





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, March 11, 2019					
Spring Break					
Tuesday, March 12, 2019					
Spring Break					
Wednesday, March 13, 2019					
Spring Break					
Thursday, March 14, 2019					
Spring Break					
Friday, March 15, 2019					
Spring Break					


May contain peanuts or tree nuts 


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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, March 18, 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, March 19, 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, March 20, 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, March 21, 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, March 22, 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

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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, March 25, 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
Tuesday, March 26, 2019					
CHICKEN, BREADED PATTY	1 EACH	12	280	230	15
BUN, HAMBURGER	1 EACH	31	200	160	2
SANDWICH, HAM & CHEESE	1 EACH	32	1013	299	10
POTATOES, TWISTERS	3 OZ WT	20	420	160	8
FRUIT, MANDARIN ORANGE CUP	1 EACH	18	5	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, March 27, 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, March 28, 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, March 29, 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)
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
GRAVY, TURKEY	1 FL OZ	1.5	145	10	0
HOT DOG -TURKEY	1 EACH	2	300	110	9

MENU ITEM	MENU ITEM	CARBS (g)	SODIUM(mg)	CALORIES	FAT(g)
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

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