

## 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	763233	1 each	150	2	0	28	1	240	Wheat	N
Carrot Coins (Fresh)	198145	1/2 cup	25	1.5	0	6	1.5	42	No known allergens	Y
Applesauce Cup	726570	1/2 cup	80	0	0	20	0	15	No known allergens	Y
Lite Ranch Dressing	499521	1 each	70	6	0	5	n/a	125	Milk, Eggs	NA
Mayo Packets	188741	1 each	50	4.5	0.5	2	0	70	Egg	Y
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	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>										
Hot Dog	471350	1 each	170	16	6	1	0	280	No known allergens	Y
Hot Dog Bun	763225	1 each	120	1.5	0	21	1	180	Wheat	N
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Strawberries	212768	1/2 C	23	2	0	5.5	1.5	1	No known allergens	Y
Pickle Spear	107352	2 each	0	0	0	0	0	280	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>										
Chicken Smackers	536620	10 each	270	16	4	20	4	560	Milk, Soy, Wheat	N
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Celery Sticks	198536	1/2 cup	7	0.1	0	1.75	0.8	0	No known allergens	Y

Peaches	256760	1/2 cup	50	0	0	14	1	5	No known allergens	Y
BBQ Cups	499402	1 each	60	0	0	16	0	120		N
Ketchup	634610	2 each	10	0	0	2	0	25	No known allergens	Y

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**Wednesday (cont.)**

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**

Sub Bun	117981	1 each	137.5	1.25	0.25	27.25	2	27.5	Milk, Wheat, Soy	N
Turkey	689541	3 slices	67.5	0.37	0	0	0	315	No known allergens	Y
American Cheese Slice	722360	1 Slice	35	2	1.25	0.25	0	105	Milk, Soy	N
Shredded Lettuce	678791	1/4 cup	37.5	0	0	0.75	0.25	2.5	No known allergens	Y
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Apple Slices	473171	1 pkg	28.5	0	0	7	1.7	2.9	No known allergens	Y
100% Juice	698261	1 each	40	0	0	9	0	10	No known allergens	Y
Mayo Packets	188741	1 each	50	4.5	0.5	2	0	70	Egg	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		13	0	130	Milk	Y
Fat-Free White, 8 oz.		1 each	90	0	0	13	0	130	Milk	Y

**Friday**

Pizza Crunchers	143271	4 each	420	20	9	42	4	800	Milk, Wheat	N
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Grape Tomatoes	129631	1/4 cup	7.5	0	0	2.25	0.5	2.5	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>										
Hamburger	661851	1 each	170	12	5	1	1	250	No known allergens	Y
Hamburger Bun	763233	1 each	150	2	0	28	1	240	Wheat	N
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Pineapple	189979	1/2 c	70	0	0	18	1	0	No known allergens	N
Broccoli	732451	1/2 c	25	0.25	0	5.5	2.5	32.5	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 Nuggets	501851	5 each	180	8	2	13	2	380	Milk, Soy, Wheat	N
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Cucumber Slices & Dip	198587	1/2 c	50	0	0	14	1	5	No known allergens	Y
Fresh Fruit										
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>Wednesday</b>										
Cheese Quesadilla	231771	1 each	320	12	3	39	4	710	Milk, Wheat, Soy	N
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Watermelon	199583	1/2 cup	21.25	0	0	5.3	0.28	0.7	No known allergens	Y

Salsa Cup	677802	1	15	0	0	2	0	100	No known allergens	Y
State Cookies	159371	1 each	130	4	1	22	1	95	Milk, Wheat, Soy	N
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>										
Chicken Tenders	283951	3 each	260	15.00	3	16	3	390	Wheat, Soy	N
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Green Peppers	206059	1/4 cup	9	0.1	0.05	2.15	0.8	1.5	No known allergens	Y
Red Peppers	560715	1/4 cup	12	0.3	0	2.9	1	1	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
BBQ Cups	499402	1 each	60	0	0	16	0	120		N
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

#### Friday

Dominos	667772	1 each	370	15	7	36	3	500	Milk, Wheat, Soy	N
Uncrustable (PBJ) TJM Only	527462	1 each	320	17	3.5	32	3	320	Nuts, Wheat	N
String Cheese	786801	1 each	60	3	2	1	1	200	Milk	Y
Fruit choice										
Veggie choice										
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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School Nutrition

Breakfast

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Blueberry Muffin	262370	1 each	190	7	1	30	1	135	Egg, Wheat	N
Dutch Waffle	607351	1 each	300	13	3	43	3	350	Egg, Milk, Soy	N
Mini Pancake	269220	1 each	220	6	0.5	39	3	130	Egg, Milk, Wheat	N
Mini Cinni Cream Cheese Bagel	401042	1 each	240	6	2.5	42	2	180	Milk, Wheat	N
Zee Zee Cocoa Cherry Nutrition Bar	VE	1 each	120	3.5	1.5	39	2	60	Soy, Wheat	N
UBR	280	1 each	280	8	3	44	6.29	190	Egg, Milk, Wheat, Soy	N
Danimal yogurt	885750	1 each	70	0	0	14	0	60	Milk	Y
String Cheese	786801	1 each	60	3	2	1	0	200	Milk	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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