## Freshman Center and High School

10/26/2018

Brentwood UFSD Food Service		November 2018		BREAKFAST MENU
Monday	Tuesday	Wednesday	Thursday	Friday
-	-		1	2
			WG Muffin	WG Oatmeal Bar
			OR Warm Fresh	OR Egg/Cheese Sandwich
			WG Cinnamon Ring	Raisins
			Apple Juice	Orange Juice
			MILK	MILK
5	6	7	8	9
WG Oatmeal Bar		WG Muffin	WG Cereal Bowl WG Crackers	WG Oatmeal Bar
OR WG Pancakes	Election Day	OR Warm Toasted WG Bagel	OR Warm Fresh WG	OR Egg/Cheese Sandwich
Craisins	Conference Day	Fresh Banana	Cinnamon Ring	Craisins
Apple Juice	No School for Students	Orange Juice	Apple Juice	Orange Juice
MILK		MILK	MILK	MILK
12	13	14	15	16
	WG Cereal Bowl	WG Cereal Bar	WG Cereal Bowl	WG Oatmeal Bar
	WG Crackers	WG Crakers	WG Crackers	
VETERAN'S DAY	OR Turkey Sausage	OR Warm Toasted WG Bagel	OR Warm Fresh	OR Egg/Cheese Sandwich
NO SCHOOL	& Cheese on WG Roll	Fresh Banana	WG Cinnamon Ring	Raisins
110 2011002	Applesauce Cup	Orange Juice	Apple Juice	Orange Juice
	Fruit Punch, MILK	MILK	MILK	MILK
19	20	21	22	23
WG Oatmeal Bar	WG Cereal Bowl	21	22	23
WG Oatmear Bar				
00.1110.0	WG Crackers		THANKS COMBIC HOLIDAY	1212 0101
OR WG Pancakes	OR Turkey Sausage	సాసానాన	THANKSGIVING HOLIDAY	<i>సాసా</i> శాశ
Craisins	& Cheese on WG Roll			
Apple Juice	Apple			
MILK	Fruit Punch, MILK			
26	27	28	29	30
		14400 10		MC Ostronal Day
WG Oatmeal Bar	WG Cereal Bowl WG Crackers	WG Cereal Bar WG Crackers	WG Cereal Bowl WG Crackers	WG Oatmeal Bar
WG Oatmeal Bar  OR WG French Toast Sticks	WG Crackers	WG Crackers		
	WG Crackers OR Turkey Sausage	WG Crackers  OR Warm Toasted WG Bagel	WG Crackers OR Warm Fresh	OR Egg/Cheese Sandwich Raisins
OR WG French Toast Sticks Raisins	WG Crackers OR Turkey Sausage & Cheese on WG Roll	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana	WG Crackers OR Warm Fresh WG Cinnamon Ring	OR Egg/Cheese Sandwich Raisins
OR WG French Toast Sticks Raisins Apple Juice	WG Crackers OR Turkey Sausage & Cheese on WG Roll Applesauce Cup	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana  Orange Juice	WG Crackers OR Warm Fresh WG Cinnamon Ring Apple Juice	OR Egg/Cheese Sandwich Raisins Orange Juice
OR WG French Toast Sticks Raisins Apple Juice MILK	WG Crackers OR Turkey Sausage & Cheese on WG Roll	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana  Orange Juice  MILK	WG Crackers OR Warm Fresh WG Cinnamon Ring	OR Egg/Cheese Sandwich Raisins Orange Juice MILK
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh	WG Crackers  OR Turkey Sausage  & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana  Orange Juice  MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS	WG Crackers OR Warm Fresh WG Cinnamon Ring Apple Juice MILK D is an Equal Opportunity Em	OR Egg/Cheese Sandwich Raisins Orange Juice MILK uployer
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh	WG Crackers  OR Turkey Sausage  & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana  Orange Juice  MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS  VEGETABLES	WG Crackers OR Warm Fresh WG Cinnamon Ring Apple Juice MILK D is an Equal Opportunity Em	OR Egg/Cheese Sandwich Raisins Orange Juice MILK aployer
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh	WG Crackers  OR Turkey Sausage  & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana  Orange Juice  MILK  BUFS  CARBOHYDRATE COUNTS IN GRAMS  VEGETABLES  Broccoli(1/2c)-5	WG Crackers OR Warm Fresh WG Cinnamon Ring Apple Juice MILK D is an Equal Opportunity Em FRUIT Apple Juice(402)-14	OR Egg/Cheese Sandwich Raisins Orange Juice MILK aployer  DAIRY 1% White Milk(802)-13
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25	WG Crackers  OR Turkey Sausage  & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  tole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFS  CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(402)-14  Orange Juice(402)-12	OR Egg/Cheese Sandwich Raisins Orange Juice MILK aployer  DAIRY 1% White Milk(802)-13 Skim Milk(802)-13
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh	WG Crackers  OR Turkey Sausage  & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  tole Grain	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana  Orange Juice  MILK  BUFS  CARBOHYDRATE COUNTS IN GRAMS  VEGETABLES  Broccoli(1/2c)-5	WG Crackers OR Warm Fresh WG Cinnamon Ring Apple Juice MILK D is an Equal Opportunity Em FRUIT Apple Juice(402)-14	OR Egg/Cheese Sandwich Raisins Orange Juice MILK aployer  DAIRY 1% White Milk(802)-13
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(402)-14  Orange Juice(402)-12  Fruit Juice(402)-15  Grape Juice(402)-19  Applesauce(1/2c)-14	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-12  Fruit Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/2c)-14  Fruit Cocktail(1/2c)-14	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16  CONDIMENTS
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFS  CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(402)-14  Orange Juice(402)-15  Fruit Juice(402)-19  Applesauce(1/2c)-14  Fruit Cocktail(1/2c)-14  Mandarin Oranges(1/2c)-15	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Aployer  DAIRY  1% White Milk(8oz)-13 Skim Milk(8oz)-13 FF Chocolate Milk(8oz)-22 FF Strawberry Milk(8oz)-22 Yogurt-16 CONDIMENTS Ketchup packet-3
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFS  CARBOHYDRATE COUNTS IN GRAMS  VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-2	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/2c)-14  Fruit Cocktail(1/2c)-14  Mandarin Oranges(1/2c)-15  Sliced Peaches(1/2c)-14	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Aployer  DAIRY  1% White Milk(8oz)-13 Skim Milk(8oz)-13 FF Chocolate Milk(8oz)-22 FF Strawberry Milk(8oz)-22 Yogurt-16 CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFS  CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(402)-14  Orange Juice(402)-15  Fruit Juice(402)-19  Applesauce(1/2c)-14  Fruit Cocktail(1/2c)-14  Mandarin Oranges(1/2c)-15	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Aployer  DAIRY  1% White Milk(8oz)-13 Skim Milk(8oz)-13 FF Chocolate Milk(8oz)-22 FF Strawberry Milk(8oz)-22 Yogurt-16 CONDIMENTS Ketchup packet-3
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE  Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33  Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-5 Corn(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-22	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(4oz)-14  Orange Juice(4oz)-15  Grape Juice(4oz)-15  Grape Juice(4oz)-19  Applesauce(1/2c)-14  Fruit Cocktail(1/2c)-14  Mandarin Oranges(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16 CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-2 Spinach(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-22 Mixed Bean Salad(1/2c)-15	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(402)-14  Orange Juice(402)-15  Grape Juice(402)-15  Grape Juice(402)-19  Applesauce(1/2c)-14  Fruit Cocktail(1/2c)-14  Mandarin Oranges(1/2c)-15  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16 CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-26	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-2 Spinach(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-22 Mixed Bean Salad(1/2c)-15 Caesar Salad(3/4c)-7	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(402)-14  Orange Juice(402)-15  Fruit Juice(402)-15  Grape Juice(402)-19  Applesauce(1/2c)-14  Fruit Cocktail(1/2c)-14  Mandarin Oranges(1/2c)-15  Sliced Pears(1/2c)-14  Sliced Pears(1/2c)-15  Sliced Pearls(1/2c)-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16  CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12
OR WG French Toast Sticks Raisins Apple Juice MILK WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-26 WG Chicken Patty on WW Bun-38	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI CARBOHYDRATE COUNTS IN GRAMS  VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-22 Mixed Bean Salad(1/2c)-15 Caesar Salad(13/4c)-7 Dark Green Salad & Dressing(3/4c)-10	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Aployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16  CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12 WW Hamburger Bun-25
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-26	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-2 Spinach(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-22 Mixed Bean Salad(1/2c)-15 Caesar Salad(3/4c)-7	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(402)-14  Orange Juice(402)-15  Fruit Juice(402)-15  Grape Juice(402)-19  Applesauce(1/2c)-14  Fruit Cocktail(1/2c)-14  Mandarin Oranges(1/2c)-15  Sliced Pears(1/2c)-14  Sliced Pears(1/2c)-15  Sliced Pearls(1/2c)-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16  CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE  Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-26 WG Chicken Pattie on WW Bun-37 Tuna Salad Wrap-35 Grilled Cheese Sandwich-32	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-2 Mixed Bean Salad(1/2c)-15 Caesar Salad(3/4c)-7 Dark Green Salad & Dressing(3/4c)-10 Mashed Potatoes(1/2c)-14 Hash Browns(1piece)-17 Oven Baked Fries(1/2c)-22	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(802)-13 Skim Milk(802)-13 Skim Milk(802)-22 FF Chocolate Milk(802)-22 FF Strawberry Milk(802)-22 Yogurt-16 CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-6 Syrup(102)-25 Salsa(2tbs)-2 GRAIN WW Bread(1si)-12 WW Hamburger Bun-25 WW Club Roll(202)-28 WW Club Roll(302)-41 WW Kaiser Roll(202)-28
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-38 Hot Spicy Chicken Patty/WW Bun-37 Tuna Salad Wrap-35 Grilled Cheese Sandwich-32 French Toast with Syrup-57	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-2 Spinach(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-22 Mixed Bean Salad(1/2c)-15 Caesar Salad(3/4c)-7 Dark Green Salad & Dressing(3/4c)-10 Mashed Potatoes(1/2c)-14 Hash Browns(1piece)-17 Oven Baked Fries(1/2c)-22 Oven Roasted Potatoes(1/2c)-19	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16 CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12 WW Hamburger Bun-25 WW Club Roll(20z)-28 WW Club Roll(20z)-28 WW Ckaiser Roll(20z)-28 WW Kaiser Roll (20z)-28
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-6 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-38 Hot Spicy Chicken Patty on WW Bun-38 Hot Spicy Chicken Patty/WW Bun-37 Tuna Salad Wrap-35 Grilled Cheese Sandwich-32 French Toast with Syrup-57 Fish&Cheese Melt/WW Bun-39	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI CARBOHYDRATE COUNTS IN GRAMS  VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-22 Mixed Bean Salad(1/2c)-15 Caesar Salad(3/4c)-7 Dark Green Salad & Dressing(3/4c)-10 Mashed Potatoes(1/2c)-14 Hash Browns(1piece)-17 Oven Baked Fries(1/2c)-2 Oven Roasted Potatoes(1/2c)-19 Rice&Beans(3/4c)-30	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16  CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1si)-12 WW Hamburger Bun-25 WW Club Roll(20z)-28 WW Club Roll(20z)-28 WW Club Roll(20z)-28 WW Kaiser Roll (30z)-41 WW Kaiser Roll (30z)-35 WW Torpedo Roll(30z)-48
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE  Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-26 WG Chicken Patte on WW Bun-38 Hot Spicy Chicken Patty/WW Bun-37 Tuna Salad Wrap-35 Grilled Cheese Sandwich-32 French Toast with Syrup-57 Fish&Cheese Melt/WW Bun-39 Corn Dogs-31	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana Orange Juice MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS  VEGETABLES  Broccoli(1/2c)-5  Carrots(1/2c)-4  Cauliflower(1/2c)-5  Green Beans(1/2c)-4  Mixed Vegetables(1/2c)-10  Peas(1/2c)-12  Butternut Squash(1/2c)-9  Zucchini(1/2c)-5  Corn(1/2c)-17  Vegetarian Beans(1/2c)-22  Mixed Bean Salad(1/2c)-15  Caesar Salad(3/4c)-7  Dark Green Salad & Dressing(3/4c)-10  Mashed Potatoes(1/2c)-14  Hash Browns(1piece)-17  Oven Baked Fries(1/2c)-22  Oven Roasted Potatoes(1/2c)-19  Rice&Beans(3/4c)-30  Plantains(2)-22	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16  CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12 WW Hamburger Bun-25 WW Club Roll(20z)-28 WW Club Roll(20z)-28 WW Kaiser Roll (30z)-35 WW Torpedo Roll(30z)-48 WW Italian Bread(10z)-15
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE  Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-26 WG Chicken Pattie on WW Bun-38 Hot Spicy Chicken Patty/WW Bun-37 Tuna Salad Wrap-35 Grilled Cheese Sandwich-32 French Toast with Syrup-57 Fish&Cheese Melt/WW Bun-39 Corn Dogs-31 Oven Roasted Chicken-10	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-22 Mixed Bean Salad(1/2c)-15 Caesar Salad(3/4c)-7 Dark Green Salad & Dressing(3/4c)-10 Mashed Potatoes(1/2c)-14 Hash Browns(1piece)-17 Oven Baked Fries(1/2c)-22 Oven Roasted Potatoes(1/2c)-19 Rice&Beans(3/4c)-30 Plantains(2)-22 Sweet Potatoes(1/2c)-25	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(8oz)-13 Skim Milk(8oz)-13 FF Chocolate Milk(8oz)-22 FF Strawberry Milk(8oz)-22 Yogurt-16 CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(1oz)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12 WW Hamburger Bun-25 WW Club Roll(2oz)-28 WW Club Roll(2oz)-28 WW Kaiser Roll(2oz)-28 WW Kaiser Roll (3oz)-41 WW Kaiser Roll (3oz)-48 WW Italian Bread(1oz)-15 Scoops(1bag)-19
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE  Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-26 WG Chicken Patte on WW Bun-38 Hot Spicy Chicken Patty/WW Bun-37 Tuna Salad Wrap-35 Grilled Cheese Sandwich-32 French Toast with Syrup-57 Fish&Cheese Melt/WW Bun-39 Corn Dogs-31	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel  Fresh Banana Orange Juice MILK  BUFSI  CARBOHYDRATE COUNTS IN GRAMS  VEGETABLES  Broccoli(1/2c)-5  Carrots(1/2c)-4  Cauliflower(1/2c)-5  Green Beans(1/2c)-4  Mixed Vegetables(1/2c)-10  Peas(1/2c)-12  Butternut Squash(1/2c)-9  Zucchini(1/2c)-5  Corn(1/2c)-17  Vegetarian Beans(1/2c)-22  Mixed Bean Salad(1/2c)-15  Caesar Salad(3/4c)-7  Dark Green Salad & Dressing(3/4c)-10  Mashed Potatoes(1/2c)-14  Hash Browns(1piece)-17  Oven Baked Fries(1/2c)-22  Oven Roasted Potatoes(1/2c)-19  Rice&Beans(3/4c)-30  Plantains(2)-22	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16  CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12 WW Hamburger Bun-25 WW Club Roll(20z)-28 WW Club Roll(20z)-28 WW Kaiser Roll (30z)-35 WW Torpedo Roll(30z)-48 WW Italian Bread(10z)-15
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE  Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-26 WG Chicken Pattie on WW Bun-38 Hot Spicy Chicken Patty/WW Bun-37 Tuna Salad Wrap-35 Grilled Cheese Sandwich-32 French Toast with Syrup-57 Fish&Cheese Melt/WW Bun-39 Corn Dogs-31 Oven Roasted Chicken-10	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-2 Spinach(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-15 Caesar Salad(3/4c)-7 Dark Green Salad & Dressing(3/4c)-10 Mashed Potatoes(1/2c)-14 Hash Browns(1piece)-17 Oven Baked Fries(1/2c)-22 Oven Roasted Potatoes(1/2c)-19 Rice&Beans(3/4c)-30 Plantains(2)-22 Sweet Potatoes(1/2c)-25 Sweet Potato Bites(11)-26	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 FF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16  CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12 WW Hamburger Bun-25 WW Club Roll(20z)-28 WW Club Roll(30z)-41 WW Kaiser Roll (30z)-41 WW Kaiser Roll (30z)-35 WW Torpedo Roll(30z)-48 WW Italian Bread(10z)-15 Scoops(1bag)-19 Churros (1/2)-6 Pasta Salad(1/2c)-22 Brown Rice(1/2c)-22
OR WG French Toast Sticks Raisins Apple Juice MILK  WG= Wh  ENTRÉE Macaroni & Cheese(2/3c)-28 Pasta/Meatballs/Sauce(1/2c)-25 Pizza Crunchers/Spagh(1/2c)/Sauce-6 French Bread Pizza-33 Mozzarella Stks/Spagh (1/2c)/Sauce-5 Whole Wheat Cheese Pizza-29 Beef Nachos/scoops/toppings-27 Cheeseburger on WW Bun-28 Mini-Burger Slider With Cheese-31 Tacos with Scoops/Toppings-24 Turkey Ham & Cheese Melt-31 Chicken Nuggets-15 Grilled Chicken Patty on WW Bun-36 Grilled Chicken Patty on WW Bun-38 Hot Spicy Chicken Patty WW Bun-37 Tuna Salad Wrap-35 Grilled Cheese Sandwich-32 French Toast with Syrup-57 Fish&Cheese Melt/WW Bun-39 Corn Dogs-31 Oven Roasted Chicken-10 Baked Ziti(3/4c)-51	WG Crackers  OR Turkey Sausage & Cheese on WG Roll  Applesauce Cup  Fruit Punch, MILK  sole Grain	WG Crackers  OR Warm Toasted WG Bagel Fresh Banana Orange Juice MILK  BUFSI CARBOHYDRATE COUNTS IN GRAMS VEGETABLES Broccoli(1/2c)-5 Carrots(1/2c)-4 Cauliflower(1/2c)-5 Green Beans(1/2c)-4 Mixed Vegetables(1/2c)-10 Peas(1/2c)-12 Butternut Squash(1/2c)-9 Zucchini(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-2 Spinach(1/2c)-5 Corn(1/2c)-17 Vegetarian Beans(1/2c)-15 Caesar Salad(3/4c)-7 Dark Green Salad & Dressing(3/4c)-10 Mashed Potatoes(1/2c)-14 Hash Browns(1piece)-17 Oven Baked Fries(1/2c)-22 Oven Roasted Potatoes(1/2c)-19 Rice&Beans(3/4c)-30 Plantains(2)-22 Sweet Potato Bites(11)-26 Sweet Potato Fries(1/2c)-13	WG Crackers  OR Warm Fresh  WG Cinnamon Ring  Apple Juice  MILK  D is an Equal Opportunity Em  FRUIT  Apple Juice(40z)-14  Orange Juice(40z)-15  Grape Juice(40z)-15  Grape Juice(40z)-19  Applesauce(1/zc)-14  Fruit Cocktail(1/zc)-14  Fruit Ocktail(1/zc)-14  Sliced Peaches(1/2c)-15  Sliced Peaches(1/2c)-15  Pineapple Chunks(1/2c0-17  Raisins(1 box)-30  Fresh Apple-29  Fresh Orange-15  Fresh Banana-30	OR Egg/Cheese Sandwich Raisins Orange Juice MILK  Iployer  DAIRY  1% White Milk(80z)-13 Skim Milk(80z)-13 SFF Chocolate Milk(80z)-22 FF Strawberry Milk(80z)-22 Yogurt-16 CONDIMENTS Ketchup packet-3 LT Ranch Dressing(2tbs)-6 LT Italian Dressing(2tbs)-2 Syrup(10z)-25 Salsa(2tbs)-2 GRAIN WW Bread(1sl)-12 WW Hamburger Bun-25 WW Club Roll(20z)-28 WW Club Roll(30z)-41 WW Kaiser Roll (30z)-35 WW Torpedo Roll(30z)-48 WW Italian Bread(10z)-15 Scoops(1bag)-19 Churros (1/2)-6 Pasta Salad(1/2c)-22