

BLUE WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Monday										
Chicken Patty	281622	1 each	270	15	2.5	16	3	400	Soy, Wheat	N
Hamburger Bun, Whole Grain	AM3354	1 each	110	15	0	21	2	180	Wheat	N
Steamed Broccoli	610871	1/2 cup	20	0	0	0.66	2	20	No known allergens	Y
Baby Carrots	510637	1/2 cup	52	0	0	12	4	88	No known allergens	Y
Orange Wedges	198021	1/2 cup	45	0.25	0	10.5	2.5	0	No known allergens	Y
Ketchup	634610	1 each	10	0	0	2	0	25	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	Y
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, milk, wheat, Soy	N
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
Tuesday										
Cinnamon French Toast	646262	1 each	200	8	2	25	3	280	Egg, Milk, Wheat, Soy	N
GoGurt	895090	1 each	50	0.5	0	10	0	30	Milk	Y
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Cocoa Cherry Nutrition Bar	VE	1 each	120	3.5	1.5	39	2	60	Wheat, Soy	N
Hash Brown	141520	1 each	100	100	0.5	13	1	200	No known allergens	Y
Grapes	280895	1/2 cup	60	0	0	15	0.75	9	No known allergens	Y
100% Juice	698261	1 each	40	0	0	9	0	10	No known allergens	Y
Ketchup	634610	1 each	10	0	0	2	0	25	No known allergens	Y

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Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
Wednesday										
Chicken Nuggets	509736	5 each	230	13	3	14	1	560	Soy, Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, milk, wheat, Soy	N
Baked Beans	Recipe	1/2 C	130	0	0	31	4	583	No known allergens	Y
Cucumbers	418439	1/4 C	4	0	0	1	0	0	No known allergens	Y
Peaches	256760	1/2 C	50	0	0	14	1	5	No known allergens	Y
BBQ Cups	499402	1 each	60	0	0	16	0	120		N
Sweet and Sour Sauce	714510	1 each	45	0	0	11	0	120	No known allergens	
Ketchup	634610	2 each	10	0	0	2	0	25	No known allergens	Y
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
Thursday										
Mini Cheeseburgers	641270	1 each	360	15	7	39	4	710	Milk, Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Cocoa Cherry Nutrition Bar	VE	1 each	120	3.5	1.5	39	2	60	Wheat, Soy	N
Seasoned Potato Wedges	199080	1/2 cup	1/2 c	120	5	18	2	430	Wheat	N
Romaine Salad	Recipe	1/2 C	6	0	0	1	0.5	0	No known allergens	N
Apple Slices	473171	1 pkg	28.5	0	0	7	1.7	2.9	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	

BLUE WEEK LUNCH

Ketchup	634610	1 each	10	0	0	2	0	25	No known allergens	Y
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
Friday										
Primo Pizza	667772	1 each	370	15	7	36	3	500	Milk, Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, Wheat, Soy	N
Red Peppers		1/4 c	20	0	0	9	3	0	No known allergens	Y
Grape Tomatoes	129630	1/2 c	18	0	0	26	0	6	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y

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GREEN WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Monday										
Hot Dog	471350	1 each	170	16	6	1	0	280	No known allergens	Y
Hot Dog Bun	Am 2918	1 each	110	1.5	0	20	3	200	Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, Wheat, Soy	N
Baked Beans	Recipe	1/2 C	130	0	0	31	4	583	No known allergens	Y
Crispy Cube Potatoes	504122	1/2 c	130	6	2	18	2	270	Wheat	N
Strawberries	293393	1/2 c	100	0	0	25	1.3	0	No known allergens	Y
Ketchup	634610	1 each	10	0	0	2	0	25	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
Tuesday										
Chicken Smackers	536620	10 each	270	13	3	20	3	590	Milk, Soy, Wheat	N
Waffles	284811	1 each	200	5	1.5	35	4	220	Wheat milk Soy Eggs	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Cocoa Cherry Nutrition Bar	VE	1 each	120	3.5	1.5	39	2	60	Wheat, Soy	N
Peas		47	0	0	0	8	2.6	66	No known allergens	
Peaches	2456760	1/2 c	50	0	0	14	1	5	No known allergens	Y
100% Juice	698261	1 each	40	0	0	9	0	10	No known allergens	Y

Ketchup	634610	1 each	10	0	0	2	0	25	No known allergens	Y
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Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y

Wednesday

Grilled Cheese Panini	Recipe	1 each	200	8	5	15	1	965	Milk, Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, Wheat, Soy	N
Fresh Broccoli	732451	1/2 cup	15	0.2	0	3	1.1	14.5	No known allergens	Y
Pickle Spears	107352	2 each	0	0	0	0	0	210	No known allergens	Y
Apple Slices	473171	1 pkg	28.5	0	0	7	1.7	2.9	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	No known allergens	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y

Thursday

Baked Rotini	Recipe	7 oz	285	7	3	42	4	196	Wheat, Soy, Milk	N
Garlic Toast	277862	1 each	80	4	1	11	1	150	Wheat, Soy, Milk	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Cocoa Cherry Nutrition Bar	VE	1 each	120	3.5	1.5	39	2	60	Wheat, Soy	N
Romaine Salad	Recipe	1/2 C	6	0	0	1	0.5	0	No known allergens	Y
Applesauce Cups (all flavors)		1 each	90	0	0	22	2	15	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y

1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
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Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
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Friday

Pizza Crunchers	143271	4 each	420	20	9	42	4	800	Milk, Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, Wheat, Soy	N
Romaine Salad	Recipe	1/2 C	6	0	0	1	0.5	0	No known allergens	Y
Glazed Carrots	129630	1/2 c	38.5	0	0	2.4	7	60	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y

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RED WEEK LUNCH

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Monday										
Chicken Drumstick	603391	1 each	190	11	3	5	1	450	Wheat	N
Pretzel Nugget	500171	2 each	60	0	0	14	2	40	Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, Wheat, Soy	N
Steamed Broccoli	610871	1/2 cup	20	0	0	0.66	2	20	No known allergens	Y
Mandarin Oranges	612448	1/2 cup	60	0	0	14	0	10	No known allergens	Y
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
Tuesday										
Sausage Biscuit:										
Sausage	138941	1 each	100	6	1.5	1	0	250	No known allergens	Y
Biscuit	686020	1 each	120	5	6	18	0	410	Milk, Wheat, Soy	N
Cheese	722360	1 each	35	2	1.5	2	0	210	Milk	Y
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Cocoa Cherry Nutrition Bar	VE	1 each	120	3.5	1.5	39	2	60	Wheat, Soy	N
100%Juice	698261	1 each	40	0	0	9	0	10	No known allergens	Y
Grapes	280895	1/2 cup	60	0	0	15	0.66	10	No known allergens	Y
Ketchup	634610	1 each	10	0	0	2	0	25	No known allergies	Y
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y

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1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
Wednesday										
Chicken Smackers	536620	5 each	135	8	2	10	2	280	Milk, Soy, Wheat	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, Wheat, Soy	N
Mashed Potatoes	613738	1/2c	70	0	0	14	1	310	Milk	Y
Corn	610782	1/4 c	35	0	0	8	1	0	No known allergens	Y
Cheese	150250	1/2 oz	55	5	3	1	0	95	Milk	Y
Banana	197769	1 each	105	0.4	0.1	27	3.1	1.2	No known allergens	Y
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y
Thursday										
Mini Quesadillas, Cheese	198961	3 each	260	10	2.5	30	3	600	Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Cocoa Cherry Nutrition Bar	VE	1 each	120	3.5	1.5	39	2	60	Wheat, Soy	N
Tortilla Chips	163020	1 oz	150	6	1	21	2	75	No known allergens	Y
Refried Beans	183910	1/2 cup	144	1	1	25	8	525	No known allergens	Y
Pineapple	189979	1/2 cup	75	0	0	20	1	1.2	No known allergens	Y
Salsa Cups	677802	1 each	10	0	0	2	0	70	No know allergens	Y
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y

RED WEEK LUNCH

Friday										
Dominos	667772	1 each	370	15	7	36	3	500	Milk, Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	Y
Zee Zee Oatmeal Nutrition Bar	VE	1 each	240	9	2.5	39	3	70	Wheat, Soy	N
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, milk, wheat, Soy	N
Baby Carrots	510637	1/2 cup	52	0	0	12	4	88	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5		125	Milk, Eggs	
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y

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Breakfast

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, milk, wheat, Soy	N
Breakfast Pizza	659981	1 each	240	7	2.5	31	3	490	Milk, Wheat, Soy	N
Mini French Toast	150291	1 pkg	220	7	1	37	2	220	Wheat, Milk, Egg, Soy	N
Danimal Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
Despicable Me Grahams	865091	1 pkg	140	4.5	1.5	22	2	110	Wheat, Soy, Milk	N
WG Blueberry Muffin	262370	1 each	190	7	1	30	1	135	Egg, Wheat	N
Cinnamon Toast Crunch	365790	1 each	110	3	0.5	22	3	160	Wheat, Soy	N
Lucky Charms	265811	1 each	110	1	0	23	2	180	None	Y
Apple Cinnamon Cherrios	266052	1 each	100	1.5	0	22	2	110	None	y
Orange Juice Cup	118930	1 each	60	0	0	13	0	0	None	Y
Apple Juice Cup	118921	1 each	50	0	0	13	0	0	None	Y
Grape Juice Cup	118940	1 each	80	0	0	19	0	0	None	Y
Choc Fat-Free Milk, 8 oz.		1 each	120	0		20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0		13	0	130	Milk	Y

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