

McAllen ISD

Carbohydrate Analysis

Carbohydrate grams per serving in Lunch menus for Middle School for Grades 6 - 8

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		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	Beef Tamales with Cheese	23.3g	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>	
Apples, Red, Fresh	18.1g	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
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	Carrots Steamed 3/4 Cup (C	9.8g	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
		Milk, Fat Free, Unflavored	13.0g	<i>Condiment</i>				<i>Condiment</i>	
				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
<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	Carrots Steamed 3/4 Cup (C	9.8g	Apples, Red, Fresh	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	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Apples, Red, Fresh	18.1g
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Juice, Orange Vita Fresh, 4	12.0g	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
				<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	Salsa Mild Canned, 2 oz port	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	Fresh fruit Oranges, Raw 15.0g
Juice, Apple Vita Fresh, 4oz 14.0g	Fresh Baby Carrots, (dinner 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, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Carrots Steamed 3/4 Cup (C 9.8g		Juice, Orange Vita Fresh, 4 12.0g
Cucumber Slices Seasoned 3 5.5g	Juice, Orange Vita Fresh, 4 12.0g	<i>Milk</i>	<i>Milk</i>	Veggie Nibbles Blend 3/4 CU 7.6g
<i>Milk</i>	Baby Carrots 3/4 CUP 11.5g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Double Chocolate Cookie 0.1g	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>Milk</i>			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			Ketchup, 9 gram 3.0g

* 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		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>	
Beef Tamales with Cheese	23.3g	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	Fresh fruit Oranges, Raw	15.0g	Fresh fruit Oranges, Raw	15.0g	Broccoli Florets serve 3/4 C	7.0g
Fresh fruit Oranges, Raw	15.0g	Fresh fruit Oranges, Raw	15.0g	Fresh fruit Oranges, Raw	15.0g	Juice, Apple Vita Fresh, 4oz	14.0g	<i>Milk</i>	
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	Milk, Fat Free, Chocolate	19.0g
Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Baby Carrots 3/4 CUP	11.5g	Milk, Fat Free, Unflavored	13.0g
Saltines HS ONLY	7.8g	<i>Milk</i>		Saltines HS ONLY	7.8g	<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, 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>			
<i>Condiment</i>		Ketchup, 9 gram	3.0g	<i>Condiment</i>		Ranch Dressing, Portion 1 oz	1.0g		
Salsa Mild Canned, 2 oz port	3.0g			Ketchup, 9 gram	3.0g				

* 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>
Baby Carrots 3/4 CUP 11.5g	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
<i>Milk</i>	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
Milk, Fat Free, Chocolate 19.0g	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
Milk, Fat Free, Unflavored 13.0g	Cucumber Slices Seasoned 3 5.5g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Saltines HS ONLY 7.8g
	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Broccoli Florets serve 3/4 C 7.0g
	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	Fruit Canned** DO NOT PLA 0.0g*
	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Strawberry 19.0g	Fruit Fresh Assorted ** DO 0.0g*
	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>
	Milk, Fat Free, Unflavored 13.0g		Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Strawberry 19.0g
	<i>Condiment</i>		<i>Condiment</i>	Milk, Fat Free, Chocolate 19.0g
	Ranch Dressing, Portion 1 oz 1.0g		Ketchup, 9 gram 3.0g	Milk, Fat Free, Unflavored 13.0g
				<i>Condiment</i>
				Ketchup, 9 gram 3.0g

* Indicates incomplete or missing nutrient information.

Friday, 26 February	Saturday, 27 February	Monday, 1 March	Tuesday, 2 March	Wednesday, 3 March
Pepperoni Pizza, Carrots and Assorted Fruit	Pizza with Carrots, assorted milk	Chicken Tenders , Assorted Fruit, Milk, Juice, veggie nibbles blend	Beef Tamales, Assorted Fruit, Refried Beans	Cheeseburger, Assorted Fruit, Emoji Fries
<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	Chicken Tenders w Biscuit 42.0g	Beef Tamales with Cheese 23.3g	Beef Cheeseburger 28.2g
<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, Fruit Punch Vita Fresh 14.0g	Beans Pinto Refried 3/4 CUP 44.9g	Emoji Fries 3/4 CUP 27.0g
Fresh Baby Carrots, (dinner 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
Baby Carrots 3/4 CUP 11.5g	Carrots Steamed 3/4 Cup (C 9.8g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Fruit Fresh Assorted ** DO 0.0g*	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
<i>Milk</i>	<i>Milk</i>	Fruit Canned** DO NOT PLA 0.0g*	Saltines HS ONLY 7.8g	Fruit Canned** DO NOT PLA 0.0g*
Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Chocolate 19.0g	Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Fruit Fresh Assorted ** DO 0.0g*
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>
Milk, Fat Free, Unflavored 13.0g		Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>	Milk, Fat Free, Strawberry 19.0g
		Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, 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		Ketchup, 9 gram 3.0g

* Indicates incomplete or missing nutrient information.

Thursday, 4 March	Friday, 5 March	Monday, 8 March	Tuesday, 9 March	Wednesday, 10 March
Ciabatta Melt ,Assorted Fruit, broccoli	Pepperoni Pizza, Carrots, Ranch,Assorted Fruit	Mini Corn Dog, Broccoli, Assorted Fruit	Tornados, Assorted Fruit,Refried Beans	Cheeseburger , Assorted Fruit, tator tots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Ciabattata Grilled Cheese Melt 27.9g	Pizza, Pepperoni, Round 34.9g	Corn Dogs, Mini 33.3g	Tornados with Cheese. 92.3g	Beef Cheeseburger 28.2g
<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, Fruit Punch Vita Fresh 14.0g	Beans Pinto Refried 3/4 CUP 44.9g	Potato and Sweet Potato Ro 24.9g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	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	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
Broccoli Florets serve 3/4 C 7.0g	Juice, Orange Vita Fresh, 4 12.0g	Broccoli Florets serve 3/4 C 7.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g
Fruit Canned** DO NOT PLA 0.0g*	Baby Carrots 3/4 CUP 11.5g	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Fruit Canned** DO NOT PLA 0.0g*
Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*	Fruit Fresh Assorted ** DO 0.0g*
<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>	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, 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, 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>
	<i>Condiment</i>	Ketchup, 9 gram 3.0g	Jalapenos Condiments Sliced 1.4g	Ketchup, 9 gram 3.0g
	Ranch Dressing, Portion 1 oz 1.0g			

* Indicates incomplete or missing nutrient information.

Thursday, 11 March	Friday, 12 March	Monday, 15 March	Tuesday, 16 March	Wednesday, 17 March
Chicken Burger Assorted fruit, cucumber	Pepperoni Pizza, Carrots, Ranch, Assorted Fruit	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>
Chicken Burger 15.4g	Pizza, Pepperoni, Round 34.9g	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, 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, Apple Vita Fresh, 4oz 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, 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	Juice, Orange Vita Fresh, 4 12.0g	Baby Carrots 3/4 CUP 11.5g
Veggie Nibbles Blend 3/4 CU 7.6g	Juice, Orange Vita Fresh, 4 12.0g	Broccoli Florets serve 3/4 C 7.0g	Veggie Nibbles Blend 3/4 CU 7.6g	Fruit Fresh Assorted ** DO 0.0g*
Fruit Canned** DO NOT PLA 0.0g*	Baby Carrots 3/4 CUP 11.5g	Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	<i>Milk</i>
Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	Milk, Fat Free, Chocolate 19.0g
<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>	Milk, Fat Free, Unflavored 13.0g
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, Strawberry 19.0g		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	<i>Condiment</i>			
	Ranch Dressing, Portion 1 oz 1.0g			

* 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	Beef Tamales, Assorted Fruit, Refried Beans	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	Beef Tamales with Cheese 23.3g	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*	Saltines HS ONLY 7.8g	Fruit Canned** DO NOT PLA 0.0g*
<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Fruit Fresh Assorted ** DO 0.0g*	Fruit Canned** DO NOT PLA 0.0g*	Fruit Fresh Assorted ** DO 0.0g*
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>	Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>
Milk, Fat Free, Unflavored 13.0g		Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>	Milk, Fat Free, Strawberry 19.0g
		Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, 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>	Ketchup, 9 gram 3.0g
		Mustard, 5.5 gram 0.3g	Salsa Mild Canned, 2 oz port 3.0g	

* Indicates incomplete or missing nutrient information.

Thursday, 25 March	Friday, 26 March	Monday, 29 March	Tuesday, 30 March	Wednesday, 31 March
Alfredo	Pepperoni Pizza, Carrots, Ranch, Assorted Fruit	Pinwheel, assorted fruit, Veggie Nibbles Blend	Frito Pie, Refried Beans, Juice, Milk	Cheeseburger, Assorted Fruit, tator tots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken Alfredo 116.3	Pizza, Pepperoni, Round 34.9g	Pinwheel, Pepperoni 36.0g	Frito Pie Ms & HS 43.2g	Beef Cheeseburger 28.2g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Juice, Fruit Punch Vita Fresh 14.0g	Fresh Baby Carrots, (dinner 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	Beans Pinto Refried 3/4 CUP 44.9g	Potato and Sweet Potato Ro 24.9g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g	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	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
Saltines HS ONLY 7.8g	Juice, Orange Vita Fresh, 4 12.0g	Cucumber Slices Seasoned 3 5.5g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g
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, 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>
<i>Condiment</i>	Milk, Fat Free, Unflavored 13.0g	Ranch Dressing, Portion 1 oz 1.0g		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.