

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	NA
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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	Soy, Wheat	N
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y
Tuesday										
Cinnamon French Toast	646262	1 each	200	8	2	25	3	280	Egg, Milk, Wheat, Soy	N
Animal Crackers	682840	1 each	130	35	1	21	2	110	Wheat, Soy	N
GoGurt	895090	1 each	50	0.5	0	10	0	30	Milk	Y
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, 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
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y

BLUE WEEK LUNCH

1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	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	600	34	6	64	7	540	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	Soy, Wheat	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	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	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	600	34	6	64	7	540	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
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, 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	NA
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

BLUE WEEK LUNCH

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	600	34	6	64	7	540	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
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	NA
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	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	600	34	6	64	7	540	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
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	NA
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y
Tuesday										
Chicken Smackers	536620	5 each	135	7.5	1.5	10	1.5	295	Milk, Soy, Wheat	N
Waffles	284811	1 each	200	5	1.5	35	4	220	Egg, Milk, Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	Nuts, Wheat	N
Yogurt	885750	1 each	80	0	0	16	0	65	Milk	Y
Ultimate Breakfast Round	786801	1 each	60	3	2	1	0	200	Milk	Y
Peas	610802	47	52	0	0	8	2.6	75	No known allergens	Y
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
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Ketchup	634610	1 each	10	0	0	2	0	25	No known allergens	Y

Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y
Wednesday										
Grilled Cheese Panini	158141	1 each	280	10	6	31	3	580	Milk, Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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
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	NA
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	No known allergens	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y
Thursday										
Baked Rotini	Recipe	7 oz	331	9.65	0	38	3	341	Wheat, Soy, Milk	N
Garlic Toast	277862	1 each	80	4	1	11	1	150	Wheat, Soy, Milk	N
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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
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
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	NA
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y

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School Nutrition

GREEN WEEK LUNCH

Fat-Free White, 8 oz.		1 each	90	0	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	600	34	6	64	7	540	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
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	NA
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	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	600	34	6	64	7	540	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
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	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y
Tuesday										
Sausage Biscuit:		1 each	375	21	10.5	33	0	1070	Milk, Wheat	N
Sausage	111341	1 each	120	11	4	0	0	90	No known allergens	Y
Biscuit	109830	1 each	220	8	5	31	0	770	Milk, Wheat	N
Cheese	722360	1 each	35	2	1.5	2	0	210	Milk	Y
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, Wheat, Soy	N
Hash Brown	141520	1 each	100	100	0.5	13	1	200	No known allergens	Y
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, 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	0	20	0	125	Milk	Y
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School Nutrition

RED WEEK LUNCH

1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y

Wednesday

Chicken Smackers	536620	5 each	135	8	2	10	2	280	Milk, Soy, Wheat	N
Graham Crackers	175102	1 each	60	1.5	0	11	1	65	Wheat	N
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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
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	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y

Thursday

Mini Quesadillas, Cheese	198961	3 each	260	10	2.5	30	3	600	Wheat, Soy, Milk	N
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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
Ultimate Breakfast Round	129001	1 each	280	8	3	44	6	190	Egg, Milk, 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	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y

Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y
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Valparaiso Community Schools 2017-18 Nutrition Information K-5

School Nutrition

RED WEEK LUNCH

Friday

Dominos	667772	1 each	370	15	7	36	3	500	Milk, Wheat, Soy	N
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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
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	NA
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	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	Egg, Milk, Wheat, 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
Cheese Stick	786801	1 each	60	3	2	1	0	200	Milk	Y
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	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y

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12/21/2017 Half Day Menu

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Chicken Tenders	740820	3	285	13.5	2.25	16.5	1.5	465	Wheat, Soy	N
100% Juice	698261	1 each	40	0	0	9	0	10	No known allergens	Y
Applesauce Cups (all flavors)		1 each	90	0	0	22	2	15	No known allergens	Y
Uncrustable (PBJ)	516761	1 each	630	33	7	64	6	630	Nuts, Wheat	N
Lite Ranch Dip	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	NA
BBQ Cups	499402	1 each	60	0	0	16	0	120		N

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11/21/17 Thanksgiving Menu

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Turkey and Gravy	653171	4.16 oz	126	5	1.5	2	0	500	No known allergens	Y
Whipped Potatoes	613738	1/2c	70	1	0	15	1	320	Milk	Y
Veggie Blend	101524	1/4c	12	0	0	1.7	0.7	7	None	Y
Fruit Sherbet Cup	602402	1 each	70	0	0	18	3	5	None	Y
Corn Bread	159791	1 each	170	5	0.5	29	1	90	Wheat, Egg, Milk, Soy	N
Uncrustable (PBJ)	516761	1 each	600	34	6	64	7	540	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	Soy, Wheat	N
Choc Fat-Free Milk, 8 oz.		1 each	120	0	0	20	0	125	Milk	Y
1% Lowfat White, 8 oz.		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y

Prior to consuming the product, those with severe allergies should confirm the ingredients on the actual label of the product.

This ingredient and nutrition information was supplied by product manufacturers and distributors. This institution is an equal opportunity provider.