

McAllen ISD

Carbohydrate Analysis

Carbohydrate grams per serving in Lunch menus for High School for Grades 9 - 12

Monday, 1 February		Tuesday, 2 February		Wednesday, 3 February		Thursday, 4 February		Friday, 5 February	
Chicken Tenders , Assorted Fruit, Milk, Juice, veggie nibbles blend		Barbacoa, Refried Beans, Salsa w/ Tortilla		Cheeseburger, Assorted Fruit,Emoji Fries		Spaghetti w/ Meatsauce, Juice, Milk		Pepperoni Pizza, Carrots, Ranch,Assorted Fruit	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Chicken Tenders w Biscuit	42.0g	Barbacoa w/ Tortilla	13.2g	Beef Cheeseburger	28.2g	Spaghetti & Meat sauce, Ele	8.9g	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>	
Fruit Cocktail, Canned in Ext	15.3g	Beans Pinto Refried 3/4 CUP	44.9g	Emoji Fries 3/4 CUP	27.0g	Apples, Red, Fresh	18.1g	Fresh Baby Carrots, (dinner	14.0g
Juice, Apple Vita Fresh, 4oz	14.0g	Apples, Red, Fresh	18.1g	Apples, Red, Fresh	18.1g	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	Juice, Apple Vita Fresh, 4oz	14.0g	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	Juice, Orange Vita Fresh, 4	12.0g	Broccoli Florets serve 1 Cup	7.4g	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>		<i>Condiment</i>				<i>Condiment</i>	
hot sauce	0.0g	Salsa Mild Canned, 2 oz port	3.0g	Ketchup, 9 gram	3.0g			Ranch Dressing, Portion 1 oz	1.0g

* 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	Fideo con Pollo, Refried Beans, Juice, Milk	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	Fideo con Pollo 29.1g	Beef Cheeseburger 28.2g
High Schools Only Bread Bit 0.0g*	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
<i>Side Dish</i>	Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Potato and Sweet Potato Ro 24.9g
Apples, Red, Fresh 18.1g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Apples, Red, Fresh 18.1g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Juice, Orange Vita Fresh, 4 12.0g	Carrots Steamed 3/4 Cup (C 9.8g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g
Broccoli Florets serve 3/4 C 7.0g	<i>Milk</i>	Broccoli Florets serve 3/4 C 7.0g	<i>Milk</i>	<i>Milk</i>
<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	<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, 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>	Milk, Fat Free, Unflavored 13.0g
		<i>Condiment</i>	Salsa Mild Canned, 2 oz port 3.0g	<i>Condiment</i>
		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, Carrots, Ranch, Assorted Fruit	Pizza with Carrots, assorted milk	Mini Corn Dogs with Vegetable Normandy	Cheese Sticks, Assorted Fruit Veggie 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>	<i>Side Dish</i>
Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g
Juice, Apple Vita Fresh, 4oz 14.0g	Fresh Baby Carrots, (dinner 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	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	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g
Cucumber Slices Seasoned 3 5.5g	Juice, Orange Vita Fresh, 4 12.0g	Baby Carrots 3/4 CUP 11.5g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g
<i>Milk</i>	Baby Carrots 3/4 CUP 11.5g	<i>Milk</i>	Veggie Nibbles Blend 3/4 CU 7.6g	Veggie Nibbles Blend 3/4 CU 7.6g
Milk, Fat Free, Chocolate 19.0g	Double Chocolate Cookie 0.1g	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
<i>Condiment</i>	Milk, Fat Free, Chocolate 19.0g	<i>Condiment</i>	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
Ketchup, 9 gram 3.0g	Milk, Fat Free, Unflavored 13.0g			<i>Condiment</i>
	<i>Condiment</i>			Ketchup, 9 gram 3.0g
	Ranch Dressing, Portion 1 oz 1.0g			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
Barbacoa, Refried Beans, Salsa w/ Tortilla	Cheeseburger, Assorted Fruit,Emoji Fries	Alfredo	Pepperoni Pizza, Carrots, Ranch,Assorted Fruit	Burrito with Broccoli
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Barbacoa w/ Tortilla 13.2g	Beef Cheeseburger 28.2g	Chicken Alfredo 116.3	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	Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g
Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Juice, Apple Vita Fresh, 4oz 14.0g	Fresh Baby Carrots, (dinner 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g
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	Juice, Orange Vita Fresh, 4 12.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Saltines HS ONLY 7.8g	Juice, Orange Vita Fresh, 4 12.0g	Broccoli Florets serve 3/4 C 7.0g
<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	Baby Carrots 3/4 CUP 11.5g	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>Milk</i>	Milk, Fat Free, Unflavored 13.0g
<i>Condiment</i>	<i>Condiment</i>	<i>Condiment</i>	Milk, Fat Free, Chocolate 19.0g	
Salsa Mild Canned, 2 oz port 3.0g	Ketchup, 9 gram 3.0g	Ketchup, 9 gram 3.0g	Milk, Fat Free, Unflavored 13.0g	
			<i>Condiment</i>	
			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	OrangeMandarinBowl, Broccol, Fruit,Juice,Assorted Milk
<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	Orange Mandarin Chicken Ri 75.0g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Apples, Red, Fresh 18.1g	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
Juice, Apple Vita Fresh, 4oz 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, Orange Vita Fresh, 4 12.0g	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
Baby Carrots 3/4 CUP 11.5g	Cucumber Slices Seasoned 3 5.5g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Broccoli Florets serve 3/4 C 7.0g
<i>Milk</i>	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, Chocolate 19.0g	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Chocolate 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, Strawberry 19.0g
	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
	Ranch Dressing, Portion 1 oz 1.0g		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, Carrots and Assorted Fruit	Pizza with Carrots, assorted milk	Ciabatta Melt with Broccoli	Chicken Tenders , Assorted Fruit, Milk, Juice, veggie nibbles blend	Barbacoa, Refried Beans, Salsa w/ Tortilla
<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	Barbacoa w/ Tortilla 13.2g
<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 Fresh Assorted ** DO 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
<i>Milk</i>	<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*
Milk, Fat Free, Strawberry 19.0g	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, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g		<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, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
			Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
			<i>Condiment</i>	<i>Condiment</i>
			Ketchup, 9 gram 3.0g	Salsa Mild Canned, 2 oz port 3.0g

* Indicates incomplete or missing nutrient information.

Wednesday, 3 March	Thursday, 4 March	Friday, 5 March	Saturday, 6 March	Monday, 8 March
Cheeseburger, Assorted Fruit,Emoji Fries	Ciabatta Melt ,Assorted Fruit, broccoli	Pepperoni Pizza, Carrots, Ranch,Assorted Fruit	Chicken Nuggets with Broccoli	Mini Corn Dog, Broccoli, Assorted Fruit
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Beef Cheeseburger 28.2g	Ciabattata Grilled Cheese Melt 27.9g	Pizza, Pepperoni, Round 34.9g	Weekend Chicken Nuggets 16.2g High Schools Only Bread Bit 0.0g*	Corn Dogs, Mini 33.3g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
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>	Broccoli Florets serve 3/4 C 7.0g
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 Canned** DO NOT PLA 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	Fruit Fresh Assorted ** DO 0.0g*
<i>Milk</i>	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*		<i>Milk</i>
Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>		Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Chocolate 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, 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>		Ketchup, 9 gram 3.0g
		Ranch Dressing, Portion 1 oz 1.0g		

* Indicates incomplete or missing nutrient information.

Tuesday, 9 March	Wednesday, 10 March	Thursday, 11 March	Friday, 12 March	Monday, 15 March
Tornados, Assorted Fruit, Refried Beans	Cheeseburger, Assorted Fruit, tator tots	Chicken Burger Assorted fruit, cucumber	Pepperoni Pizza, Carrots, Ranch, Assorted Fruit	Spring Break Pizza
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Tornados with Cheese. 92.3g	Beef Cheeseburger 28.2g	Chicken Burger 15.4g	Pizza, Pepperoni, Round 34.9g	Pizza, Cheese Deep Dish 26.9g
<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	Potato and Sweet Potato Ro 24.9g	Juice, Fruit Punch Vita Fresh 14.0g	Fresh Baby Carrots, (dinner 14.0g	Sweet Potato Tater Gems 3 27.6g
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, Apple Vita Fresh, 4oz 14.0g
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	Juice, Orange Vita Fresh, 4 12.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Cucumber Slices Seasoned 3 5.5g	Juice, Orange Vita Fresh, 4 12.0g	Broccoli Florets serve 3/4 C 7.0g
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	Fruit Fresh Assorted ** DO 0.0g*
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*	<i>Milk</i>
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>	Milk, Fat Free, Unflavored 13.0g
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>	<i>Condiment</i>	<i>Condiment</i>	Milk, Fat Free, Unflavored 13.0g	
Jalapenos Condiments Sliced 1.4g	Ketchup, 9 gram 3.0g	Ketchup, 9 gram 3.0g	<i>Condiment</i>	
			Ranch Dressing, Portion 1 oz 1.0g	

* Indicates incomplete or missing nutrient information.

Tuesday, 16 March	Wednesday, 17 March	Thursday, 18 March	Friday, 19 March	Monday, 22 March
Ciabatta Melt ,Assorted Fruit, broccoli	Spring Break Sandwich	Spring Break Pizza	Spring Break Sandwich	Cheese Sticks, Assorted Fruit Veggie nibbles blend
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Ciabatta Grilled Cheese Melt 27.9g	Toasty Sandwich 41.8g	Pizza, Cheese Deep Dish 26.9g	Toasty Sandwich 41.8g	Cheese Sticks w Marinara Sa 38.9g
<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	Juice, Apple Vita Fresh, 4oz 14.0g	Sweet Potato Tater Gems 3 27.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g
Juice, Apple Vita Fresh, 4oz 14.0g	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, Orange Vita Fresh, 4 12.0g	Baby Carrots 3/4 CUP 11.5g	Juice, Orange Vita Fresh, 4 12.0g	Baby Carrots 3/4 CUP 11.5g	Juice, Orange Vita Fresh, 4 12.0g
Veggie Nibbles Blend 3/4 CU 7.6g	Fruit Fresh Assorted ** DO 0.0g*	Broccoli Florets serve 3/4 C 7.0g	Fruit Fresh Assorted ** DO 0.0g*	Veggie Nibbles Blend 3/4 CU 7.6g
Fruit Canned** DO NOT PLA 0.0g*	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	Fruit Canned** DO NOT PLA 0.0g*
Fruit Fresh Assorted ** DO 0.0g*	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Fruit Fresh Assorted ** DO 0.0g*
<i>Milk</i>	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	<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				Milk, Fat Free, Chocolate 19.0g
				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, 23 March	Wednesday, 24 March	Thursday, 25 March	Friday, 26 March	Monday, 29 March
Barbacoa, Refried Beans, Salsa w/ Tortilla	Cheeseburger, Assorted Fruit,Emoji Fries	Alfredo	Pepperoni Pizza, Carrots, Ranch,Assorted Fruit	Pinwheel, assorted fruit, Veggie Nibbles Blend
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Barbacoa w/ Tortilla 13.2g	Beef Cheeseburger 28.2g	Chicken Alfredo 116.3	Pizza, Pepperoni, Round 34.9g	Pinwheel, Pepperoni 36.0g
<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, Fruit Punch Vita Fresh 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, Apple Vita Fresh, 4oz 14.0g
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	Juice, Orange Vita Fresh, 4 12.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Saltines HS ONLY 7.8g	Juice, Orange Vita Fresh, 4 12.0g	Cucumber Slices Seasoned 3 5.5g
Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Juice, Orange Vita Fresh, 4 12.0g	Fruit Fresh Assorted ** DO 0.0g*
Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Baby Carrots 3/4 CUP 11.5g	Fruit Fresh Assorted ** DO 0.0g*
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	Fruit Canned** DO NOT PLA 0.0g*	<i>Milk</i>
Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	Fruit Fresh Assorted ** DO 0.0g*	Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>	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, Strawberry 19.0g	Milk, Fat Free, Unflavored 13.0g
<i>Condiment</i>	<i>Condiment</i>	<i>Condiment</i>	Milk, Fat Free, Chocolate 19.0g	<i>Condiment</i>
Salsa Mild Canned, 2 oz port 3.0g	Ketchup, 9 gram 3.0g	Ketchup, 9 gram 3.0g	Milk, Fat Free, Unflavored 13.0g	Ranch Dressing, Portion 1 oz 1.0g
			<i>Condiment</i>	
			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.