

## 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?
<b>Monday</b>										
Chicken Patty	501861	1 each	184	8	2	13	2	378	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
<b>Tuesday</b>										
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
<b>Wednesday</b>										
Chicken Nuggets	501851	5 each	184	8	2	13	2	380	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
<b>Thursday</b>										
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	174251	1/2 cup	120	4	0.5	20	2	140	No known allergens	Y
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
<b>Friday</b>										
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?
<b>Monday</b>										
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
RS Tater Puffss	563840	1/2 c	90	3.5	0	14	1	170	No known allergens	Y
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
<b>Tuesday</b>										
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
<b>Wednesday</b>										
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
<b>Thursday</b>										
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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**GREEN WEEK LUNCH**

Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y
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<b>Friday</b>										
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?
<b>Monday</b>										
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
<b>Tuesday</b>										
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, 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
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**

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**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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