

McAllen ISD

Carbohydrate Analysis

Carbohydrate grams per serving in Lunch menus

Thursday, 1 April	Friday, 2 April	Saturday, 3 April	Sunday, 4 April	Monday, 5 April
Chicken Tenders	Pepperoni Pizza, Carrots and Assorted Fruit	Pizza with Carrots, assorted milk	Ciabatta Melt with Broccoli	Chicken Tenders , Assorted Fruit, Milk, Juice, veggie nibbles blend
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken Tenders w Mac and 34.9g	Pizza, Pepperoni, Round 34.9g	Pizza, Pepperoni, Round 34.9g	Ciabatta Grilled Cheese Melt 27.9g	Chicken Tenders w Biscuit 42.0g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Juice, Apple Vita Fresh, 4oz 14.0g	Fresh Baby Carrots, (dinner 14.0g	Apples, Red, Fresh 18.1g	Apples, Red, Fresh 18.1g	Fresh fruit Oranges, Raw 15.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	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	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	Baby Carrots 3/4 CUP 11.5g	Baby Carrots 3/4 CUP 11.5g	Broccoli Florets serve 3/4 C 7.0g	Veggie Nibbles Blend 3/4 CU 7.6g
<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.

Tuesday, 6 April	Wednesday, 7 April	Thursday, 8 April	Friday, 9 April	Saturday, 10 April
Tex Mex Baked Potato w/ Blk B	Cheeseburger, Assorted Fruit,Emoji Fries	Spaghetti w/ Meatsauce, Juice, Milk	Pepperoni Pizza ,Assorted Fruit, Carrots	Chicken Nuggets with Broccoli
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Baked Potato (27 g) w/ biscuit(23 g) Both 50g	Beef Cheeseburger 16.4g	Spaghetti & Meat Sauce 48.2g	Pizza, Pepperoni, Round 34.9g	Weekend Chicken Nuggets 16.2g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Fiesta Black Beans 33.6g	Emoji Fries 3/4 CUP 27.0g	Fresh fruit Apples,Golden De 18.1g	Fresh fruit Oranges, Raw 15.0g	Broccoli Florets serve 3/4 C 7.0g
Fresh fruit Oranges, Raw 15.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Fresh Baby Carrots, (dinner 14.0g	<i>Milk</i>
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	Milk, Fat Free, Chocolate 19.0g
Juice, Orange Vita Fresh, 4 12.0g	Pears, Fresh 11.7g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Unflavored 13.0g
<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, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	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.

Sunday, 11 April	Monday, 12 April	Tuesday, 13 April	Wednesday, 14 April	Thursday, 15 April
Pinwheel and Steamed Carrots	Mini Corn Dog, Broccoli, Assorted Fruit	Burritos , Refiried Beans, Assorted Fruit	Cheeseburger , Assorted Fruit, tator tots	Chicken Burger Assorted fruit, cucumber
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Pinwheel, Pepperoni 36.0g	Corn Dogs, Mini 33.3g	Beef & Bean Burrito 40.0g	Beef Cheeseburger 16.4g	Chicken Burger 15.4g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Berry Breeze 6 oz 24.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Fiesta Black Beans 33.6g	Sweet Potato Waffle Fries 28.4g	Fresh fruit Oranges, Raw 15.0g
Baby Carrots 3/4 CUP 11.5g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Fresh fruit Oranges, Raw 15.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Carrots Steamed 3/4 Cup (C 9.8g	Broccoli Florets serve 3/4 C 7.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Orange Vita Fresh, 4 12.0g
<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	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	
			Mustard, 5.5 gram 0.3g	

* Indicates incomplete or missing nutrient information.

Friday, 16 April	Saturday, 17 April	Sunday, 18 April	Monday, 19 April	Tuesday, 20 April
Pepperoni Pizza ,Assorted Fruit,Carrots	Pizza with Carrots, assorted milk	Mini Corn Dogs with Vegetable Normandy	Cheese Sticks, Assorted Fruit 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	Mini Corn Dogs 33.3g	Cheese Sticks w Marinara Sa 38.9g	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>
Fresh fruit Oranges, Raw 15.0g	Fresh fruit Oranges, Raw 15.0g	Pears, Fresh 11.7g	Fresh fruit Oranges, Raw 15.0g	Fiesta Black Beans 33.6g
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, Apple Vita Fresh, 4oz 14.0g
Juice, Apple Vita Fresh, 4oz 14.0g	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	<i>Milk</i>	<i>Milk</i>	Veggie Nibbles Blend 3/4 CU 7.6g	Pears, Fresh 11.7g
Baby Carrots 3/4 CUP 11.5g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>	<i>Milk</i>
<i>Milk</i>	Milk, Fat Free, Unflavored 13.0g	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, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
Milk, Fat Free, Unflavored 13.0g				

* Indicates incomplete or missing nutrient information.

Wednesday, 21 April	Thursday, 22 April	Friday, 23 April	Saturday, 24 April	Sunday, 25 April
Cheeseburger, Assorted Fruit,Emoji Fries	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
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Beef Cheeseburger 16.4g	Chicken Oven Roasted w/Bis 34.8g	Pizza, Pepperoni, Round 34.9g	Beef & Bean Burrito 40.0g	Turkey Ham & Star Shaped 29.1g
<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, Apple Vita Fresh, 4oz 14.0g	Fresh fruit Apples,Golden De 18.1g	Broccoli Florets serve 3/4 C 7.0g	Baby Carrots 3/4 CUP 11.5g
Fresh fruit Oranges, Raw 15.0g	Juice, Orange Vita Fresh, 4 12.0g	Fresh Baby Carrots, (dinner 14.0g	<i>Milk</i>	<i>Milk</i>
Juice, Apple Vita Fresh, 4oz 14.0g	Pears, Fresh 11.7g	Juice, Apple Vita Fresh, 4oz 14.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
Juice, Orange Vita Fresh, 4 12.0g	Broccoli Florets serve 3/4 C 7.0g	Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
<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	Ketchup, 9 gram 3.0g	Ranch Dressing, Portion 1 oz 1.0g		
Mustard, 5.5 gram 0.3g				

* Indicates incomplete or missing nutrient information.

Monday, 26 April	Tuesday, 27 April	Wednesday, 28 April	Thursday, 29 April	Friday, 30 April
Pinwheel, assorted fruit, Veggie Nibbles Blend	Frito Pie, Refried Beans, Juice, Milk	Cheeseburger , Assorted Fruit, tator tots	Chicken Tenders	Pepperoni Pizza, Carrots and Assorted Fruit
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Pinwheel, Pepperoni 36.0g	Frito Pie Ms & HS 43.2g	Beef Cheeseburger 16.4g	Chicken Tenders w Mac and 34.9g	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	Sweet Potato Waffle Fries 28.4g	Juice, Apple Vita Fresh, 4oz 14.0g	Fresh fruit Oranges, Raw 15.0g
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	Fresh Baby Carrots, (dinner 14.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Pears, Fresh 11.7g	Juice, Apple Vita Fresh, 4oz 14.0g
Seasoned Jicama 3/4 cup 10.5g	Pears, Fresh 11.7g	Juice, Orange Vita Fresh, 4 12.0g	Saltines HS ONLY 7.8g	Juice, Orange Vita Fresh, 4 12.0g
<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	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	
		Mustard, 5.5 gram 0.3g		

* Indicates incomplete or missing nutrient information.

Saturday, 1 May		Sunday, 2 May		Monday, 3 May		Tuesday, 4 May		Wednesday, 5 May	
Pizza with Carrots, assorted milk		Ciabatta Melt ,Assorted Fruit, broccoli		Chicken Tenders , Assorted Fruit, Milk, Juice, veggie nibbles blend		Tex Mex Baked Potato w/ Black 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	Ciabatta Grilled Cheese Melt	27.9g	Chicken Tenders w Biscuit	42.0g	Baked Potato (27 g) w/ biscuit(23 g) Both 50g		Beef Cheeseburger	16.4g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Carrots Steamed 3/4 Cup (C	9.8g	Juice, Apple Vita Fresh, 4oz	14.0g	Fresh fruit Oranges, Raw	15.0g	Fiesta Black Beans	33.6g	Emoji Fries 3/4 CUP	27.0g
<i>Milk</i>		Juice, Orange Vita Fresh, 4	12.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Fresh fruit Oranges, Raw	15.0g	Apples, Red, Fresh	18.1g
Milk, Fat Free, Chocolate	19.0g	Broccoli Florets serve 3/4 C	7.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Apple Vita Fresh, 4oz		Juice, Apple Vita Fresh, 4oz	14.0g
Milk, Fat Free, Unflavored	13.0g	<i>Milk</i>		Cherry Tomato and Cucumb	3.0g	Juice, Orange Vita Fresh, 4	14.0g	Juice, Orange Vita Fresh, 4	12.0g
		Milk, Fat Free, Chocolate	19.0g	<i>Milk</i>		<i>Milk</i>		<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, 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		Ketchup, 9 gram	3.0g

* Indicates incomplete or missing nutrient information.

Thursday, 6 May	Friday, 7 May	Saturday, 8 May	Sunday, 9 May	Monday, 10 May
Spaghetti w/ Meatsauce, Juice, Milk	Cheesy Pull aparts, Baby Carrots, Assorted Fruit	Pizza with Carrots, juice, assorted milk	Pinwheel and Steamed Carrots	Mini Corn Dog, Broccoli, Assorted Fruit
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Spaghetti & Meat Sauce 48.2g	Cheesy Pull Aparts Marinara 32.0g	Pizza, Pepperoni, Round 34.9g	Pinwheel, Pepperoni 36.0g	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>
Fresh fruit Oranges, Raw 15.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Carrots Steamed 3/4 Cup (C 9.8g	Carrots Steamed 3/4 Cup (C 9.8g	Fresh fruit Oranges, Raw 15.0g
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	Pears, Fresh 11.7g			Juice, Orange Vita Fresh, 4 12.0g
Broccoli Florets serve 1 Cup 7.4g	Baby Carrots 3/4 CUP 11.5g			Broccoli Florets serve 3/4 C 7.0g
<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>
				Ketchup, 9 gram 3.0g

* Indicates incomplete or missing nutrient information.

Tuesday, 11 May	Wednesday, 12 May	Thursday, 13 May	Friday, 14 May	Saturday, 15 May
Conchitas con Carne w/ Black Beans	Cheeseburger , Assorted Fruit, tator tots	Chicken Burger Assorted fruit, cucumber	Pepperoni Pizza ,Assorted Fruit,Carrots	Chicken Nuggets with Broccoli
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Conchitas con Pollo MS- HS 24.9g	Beef Cheeseburger 16.4g	Chicken Burger 15.4g	Pizza, Pepperoni, Round 34.9g	Weekend Chicken Nuggets 16.2g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Fiesta Black Beans 33.6g	Sweet Potato Waffle Fries 28.4g	Fresh fruit Oranges, Raw 15.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Broccoli Florets serve 3/4 C 7.0g
Fresh fruit Oranges, Raw 15.0g	Fresh fruit Oranges, Raw 15.0g	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	Pears, Fresh 11.7g	
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Seasoned Jicama 3/4 cup 10.5g	Baby Carrots 3/4 CUP 11.5g	
<i>Milk</i>	<i>Milk</i>	Chocolate Chip Cookie 0.1g	<i>Milk</i>	
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, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	
	<i>Condiment</i>	Milk, Fat Free, Unflavored 13.0g		
	Ketchup, 9 gram 3.0g	<i>Condiment</i>		
		Ketchup, 9 gram 3.0g		

* Indicates incomplete or missing nutrient information.

Sunday, 16 May	Monday, 17 May	Tuesday, 18 May	Wednesday, 19 May	Thursday, 20 May
Mini Corn Dogs with Vegetable Normandy	Cheese Sticks, Assorted Fruit Veggie nibbles blend	Bean & Ch. Pupusa w/ Black Beans	Cheeseburger , Assorted Fruit,emoji fries	Italian Meatball Sub w/ Broccoli
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Mini Corn Dogs 33.3g	Cheese Sticks w Marinara Sa 38.9g	Bean and Cheese Pupusa 35.0g	Beef Cheeseburger 16.4g	Italian Meatball Sub 6.5g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Veggie Nibbles Blend 3/4 CU 7.6g	Juice, Fruit Punch Vita Fresh 14.0g	Fiesta Black Beans 33.6g	Emoji Fries 3/4 CUP 27.0g	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, 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
	Cherry Tomato and Cucumb 3.0g	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>	<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>	
	Ketchup, 9 gram 3.0g		Ketchup, 9 gram 3.0g	
	Mustard, 5.5 gram 0.3g			

* Indicates incomplete or missing nutrient information.

Friday, 21 May	Saturday, 22 May	Sunday, 23 May	Monday, 24 May	Tuesday, 25 May
Cheesy Pull aparts, Baby Carrots, Assorted Fruit	Pizza with Carrots, juice, assorted milk	Star Shaped Pita with Turkey and baby carrots	Pinwheel, assorted fruit, Veggie Nibbles Blend	Beef Tamales, Assorted Fruit, Refried Beans
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Cheesy Pull Aparts Marinara 32.0g	Pizza, Pepperoni, Round 34.9g	Turkey Ham & Star Shaped 29.1g	Pinwheel, Pepperoni 36.0g	Beef Tamales WG, Lunch Ele 21.1g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Juice, Apple Vita Fresh, 4oz 14.0g	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
Juice, Fruit Punch Vita Fresh 14.0g	Carrots Steamed 3/4 Cup (C 9.8g	2 each Fresh Baby Carrots 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Fruit Punch Vita Fresh 14.0g
Juice, Orange Vita Fresh, 4 12.0g	*		Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Baby Carrots 3/4 CUP 11.5g	<i>Milk</i>	<i>Milk</i>	Seasoned Jicama 5.3g	Juice, Orange Vita Fresh, 4 12.0g
	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>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, 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			<i>Condiment</i>	Milk, Fat Free, Unflavored 13.0g
			Ranch Dressing, Portion 1 oz 1.0g	

* Indicates incomplete or missing nutrient information.

Wednesday, 26 May	Thursday, 27 May	Friday, 28 May	Saturday, 29 May
Cheeseburger , Assorted Fruit, tator tots	Oven Roasted Chicken w Biscuit ,Assorted Fruit,Broccoli	Pepperoni Pizza, Carrots and Assorted Fruit	Tornados w Broccoli
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Beef Cheeseburger 16.4g	Chicken Oven Roasted w/Bis 34.8g	Pizza, Pepperoni, Round 34.9g	Tornados 88.1g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Sweet Potato Waffle Fries 28.4g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Assorted Flavors 4oz 40.0g
Juice, Fruit Punch Vita Fresh 14.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Fruit Punch Vita Fresh 14.0g	Broccoli Florets serve 3/4 C 7.0g
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>
Juice, Orange Vita Fresh, 4 12.0g	<i>Milk</i>	Baby Carrots 3/4 CUP 11.5g	Milk, Fat Free, Chocolate 19.0g
<i>Milk</i>		<i>Milk</i>	Milk, Fat Free, Unflavored 13.0g
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, 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.