplete or missing nutrient information.

Sunday, 21 February	Monday, 22 February	Tuesday, 23 February	Wednesday, 24 February	Thursday, 25 February
Star Shaped Pita with Turkey and baby carrots	Pinwheel, assorted fruit, Veggie Nibbles Blend	Frito Pie, Refried Beans, Juice, Milk	Cheeseburger , Assorted Fruit, tator tots	Chicken Tenders
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Turkey Ham & Star Shaped 33.1g	Pinwheel, Pepperoni 36.0g	Frito Pie Ms & HS 43.2g	Beef Cheeseburger 28.2g	Chicken Tenders w Mac and 34.9g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Juice, Assorted Flavors 4oz 40.0g	Juice, Fruit Punch Vita Fresh 14.0g	Beans Pinto Refried 3/4 CUP 44.9g	Potato and Sweet Potato Ro 24.9g	Juice, Fruit Punch Vita Fresh 14.0g
Baby Carrots 3/4 CUP 11.5g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Fruit Fresh Assorted ** DO 0.0g*	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Orange Vita Fresh, 4 12.0g
<i>Milk</i>	Veggie Nibbles Blend 3/4 CU 7.6g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Saltines HS ONLY 7.8g
Milk, Fat Free, Chocolate 19.0g	Cucumber Slices Seasoned 3 5.5g	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Broccoli Florets serve 3/4 C 7.0g
Milk, Fat Free, Unflavored 13.0g	Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	<i>Milk</i>	Fruit Canned** DO NOT PLA 0.0g*
	<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Strawberry 19.0g	Fruit Fresh Assorted ** DO 0.0g*
	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>
	Milk, Fat Free, Chocolate 19.0g		Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Strawberry 19.0g
	Milk, Fat Free, Unflavored 13.0g		<i>Condiment</i>	Milk, Fat Free, Chocolate 19.0g
	<i>Condiment</i>		Ketchup, 9 gram 3.0g	Milk, Fat Free, Unflavored 13.0g
	Ranch Dressing, Portion 1 oz 1.0g			<i>Condiment</i>
				Ketchup, 9 gram 3.0g

* Indicates incomplete or missing nutrient information.

Friday, 26 February	Saturday, 27 February	Sunday, 28 February	Monday, 1 March	Tuesday, 2 March
Pepperoni Pizza ,Assorted Fruit,Carrots	Pizza with Carrots, assorted milk	Ciabatta Melt with Broccoli	Chicken Tenders , Assorted Fruit, Milk, Juice, veggie nibbles blend	Beef Tamales,Assorted Fruit,Refried Beans
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Pizza, Pepperoni, Round 34.9g	Pizza, Pepperoni, Round 34.9g	Ciabatta Grilled Cheese Melt 27.9g	Chicken Tenders w Biscuit 42.0g	Beef Tamales WG, Lunch 21.1g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Juice, Punch, 6 oz 24.0g	Juice, Assorted Flavors 4oz 40.0g	Juice, Assorted Flavors 4oz 40.0g	Juice, Fruit Punch Vita Fresh 14.0g	Beans Pinto Refried 3/4 CUP 44.9g
Fresh Baby Carrots, (dinner 14.0g	Baby Carrots 3/4 CUP 11.5g	Broccoli Florets serve 3/4 C 7.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g
Baby Carrots 3/4 CUP 11.5g	Carrots Steamed 3/4 Cup (C 9.8g	Fruit Fresh Assorted ** DO 0.0g*	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Fruit Canned** DO NOT PLA 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	Veggie Nibbles Blend 3/4 CU 7.6g	Juice, Orange Vita Fresh, 4 12.0g
Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*
<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*
Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Unflavored 13.0g		<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g			Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Unflavored 13.0g			Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
			Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
			<i>Condiment</i>	
			Ketchup, 9 gram 3.0g	

* Indicates incomplete or missing nutrient information.

Wednesday, 3 March	Thursday, 4 March	Friday, 5 March	Saturday, 6 March	Sunday, 7 March
Cheeseburger, Assorted Fruit,Emoji Fries	Spaghetti w/ Meatsauce, Juice, Milk	Pepperoni Pizza ,Assorted Fruit, Carrots	Chicken Nuggets with Broccoli	Pinwheel and Steamed Carrots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Beef Cheeseburger 28.2g	Spaghetti & recieve meat sa 48.2g	Pizza, Pepperoni, Round 34.9g	Weekend Chicken Nuggets 16.2g	Pinwheel, Pepperoni 36.0g
<i>Side Dish</i>	Spaghetti & Meat sauce, Ele 8.9g	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Emoji Fries 3/4 CUP 27.0g	<i>Side Dish</i>	Fresh Baby Carrots, (dinner 14.0g	Juice, Assorted Flavors 4oz 40.0g	Juice, Assorted Flavors 4oz 40.0g
Juice, Fruit Punch Vita Fresh 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Broccoli Florets serve 3/4 C 7.0g	Juice, Punch, 6 oz 24.0g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Fruit Fresh Assorted ** DO 0.0g*	Berry Breeze 6 oz 24.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	<i>Milk</i>	Baby Carrots 3/4 CUP 11.5g
Fruit Canned** DO NOT PLA 0.0g*	Broccoli Florets serve 1 Cup 7.4g	Baby Carrots 3/4 CUP 11.5g	Milk, Fat Free, Chocolate 19.0g	Carrots Steamed 3/4 Cup (C 9.8g
Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Milk, Fat Free, Unflavored 13.0g	Fruit Fresh Assorted ** DO 0.0g*
<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*		<i>Milk</i>
Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>	<i>Milk</i>		Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Strawberry 19.0g		Milk, Fat Free, Unflavored 13.0g
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g		
<i>Condiment</i>		Milk, Fat Free, Unflavored 13.0g		
Ketchup, 9 gram 3.0g				

* Indicates incomplete or missing nutrient information.

Monday, 8 March	Tuesday, 9 March	Wednesday, 10 March	Thursday, 11 March	Friday, 12 March
Mini Corn Dog, Broccoli, Assorted Fruit	Burritos , Refiried Beans, Assorted Fruit	Cheeseburger , Assorted Fruit, tator tots	Chicken Burger Assorted fruit, cucumber	Pepperoni Pizza ,Assorted Fruit,Carrots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Corn Dogs, Mini 33.3g	Beef & Bean Burrito 40.0g	Beef Cheeseburger 28.2g	Chicken Burger 15.4g	Pizza, Pepperoni, Round 34.9g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Juice, Fruit Punch Vita Fresh 14.0g	Beans Pinto Refried 3/4 CUP 44.9g	Potato and Sweet Potato Ro 24.9g	Juice, Fruit Punch Vita Fresh 14.0g	Fresh Baby Carrots, (dinner 14.0g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Broccoli Florets serve 3/4 C 7.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Veggie Nibbles Blend 3/4 CU 7.6g	Juice, Orange Vita Fresh, 4 12.0g
Fruit Canned** DO NOT PLA 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Baby Carrots 3/4 CUP 11.5g
Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*
<i>Milk</i>	Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*
Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Unflavored 13.0g		Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g
<i>Condiment</i>		<i>Condiment</i>		Milk, Fat Free, Unflavored 13.0g
Ketchup, 9 gram 3.0g		Ketchup, 9 gram 3.0g		

* Indicates incomplete or missing nutrient information.

Saturday, 13 March		Sunday, 14 March		Monday, 15 March		Tuesday, 16 March		Wednesday, 17 March	
Pizza with Carrots, assorted milk		Mini Corn Dogs with Vegetable Normandy		Spring Break Pizza		Ciabatta Melt ,Assorted Fruit, broccoli		Spring Break Sandwich	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Pizza, Pepperoni, Round	34.9g	Mini Corn Dogs	33.3g	Pizza, Cheese Deep Dish	26.9g	Ciabatta Grilled Cheese Melt	27.9g	Toasty Sandwich	41.8g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Juice, Assorted Flavors 4oz	40.0g	Juice, Assorted Flavors 4oz	40.0g	Sweet Potato Tater Gems 3	27.6g	Juice, Fruit Punch Vita Fresh	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g
Baby Carrots 3/4 CUP	11.5g	Veggie Nibbles Blend 3/4 CU	7.6g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Orange Vita Fresh, 4	12.0g
Carrots Steamed 3/4 Cup (C	9.8g	Fruit Fresh Assorted ** DO	0.0g*	Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Baby Carrots 3/4 CUP	11.5g
Fruit Fresh Assorted ** DO	0.0g*	<i>Milk</i>		Broccoli Florets serve 3/4 C	7.0g	Veggie Nibbles Blend 3/4 CU	7.6g	Fruit Fresh Assorted ** DO	0.0g*
<i>Milk</i>		Milk, Fat Free, Chocolate	19.0g	Fruit Fresh Assorted ** DO	0.0g*	Fruit Canned** DO NOT PLA	0.0g*	<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Unflavored	13.0g	<i>Milk</i>		Fruit Fresh Assorted ** DO	0.0g*	Milk, Fat Free, Chocolate	19.0g
Milk, Fat Free, Unflavored	13.0g			Milk, Fat Free, Chocolate	19.0g			Milk, Fat Free, Unflavored	13.0g
				Milk, Fat Free, Unflavored	13.0g	<i>Milk</i>			
						Milk, Fat Free, Chocolate	19.0g		
						Milk, Fat Free, Unflavored	13.0g		

* Indicates incomplete or missing nutrient information.

Thursday, 18 March	Friday, 19 March	Monday, 22 March	Tuesday, 23 March	Wednesday, 24 March
Spring Break Pizza	Spring Break Sandwich	Cheese Sticks, Assorted Fruit Veggie nibbles blend	Barbacoa, Refried Beans, Salsa w/ Tortilla	Cheeseburger, Assorted Fruit,Emoji Fries
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Pizza, Cheese Deep Dish 26.9g	Toasty Sandwich 41.8g	Cheese Sticks w Marinara Sa 38.9g	Barbacoa w/ Tortilla 13.2g	Beef Cheeseburger 28.2g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Sweet Potato Tater Gems 3 27.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Beans Pinto Refried 3/4 CUP 44.9g	Emoji Fries 3/4 CUP 27.0g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Juice, Fruit Punch Vita Fresh 14.0g
Juice, Orange Vita Fresh, 4 12.0g	Baby Carrots 3/4 CUP 11.5g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Broccoli Florets serve 3/4 C 7.0g	Fruit Fresh Assorted ** DO 0.0g*	Veggie Nibbles Blend 3/4 CU 7.6g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g
Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*
<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Unflavored 13.0g		Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g
		Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
		Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
		<i>Condiment</i>	<i>Condiment</i>	<i>Condiment</i>
		Ketchup, 9 gram 3.0g	Salsa Mild Canned, 2 oz port 3.0g	Ketchup, 9 gram 3.0g
		Mustard, 5.5 gram 0.3g		

* Indicates incomplete or missing nutrient information.

Thursday, 25 March	Friday, 26 March	Saturday, 27 March	Sunday, 28 March	Monday, 29 March
Oven Roasted Chicken w Biscuit ,Assorted Fruit,Broccoli	Pepperoni Pizza, Carrots, Ranch,Assorted Fruit	Burrito with Broccoli	Star Shaped Pita with Turkey and baby carrots	Pinwheel, assorted fruit, Veggie Nibbles Blend
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken Oven Roasted w/Bis 34.8g	Pizza, Pepperoni, Round 34.9g	Beef & Bean Burrito 40.0g	Turkey Ham & Star Shaped 33.1g	Pinwheel, Pepperoni 36.0g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Juice, Fruit Punch Vita Fresh 14.0g	Fresh Baby Carrots, (dinner 14.0g	Juice, Assorted Flavors 4oz 40.0g	Juice, Assorted Flavors 4oz 40.0g	Juice, Fruit Punch Vita Fresh 14.0g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Broccoli Florets serve 3/4 C 7.0g	Baby Carrots 3/4 CUP 11.5g	Juice, Apple Vita Fresh, 4oz 14.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Juice, Orange Vita Fresh, 4 12.0g
Broccoli Florets serve 3/4 C 7.0g	Juice, Orange Vita Fresh, 4 12.0g	<i>Milk</i>	<i>Milk</i>	Veggie Nibbles Blend 3/4 CU 7.6g
Fruit Canned** DO NOT PLA 0.0g*	Baby Carrots 3/4 CUP 11.5g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Cucumber Slices Seasoned 3 5.5g
Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Fruit Fresh Assorted ** DO 0.0g*
<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*			<i>Milk</i>
Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>			Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Strawberry 19.0g			Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g			Milk, Fat Free, Unflavored 13.0g
<i>Condiment</i>	Milk, Fat Free, Unflavored 13.0g			<i>Condiment</i>
Ketchup, 9 gram 3.0g	<i>Condiment</i>			Ranch Dressing, Portion 1 oz 1.0g
	Ranch Dressing, Portion 1 oz 1.0g			

* Indicates incomplete or missing nutrient information.

Tuesday, 30 March		Wednesday, 31 March	
Frito Pie, Refried Beans, Juice, Milk		Cheeseburger , Assorted Fruit, tator tots	
<i>Entree</i>		<i>Entree</i>	
Frito Pie Ms & HS	43.2g	Beef Cheeseburger	28.2g
<i>Side Dish</i>		<i>Side Dish</i>	
Beans Pinto Refried 3/4 CUP	44.9g	Potato and Sweet Potato Ro	24.9g
Juice, Fruit Punch Vita Fresh	14.0g	Juice, Fruit Punch Vita Fresh	14.0g
Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g
Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g
Fruit Fresh Assorted ** DO	0.0g*	Fruit Fresh Assorted ** DO	0.0g*
<i>Milk</i>		<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Strawberry	19.0g
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Chocolate	19.0g
		Milk, Fat Free, Unflavored	13.0g
		<i>Condiment</i>	
		Ketchup, 9 gram	3.0g

* Indicates incomplete or missing nutrient information.