




MENU ITEM	MENU ITEM	CARBS (g)	SODIUM(mg)	CALORIES	FAT(g)
VARIETY OF MILK OFFERED DAILY					
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STARWBERRY	8 FL OZ	22	90	120	0
MIK, 1% WHITE	8 FL OZ	11	120	100	2.5
Monday, January 7, 2019					
BEEF, HAMBURGER	1 EACH	2	270	150	10
BUN, HAMBURGER	1 EACH	31	200	160	2
UNCRUSTABLE, PB&J	1 EACH	32	320	320	17
PICKLES, DILL CHIPS	5 EACH	0	127	0	0
POTATOES, SMILE FRIES	4 EACH	20	180	130	4
PINEAPPLE TIDBITS	1/2 CUP	17	10	70	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Tuesday, January 8, 2019					
SOUP, CHICKEN NOODLE	6 FL OZ	11	457	123	3
CRACKERS, SALTINES	4 PKG	40	640	200	0
QUESADILLA , CHEESE	1/2 EACH	16	280	160	6
SANDWICH, HAM & CHEESE	1 EACH	34	963	309	10
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Wednesday, January 9, 2019					
FIESTADA PIZZA	1 EACH	40	860	350	14
SANDWICH, TURKEY & CHEESE	1 EACH	34	881	298	7
BEANS, PINTO CHILI SEASONED	1/2 CUP	21	550	120	0.5
FRUIT, PEARS, DICED	1/2 CUP	14	10	60	0
CRACKER, CHOCOLATE SPORTS BITES	1 EACH	20	105	110	3
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Thursday, January 10, 2019					
TORTILLA CHIPS	1 OZ WT	18	110	130	7
CHEESE SAUCE	1 FL OZ	3	180	17	0.5
NACHO MEAT	1/3 CUP	4	405	100	5
SANDWICH, SUBMARINE	1 EACH	31	946	236	7
FRUIT, APPLESAUCE CUP	1 EACH	21	25	80	0
CRACKERS, GRIPZ	1 EACH	20	80	120	3
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Friday, January 11, 2019					
BREADSTICKS, RIP STICKS	2 EACH	29	200	160	29
SPAGHETTI MEATSAUCE	1/2 CUP	11	503	85	1
YOGURT	1 EACH	16	65	80	0
CHEESE STICK	1 EACH	0	200	80	6
CRACKERS, SALTINES	4 PKG	40	640	200	0
VEG, GREEN BEANS	1/2 CUP	4	380	25	0
FRUIT, PEACHES, DICED	1/2 CUP	17	10	70	0
BREAD, SANDWICH	1 SLICE	13	125	70	0.5
MARGARINE CUP	1 EACH	0	40	25	2
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11


MENU ITEM	MENU ITEM	CARBS (g)	SODIUM(mg)	CALORIES	FAT(g)
VARIETY OF MILK OFFERED DAILY					
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STARWBERRY	8 FL OZ	22	90	120	0
MIK, 1% WHITE	8 FL OZ	11	120	100	2.5
Monday, January 14, 2019					
CHICKEN, MANDARIN ORANGE	4 OZ WT	19	280	150	3
UNCRUSTABLE, PB&J 	1 EACH	32	320	320	17
RICE, BROWN	1/2 CUP	20	1	109	0
FRUIT CUP, FROZEN PEACHES	1 EACH	19	0	80	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Tuesday, January 15, 2019					
CHICKEN, TENDERS	3 EACH	13	390	180	8
SANDWICH, HAM & CHEESE	1 EACH	34	963	309	10
CARROTS, COOKED	1/2 CUP	6	43	27	1
CRACKER, CHEESE GOLDFISH	1 EACH	14	170	100	4
BANANA, WHOLE	1 EACH	27	1	105	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Wednesday, January 16, 2019					
PIZZA, PEPPERONI 4X6	1 EACH	33	810	270	9
SANDWICH, TURKEY & CHEESE	1 EACH	34	881	298	7
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
CRACKER, MAPLE SUNRISE BITES	1 EACH	20	115	110	3.5
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Thursday, January 17, 2019					
ROASTED TURKEY	2 OZ WT	0	388	114	6
BREAD, DINNER ROLL	1 EACH	20	130	110	1
MARGARINE CUP	1 EACH	0	40	25	2
SANDWICH, SUBMARINE	1 EACH	31	946	236	7
POTATOES, MASHED	1/2 CUP	17	410	90	1
GRAVY, TURKEY	1 FL OZ	1.5	145	10	0
FRUIT FROZEN SIDEKICKS	1 EACH	20	45	80	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Friday, January 18, 2019					
HOT DOG -TURKEY	1 EACH	2	300	110	9
BUN, CONEY	1 EACH	31	200	160	2
YOGURT	1 EACH	16	65	80	0
CHEESE STICK	1 EACH	0	200	80	6
CRACKERS, SALTINES	4 PKG	40	640	200	0
BEANS, BAKED	1/2 CUP	30	370	140	0
FRUIT, ORANGE SMILES (1/4 ORANGE)	2 EACH	10	0	40	0
RICE KRISPIE TREATS	1 EACH	9	45	50	1
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11

MENU ITEM	MENU ITEM	CARBS (g)	SODIUM(mg)	CALORIES	FAT(g)
VARIETY OF MILK OFFERED DAILY					
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STARWBERRY	8 FL OZ	22	90	120	0
MIK, 1% WHITE	8 FL OZ	11	120	100	2.5
Monday, January 21, 2019					
NO SCHOOL					
Tuesday, January 22, 2019					
EGG, CHEESE OMELET	1 EACH	2	300	130	10
FRENCH TOAST STICKS	3 EACH	36	300	250	9
SYRUP, PANCAKE	1 FL OZ	26	52	105	0
UNCRUSTABLE, PB&J	1 EACH	32	320	320	17
POTATOES, TRI TATERS	1 EACH	12	200	70	7
JUICE, APPLE CHERRY	1 EACH	14	15	60	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Wednesday, January 23, 2019					
PIZZA, CHEESE FRENCH BREAD NARDONE	1 EACH	33	380	310	11
SANDWICH, TURKEY & CHEESE	1 EACH	34	881	298	7
VEG, PEAS	1/2 CUP	11	58	62	0
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Thursday, January 24, 2019					
CHICKEN, NUGGETS	5 EACH	15	340	240	14
BREAD, DINNER ROLL	1 EACH	20	130	110	1
SANDWICH, SUBMARINE	1 EACH	31	946	236	7
POTATOES, MASHED	1/2 CUP	17	310	80	1
GRAVY, CHICKEN	1 FL OZ	1.5	175	10	0.25
RAISELS, FLAVORED GOLDEN RAISINS	1 EACH	35	0	140	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Friday, January 25, 2019					
BEEF, TACO MEAT JTM	2.6 OZ	4	240	91	4
TORTILLA, FLOUR 6"	1 EACH	13	190	80	2.5
LETTUCE, SHREDDED	1/4 CUP	0.5	1.75	2.5	0
CHEESE, CHEDDAR, SHREDDED	0.5 OZ	0.5	101	40	2.5
CONDIMENTS, SALSA	2 FL OZ	4	140	20	0
YOGURT	1 EACH	16	65	80	0
CHEESE STICK	1 EACH	0	200	80	6
CRACKERS, SALTINES	4 PKG	40	640	200	0
BEANS, REFRIED	1/2 CUP	28	660	200	5
FRUIT, APPLESauce CUP	1 EACH	21	25	80	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11

MENU ITEM	MENU ITEM	CARBS (g)	SODIUM(mg)	CALORIES	FAT(g)
VARIETY OF MILK OFFERED DAILY					
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STARWBERRY	8 FL OZ	22	90	120	0
MIK, 1% WHITE	8 FL OZ	11	120	100	2.5
Monday, January 28, 2019					
ITALIAN MEATBALLS	5 EACH	2	180	191	12
BREAD, DINNER ROLL	1 EACH	20	130	110	1
UNCRUSTABLE, PB&J 	1 EACH	32	320	320	17
POTATOES, TRI TATERS	1 EACH	12	200	70	7
FRUIT, MIXED	1/2 CUP	17	10	60	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Tuesday, January 29, 2019					
BEEF, BREADED PATTY	1 EACH	19	320	350	24
BUN, HAMBURGER	1 EACH	31	200	160	2
SANDWICH, HAM & CHEESE	1 EACH	34	963	309	10
CORN	1/2 CUP	16	1	67	1
FRUIT CUP, FROZEN STRAWBERRIES	1 EACH	19	0	80	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Wednesday, January 30, 2019					
MAX STICKS	2 EACH	34	800	320	14
SPAGHETTI SAUCE	1/8 CUP	2	122	15	0
SANDWICH, TURKEY & CHEESE	1 EACH	34	881	298	7
COOKIE, CHOCOLATE CHIP 	1 EACH	27	140	160	5
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Thursday, January 31, 2019					
SOUP, CHILI	6 FL OZ	22	688	167	2
CRACKERS, SALTINES	4 PKG	40	640	200	0
SANDWICH, SUBMARINE	1 EACH	31	946	236	7
CINNAMON ROLL 1.5 oz	1 EACH	22	110	120	3
GRAPES	4 OZ WT	20	0	80	0
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
Friday, February 1, 2019					
CORN DOG	1 EACH	30	390	240	8
YOGURT	1 EACH	16	65	80	0
CHEESE STICK	1 EACH	0	200	80	6
CRACKERS, SALTINES	4 PKG	40	640	200	0
POTATOES, CRINKLE CUT	3 OZ WT	25	199	180	7
FRUIT, PEACHES, DICED	1/2 CUP	17	10	70	0
CRACKER, LIL GRAHAM SQUARES	1 EACH	24	150	130	3
VEGGIE CUP	1 EACH	4	36	19	0
SIDE SALAD	1 EACH	1.5	3	8	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11

May contain peanuts or tree nuts



MENU ITEM	MENU ITEM	CARBS (g)	SODIUM(mg)	CALORIES	FAT(g)
Milk					
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STARWBERRY	8 FL OZ	22	90	120	0
MIK, 1% WHITE	8 FL OZ	11	120	100	2.5
Sack Lunch					
UNCRUSTABLE, PB&J 	1 EACH	32	320	320	17
CHEESE STICK	1 EACH	0	200	80	6
RAISELS - GOLDEN RAISINS	1 EACH	36	5	140	0
JUICE, FRUITABLES	1 EACH	14	15	60	0
CARROTS	1/4 CUP	3	31	13	0

Contains peanuts or tree nuts



MENU ITEM	MENU ITEM	CARBS (g)	SODIUM(mg)	CALORIES	FAT(g)
BEANS, BAKED	1/2 CUP	30	370	140	0
BEANS, PINTO CHILI SEASONED	1/2 CUP	21	550	120	0.5
BEANS, REFRIED	1/2 CUP	28	660	200	5
BEEF, BREADED PATTY	1 EACH	19	320	350	24
BEEF, HAMBURGER	1 EACH	2	270	150	10
BEEF, NACHO MEAT	1/3 CUP	4	405	100	5
BEEF, TACO MEAT	3.17 OZ WT	5	292	111	5
BREAD, DINNER ROLL, BIMBO	1 EACH	20	130	110	1
BREAD, SANDWICH, BIMBO	1 SLICE	16	95	80	1
BREADSTICKS, RIP STICKS	2 EACH	29	200	160	29
BUN, CONEY, BIMBO	1 EACH	31	200	160	2
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
CARROTS, COOKED	1/2 CUP	6	43	27	1
CHEESE SAUCE	1 FL OZ	3	180	17	0.5
CHEESE STICK	1 EACH	0	200	80	6
CHEESE, CHEDDAR, SHREDDED	0.5 OZ WT	0.5	101	40	2.5
CHEESE, STICK MOZZARELLA	1 EACH	0	200	80	6
CHEEZY BREADSTICKS	1 EACH	30	460	280	11
CHICKEN, BREADED PATTY	1 EACH	12	280	230	15
CHICKEN, FAJITA STRIPS	1 SVG (2.75 OZ)	1	451	109	5
CHICKEN, MANDARIN ORANGE	4 OZ WT	19	280	150	3
CHICKEN, NUGGETS	5 EACH	15	340	240	14
CHICKEN, TENDERS	3 EACH	13	390	180	8
CINNAMON ROLL 1.5 oz	1 EACH	22	110	120	3
CONDIMENTS, BBQ SAUCE	1 FL OZ	9	75	40	0
CONDIMENTS, KETCHUP HEINZ	1 EACH	2	101	8	0
CONDIMENTS, MAYO PACKET	1 EACH	0	90	45	5
CONDIMENTS, MUSTARD PACKET	1 EACH	0	57	3	0
CONDIMENTS, SALSA	2 FL OZ	4	140	20	0
CONDIMENTS, RANCH DRESSING CUP	1 PKG	2	420	100	11
COOKIE, CANDY CHIP 	1 EACH	26	100	160	5
CORN DOG	1 EACH	30	390	240	8
CRACKER, CHEESE GOLDFISH	1 EACH	14	170	100	4
CRACKER, CHOCOLATE SPORT BITES	1 EACH	20	105	110	3
CRACKER, LIL GRAHAM SQUARES	1 EACH	24	150	130	3
CRACKER, MAPLE SUNRISE BITES	1 EACH	20	115	110	3.5
CRACKERS, GRIPZ	1 EACH	20	80	120	3
CRACKERS, SALTINES	4 PKG	40	640	200	0
EGG, CHEESE OMELET	1 EACH	2	300	130	10
FIESTADA PIZZA	1 EACH	40	860	350	14
FRENCH TOAST STICKS	3 EACH	36	300	250	9
FRUIT CUP, FROZEN PEACHES	1 EACH	19	0	80	0
FRUIT CUP, FROZEN STRAWBERRIES	1 EACH	19	0	80	0
FRUIT FROZEN SIDEKICKS	1 EACH	20	45	80	0
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
FRUIT, APPLESAUCE CUP	1 EACH	21	25	80	0
FRUIT, BANANA WHOLE	1 EACH	27	1	105	0
FRUIT, GRAPES	4 OZ WT	20	0	80	0
FRUIT, MANDARIN ORANGE CUP	1 EACH	18	5	80	0
FRUIT, MIXED	1/2 CUP	17	10	60	0
FRUIT, ORANGE SMILES (1/4 ORANGE)	2 EACH	10	0	40	0
FRUIT, PEACHES, DICED	1/2 CUP	17	10	70	0
FRUIT, PEARS, DICED	1/2 CUP	16	10	65	0
FRUIT, PINEAPPLE TIDBITS	1/2 CUP	17	10	70	0
GRAVY, CHICKEN	1 FL OZ	1.5	175	10	0.25

MENU ITEM	MENU ITEM	CARBS (g)	SODIUM(mg)	CALORIES	FAT(g)
GRAVY, TURKEY	1 FL OZ	1.5	145	10	0
HOT DOG -TURKEY	1 EACH	2	300	110	9
ITALIAN MEATBALLS	5 EACH	2	180	191	12
JUICE, APPLE CHERRY	1 EACH	14	15	60	0
JUICE, MIXED FRUIT	1 EACH	14	10	60	0
LETTUCE, SHREDDED	1/4 CUP	0.5	1.75	2.5	0
MANDARIN ORANGES	1/2 CUP	17	10	70	0
MARGARINE CUP	1 EACH	0	40	25	2
MAX STICKS	2 EACH	34	800	320	14
MILK, 1% WHITE	8 FL OZ	11	120	100	2.5
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STARWBERRY	8 FL OZ	22	90	120	0
MUFFIN, CORNBREAD	1 EACH	29	90	170	5
PICKLES, DILL CHIPS	5 EACH	0	127	0	0
PIZZA, CHEESE FRENCH BREAD NARDONE	1 EACH	33	380	310	11
PIZZA, PEPPERONI 4X6	1 EACH	33	810	270	9
PORK, BREADED CHOP	1 EACH	11	330	260	17
POTATOES, CRINKLE CUT	3 OZ WT	25	199	180	7
POTATOES, MASHED	1/2 CUP	17	310	80	1
POTATOES, SMILE FRIES	4 EACH	20	180	130	4
POTATOES, TRI TATERS	1 EACH	12	200	70	7
POTATOES, TWISTERS	3 OZ WT	20	420	160	8
QUESADILLA , CHEESE	1/2 EACH	16	280	160	6
RAISELS, FLAVORED GOLDEN RAISINS	1 EACH	35	0	140	0
RICE, BROWN	1/2 CUP	20	1	109	0
ROASTED TURKEY	2 OZ WT	0	388	114	6
SANDWICH, HAM & CHEESE	1 EACH	34	963	309	10
SANDWICH, SUBMARINE	1 EACH	31	946	236	7
SANDWICH, TURKEY & CHEESE	1 EACH	34	881	298	7
SIDE SALAD	1 EACH	1.5	3	8	0
SOUP, CHICKEN NOODLE	6 FL OZ	11	457	123	3
SOUP, CHILI	6 FL OZ	22	688	167	2
SPAGHETTI MEATSAUCE	1/2 CUP	11	503	85	1
SPAGHETTI SAUCE	1/8 CUP	2	122	15	0
SYRUP, PANCAKE	1 FL OZ	26	52	105	0
TORTILLA CHIPS	1 OZ WT	18	110	130	7
TORTILLA, FLOUR 6"	1 EACH	13	190	80	2.5
UNCRUSTABLE, PB&J 	1 EACH	32	320	320	17
VEG, CORN	1/2 CUP	16	1	67	1
VEG, GREEN BEANS	1/2 CUP	4	380	25	0
VEG, PEAS	1/2 CUP	11	58	62	0
VEGGIE CUP	1 EACH	4	36	19	0
YOGURT	1 EACH	16	65	80	0
QUESO BLANCO SAUCE	2 OZ WT	2	415	118	9

Contains peanuts or tree nuts

