Grades 9 - 12

Wednesday - - Snack Items - ---- Entrees ---Garlic Bread Turkey Hoagie MS/HS Carbs: 15 Carbs: 45 * Soybeans, Wheat * Milk, Soybeans, Wheat - - -- - -Cheese Hoagie MS/HS --- Entrees ---Carbs: 43 Turkey Hoagie MS/HS * Soybeans, Wheat Carbs: 45 - - -* Milk, Soybeans, Wheat Pizza, BIG DADDY'S™ Bold Cheese (8 slices) Cheese Hoagie MS/HS Carbs: 43 Carbs: 43 * Milk, Soybeans, Wheat * Soybeans, Wheat - - -- - -Rainbow Chopped Salad Cajun Chicken Pasta Carbs: 96 Carbs: 31 * Milk, Soybeans, Eggs, * Milk, Wheat Wheat Rainbow Chopped Salad Chicken Caesar Wrap Carbs: 96 Carbs: 52 * Milk, Soybeans, Eggs, * Milk, Fish, Soybeans, Wheat Eggs, Wheat - - -- - -Chicken Caesar Wrap Italian Hoagie MS/HS Carbs: 52 Carbs: 49 * Milk, Fish, Soybeans, * Milk, Soybeans, Wheat Eggs, Wheat Spicy Chicken Patty HS Italian Hoagie MS/HS Carbs: 41 Carbs: 49 * Soybeans, Wheat * Milk, Soybeans, Wheat Roasted Pear Salad with Chicken Patty Chicken and Cheddar Carbs: 37 Carbs: 48 * Milk, Soybeans, Wheat * Milk, Soybeans, Eggs,

Wheat Spicy Chicken Patty HS Carbs: 41 SMUCKER 5.3 OZ * Soybeans, Wheat UNCRUSTABLE PEANUT ---**BUTTER AND GRAPE TWP** Carbs: 64 Roasted Pear Salad with * Peanuts, Wheat Chicken and Cheddar ---Carbs: 48 * Milk, Soybeans, Eggs,

> Wheat - - -

Entrees	Entrees
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT	Buffalo Chicken Cheese Steak
BUTTER AND GRAPE TWP	Carbs: 50
Carbs: 64 * Peanuts, Wheat	* Milk, Soybeans, Eggs, Wheat
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs,	Chicken Patty HS 9/10 w/Kaiser <i>Carbs</i> : 36 * Soybeans, Wheat
Wheat	
	Cheeseburger
Chicken Patty HS 9/10 w/Kaiser Carbs: 36	* Milk, Soybeans, Wheat
* Soybeans, Wheat	Sides
Cheeseburger Carbs: 31	Peanut Butter and Graham Cracker
* Milk, Soybeans, Wheat	Carbs: 22
	* Peanuts, Soybeans, Whea
Sides	
HUMMUS, PLAIN TUB REF TWP	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs:</i> 6
Carbs: 5	
 Peanut Butter and Graham	Romaine Boats Carbs: 11
Cracker Carbs: 22	* Soybeans, Wheat
* Peanuts, Soybeans, Wheat	Lettuce, Romaine, Raw
Carrots, Baby, Fresh, Individually Wrapped	Roasted Chickpeas HS Carbs: 32
Carbs: 6	HUMMUS, PLAIN TUB REF
Cherry Tomato Cup	TWP Carbs: 5
Carbs: 3	
	Assorted Fresh Fruit
Italian Green Beans HS Carbs: 6	
	Apple Pie Fruit Salad
Sidekicks Frozen BlueRaspberry-Lemon <i>Carbs:</i> 23	Carbs: 19

Friday

Assorted Fresh Fruit

Wednesday

Wednesday

--- Milk ---

Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk

Milk, Strawberry, Fat Free Carbs: 34

Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

- - -

Friday

--- Milk ---

Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk

Milk, Strawberry, Fat Free Carbs: 34

Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Snack Items	Snack Items	Entrees	Entrees	Entrees
Garlic Bread Carbs: 15	CHEESE, Queso Blanco TWP	Turkey Hoagie MS/HS Carbs: 45	Turkey Hoagie MS/HS Carbs: 45	Turkey Hoagie MS/HS Carbs: 45
* Soybeans, Wheat	Carbs: 1 * <mark>Milk</mark>	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat
Entrees	 Entropo	Cheese Hoagie MS/HS Carbs: 43	Cheese Hoagie MS/HS Carbs: 43	FARM RICH BREADED PIZZA CHEESE
Turkey Hoagie MS/HS	Entrees	* Soybeans, Wheat	* Soybeans, Wheat	CRUNCHERS TWP
Carbs: 45 * Milk, Soybeans, Wheat	Turkey Hoagie MS/HS Carbs: 45			Carbs: 51 * Milk, Wheat
	* Milk, Soybeans, Wheat	Chicken Caesar Wrap Carbs: 52	Chicken Caesar Wrap Carbs: 52	
Cheese Hoagie MS/HS		* Milk, Fish, Soybeans,	* Milk, Fish, Soybeans,	Cheese Hoagie MS/HS
Carbs: 43 * Soybeans, Wheat	Cheese Hoagie MS/HS Carbs: 43	Eggs, Wheat	Eggs, Wheat	Carbs: 43 * Soybeans, Wheat
	* Soybeans, Wheat			Soybeans, Wheat
Chicken Caesar Wrap		Italian Hoagie MS/HS Carbs: 49	Bacon Cheeseburger Carbs: 30	Chicken Caesar Wrap
Carbs: 52	Chicken Caesar Wrap	* Milk, Soybeans, Wheat	* Soybeans, Wheat	Carbs: 52
* Milk, Fish, Soybeans, Eggs, Wheat	Carbs: 52 * Milk, Fish, Soybeans,			* Milk, Fish, Soybeans, Eggs, Wheat
	Eggs, Wheat	Chicken Patty	Italian Hoagie MS/HS	
Penne Alfredo HS		Carbs: 37 * Milk, Soybeans, Wheat	Carbs: 49 * Milk, Soybeans, Wheat	Italian Hoagie MS/HS
Carbs: 70 * Milk	Italian Hoagie MS/HS Carbs: 49			Carbs: 49
IVIIIK	* Milk, Soybeans, Wheat	Spicy Chicken Patty HS	Chicken Patty	* Milk, Soybeans, Wheat
Italian Hoagie MS/HS		Carbs: 41 * Soybeans, Wheat	Carbs: 37 * Milk, Soybeans, Wheat	Chicken Patty
Carbs: 49	Chicken Patty			Carbs: 37
* Milk, Soybeans, Wheat	Carbs: 37 * Milk, Soybeans, Wheat	Roasted Pear Salad with	Spicy Chicken Patty HS	* Milk, Soybeans, Wheat
		Chicken and Cheddar	Carbs: 41	
Chicken Patty Carbs: 37	Spicy Chicken Patty HS	Carbs: 48 * Milk, Soybeans, Eggs,	* Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41
* Milk, Soybeans, Wheat	Carbs: 41	Wheat	Roasted Pear Salad with	* Soybeans, Wheat
	* Soybeans, Wheat		Chicken and Cheddar	
Spicy Chicken Patty HS Carbs: 41	Roasted Pear Salad with	SMUCKER 5.3 OZ	Carbs: 48	Roasted Pear Salad with
* Soybeans, Wheat	Chicken and Cheddar	UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP	* Milk, Soybeans, Eggs, Wheat	Chicken and Cheddar Carbs: 48
	* Milk Soyboons Eggs	Carbs: 64		* Milk, Soybeans, Eggs,
Roasted Pear Salad with	* Milk, Soybeans, Eggs, Wheat	* Peanuts, Wheat	SMUCKER 5.3 OZ	Wheat
Chicken and Cheddar Carbs: 48		General's Chicken	UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP	SMUCKER 5.3 OZ
* Milk, Soybeans, Eggs,	Nachos Bell Grande (w/ beef	Carbs: 26	Carbs: 64	UNCRUSTABLE PEANUT
Wheat	crumbles) <i>Carbs:</i> 7	* Milk, Soybeans, Wheat	* Peanuts, Wheat	BUTTER AND GRAPE TWP Carbs: 64
 CMUCKED 5 2 O7	* Soybeans, Wheat			* Peanuts, Wheat
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT		Buffalo Chicken Cheese Steak	Buffalo Chicken Cheese Steak	
BUTTER AND GRAPE TWP		Carbs: 50	Carbs: 50	
Carbs: 64 * Peanuts, Wheat		* Milk, Soybeans, Eggs, Wheat	* Milk, Soybeans, Eggs, Wheat	

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat
Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat Sides	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat Sides	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat
				Sides
Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat		Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Carrots & Celery Carbs: 8
Sides	Soybeans, Wheat			Peanut Butter and Graham
Peanut Butter and Graham Cracker Carbs: 22	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
* Peanuts, Soybeans, Wheat		LETTUCE ROMAINE	Sautéed Cinnamon Pears	Tossed Salad
	Cidoo	CHOPPED FRESH	Carbs: 22	Carbs: 6
Carrots, Baby, Fresh,	Sides			
Individually Wrapped <i>Carbs: 6</i> 	Peanut Butter and Graham Cracker Carbs: 22	ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP	HUMMUS, PLAIN TUB REF TWP Carbs: 5	Carrots, Baby, Fresh, Individually Wrapped
Italian Green Beans HS	* Peanuts, Soybeans, Wheat	Carbs: 23	Caros. 5	Carbs: 6
Carbs: 6			Baked Bean Supreme	WHOLE GRAIN PANCAKE
Tossed Salad Carbs: 6	Bell Pepper Strips w/ Dip Carbs: 3 * Milk, Eggs	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs</i> : 6	Carbs: 47 Assorted Fresh Fruit	BITE Carbs: 6 * Milk, Soybeans, Eggs,
	Carrots, Baby, Fresh,			Wheat
HUMMUS, PLAIN TUB REF	Individually Wrapped	BROCCOLI, FRESH Carbs: 6	Onion Ring	
TWP Carbs: 5	Carbs: 6			HUMMUS, PLAIN TUB REF TWP
		HUMMUS, PLAIN TUB REF		Carbs: 5
Assorted Fresh Fruit	HUMMUS, PLAIN TUB REF	TWP	Milk	
	TWP Carbs: 5	Carbs: 5	Milk, Chocolate, Non-fat, With Added Vitamin A and	Assorted Fresh Fruit
Apricots, Canned, Light			Vitamin D	
Syrup Pack TWP	PINEAPPLE, CHUNK IN	Assorted Fresh Fruit	Carbs: 34 * Milk	Del Monte® Diced Peaches
Carbs: 21	JUICE CANNED TWP Carbs: 22	0 Ol d O D		in 100% Juice, 72ct 4oz. Plastic Cu
	Carps. 22	Soy Glazed Green Beans Carbs: 5	Milk, Strawberry, Fat Free Carbs: 34	Carbs: 12
	Assorted Fresh Fruit	* Soybeans	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	

Monday Tuesday Wednesday --- Milk ------ Sides ------ Sides ---Milk, Chocolate, Non-fat, CORN, KERNEL YELLOW RICE, BROWN LONG With Added Vitamin A and **FROZEN GRAIN PARBOILED TWP** Vitamin D Carbs: 21 Carbs: 32 Carbs: 34 - - -* Milk **CRAISINS CHERRY** --- Milk ---Milk, Strawberry, Fat Free FLAVORED POUCH Carbs: 34 Carbs: 28 Milk, Chocolate, Non-fat, With Added Vitamin A and Milk, Low-fat (1%), With Vitamin D Added Vitamin A and --- Milk ---Carbs: 34 Vitamin D Carbs: 12

* Milk

- - -

* Milk Milk, Chocolate, Non-fat, Milk, Strawberry, Fat Free With Added Vitamin A and Carbs: 34 Vitamin D Carbs: 34 Milk, Low-fat (1%), With * Milk Added Vitamin A and Vitamin D Milk, Strawberry, Fat Free Carbs: 12 Carbs: 34 * Milk Milk, Low-fat (1%), With - - -Added Vitamin A and Vitamin D Carbs: 12 * Milk - - -

Friday

```
--- Milk ---
```

Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk

Milk, Strawberry, Fat Free Carbs: 34

Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Snack Items	Entrees	Entrees
Turkey Hoagie MS/HS Carbs: 45	Turkey Hoagie MS/HS Carbs: 45	SAUSAGE, TURKEY LINK 1.03 OZ MILD SKINLESS	Turkey Hoagie MS/HS Carbs: 45	Turkey Hoagie MS/HS Carbs: 45
* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	CKD FZN TWP	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat
Cheese Hoagie MS/HS Carbs: 43	Tacos Carbs: 20	Entrees	Cheese Hoagie MS/HS Carbs: 43	Cheese Hoagie MS/HS Carbs: 43
* Soybeans, Wheat	* Soybeans	Turkey Hoagie MS/HS Carbs: 45	* Soybeans, Wheat	* Soybeans, Wheat
		* Milk, Soybeans, Wheat		
Chicken Caesar Wrap Carbs: 52	Cheese Hoagie MS/HS Carbs: 43		Asian Take Out Carbs: 20	Rainbow Chopped Salad Carbs: 96
* Milk, Fish, Soybeans,	* Soybeans, Wheat	Cheese Hoagie MS/HS	* Soybeans, Eggs, Wheat	* Milk, Soybeans, Eggs,
Eggs, Wheat		Carbs: 43		Wheat
		* Soybeans, Wheat		
	Rainbow Chopped Salad		Rainbow Chopped Salad	
TWP Bagel	Carbs: 96	Rainbow Chopped Salad	Carbs: 96	Chicken Caesar Wrap
Carbs: 2 * Milk, Soybeans	* Milk, Soybeans, Eggs, Wheat	Carbs: 96	* Milk, Soybeans, Eggs, Wheat	Carbs: 52 * Milk, Fish, Soybeans,
ivilik, Soybearis		* Milk, Soybeans, Eggs,		Eggs, Wheat
		Wheat		
Italian Hoagie MS/HS	Chicken Caesar Wrap		Chicken Caesar Wrap	
Carbs: 49	Carbs: 52	Chicken Cooper Wron	Carbs: 52	Italian Hoagie MS/HS
* Milk, Soybeans, Wheat	* Milk, Fish, Soybeans,	Chicken Caesar Wrap Carbs: 52	* Milk, Fish, Soybeans,	Carbs: 49
	Eggs, Wheat	* Milk, Fish, Soybeans,	Eggs, Wheat	* Milk, Soybeans, Wheat
Chicken Patty		Eggs, Wheat		
Carbs: 37	Italian Hoagie MS/HS	= = =	Italian Hoagie MS/HS	Chicken Patty
* Milk, Soybeans, Wheat	Carbs: 49	Italian Haania MC/HC	Carbs: 49	Carbs: 37
	* Milk, Soybeans, Wheat	Italian Hoagie MS/HS Carbs: 49	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat
Spicy Chicken Patty HS		* Milk, Soybeans, Wheat		
Carbs: 41	Chicken Patty		Chicken Patty	Spicy Chicken Patty HS
* Soybeans, Wheat	Carbs: 37		Carbs: 37	Carbs: 41
Depote d Depot Oale desith	* Milk, Soybeans, Wheat	Chicken Patty Carbs: 37	* Milk, Soybeans, Wheat	* Soybeans, Wheat
Roasted Pear Salad with Chicken and Cheddar	Spicy Chicken Patty HS	* Milk, Soybeans, Wheat	Spicy Chicken Patty HS	Roasted Pear Salad with
Carbs: 48	Carbs: 41		Carbs: 41	Chicken and Cheddar
* Milk, Soybeans, Eggs,	* Soybeans, Wheat	Spicy Chicken Patty HS	* Soybeans, Wheat	Carbs: 48
Wheat		Carbs: 41		* Milk, Soybeans, Eggs,
	Deceted Dece Colod with	* Soybeans, Wheat	Deceted Deer Colod with	Wheat
SMUCKER 5.3 OZ	Roasted Pear Salad with Chicken and Cheddar		Roasted Pear Salad with Chicken and Cheddar	
UNCRUSTABLE PEANUT	Carbs: 48	Roasted Pear Salad with	Carbs: 48	SMUCKER 5.3 OZ
BUTTER AND GRAPE TWP	* Milk, Soybeans, Eggs,	Chicken and Cheddar	* Milk, Soybeans, Eggs,	UNCRUSTABLE PEANUT
Carbs: 64	Wheat	Carbs: 48	Wheat	BUTTER AND GRAPE TWP
* Peanuts, Wheat		* Milk, Soybeans, Eggs,		Carbs: 64
	SMUCKER 5.3 OZ	Wheat	SMUCKER 5.3 OZ	* Peanuts, Wheat
Buffalo Chicken Cheese	UNCRUSTABLE PEANUT		UNCRUSTABLE PEANUT	
Steak	BUTTER AND GRAPE TWP		BUTTER AND GRAPE TWP	
Carbs: 50	Carbs: 64		Carbs: 64	
* Milk, Soybeans, Eggs,	* Peanuts, Wheat		* Peanuts, Wheat	
Wheat				

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat
Sides	vviicat			vviicat
Baked Apples Carbs: 19 * Soybeans	Chicken Patty HS 9/10 w/Kaiser Carbs: 36	French Toast Sticks, Whole Grain (approx. 140-150 pieces)	Chicken Patty HS 9/10 w/Kaiser Carbs: 36	Pizza, BIG DADDY'S™ Bold Cheese (8 slices) Carbs: 43
Apple Slice, Unsweetened, Canned	* Soybeans, Wheat	* Milk, Soybeans, Eggs,	* Soybeans, Wheat	* Milk, Soybeans, Wheat
 APPLESAUCE,	Cheeseburger Carbs: 31	Wheat	Cheeseburger Carbs: 31	Chicken Patty HS 9/10 w/Kaiser
STRAWBERRY BANANA UNSWEETENED SS	* Milk, Soybeans, Wheat	Buffalo Chicken Cheese Steak Carbs: 50	* Milk, Soybeans, Wheat	Carbs: 36 * Soybeans, Wheat
PLASTIC CUP Carbs: 14	Sides PINEAPPLE, CHUNK IN	* Milk, Soybeans, Eggs, Wheat	Sides ORANGE, MANDARIN	Cheeseburger
Peanut Butter and Graham Cracker	JUICE CANNED TWP Carbs: 22	 Chicken Patty HS 9/10 w/Kaiser	WHOLE IN LIGHT-SYRUP CANNED TWP Carbs: 23	* Milk, Soybeans, Wheat
Carbs: 22 * Peanuts, Soybeans, Wheat		Carbs: 36		Sides
	Peanut Butter and Graham Cracker Carbs: 22	* Soybeans, Wheat	Peanut Butter and Graham Cracker	Roasted Chickpeas HS Carbs: 32
McCain® Chopped Seasoned RedSkin-on Roasted (ES/MS) Carbs: 17	* Peanuts, Soybeans, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Carbs: 22 * Peanuts, Soybeans, Wheat	 Peanut Butter and Graham
Carbs. 17	Mexicali Corn TWP Carbs: 26		Carrots, Baby, Fresh,	Cracker Carbs: 22
Carrots, Baby, Fresh,	* Wheat	Sides	Individually Wrapped Carbs: 6	* Peanuts, Soybeans, Wheat
Individually Wrapped <i>Carbs:</i> 6	Carrots, Baby, Fresh, Individually Wrapped	Peanut Butter and Graham Cracker Carbs: 22	 Cucumber Slices	Carrots, Baby, Fresh, Individually Wrapped
HUMMUS, PLAIN TUB REF TWP	Carbs: 6	* Peanuts, Soybeans, Wheat	Carbs: 1	Carbs: 6
Carbs: 5 Assorted Fresh Fruit	RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32	McCain® Chopped Seasoned RedSkin-on Roasted (ES/MS)	SFS MINH WHOLE GRAIN VEGETABLE FRIED RICE NET WT 30.98LBS 6	Apple Pie Fruit Salad Carbs: 19
	 Black Bean and Corn Salad	Carbs: 17	Carbs: 54 * Soybeans, Wheat	Romaine Boats Carbs: 11
	Carbs: 37	Carrots, Baby, Fresh, Individually Wrapped	HUMMUS, PLAIN TUB REF	* Soybeans, Wheat Lettuce, Romaine, Raw
	HUMMUS, PLAIN TUB REF TWP	Carbs: 6 	Carbs: 5	
	Carbs: 5 	Pears, Diced, Extra Light Syrup, Canned TWP	Assorted Fresh Fruit	HUMMUS, PLAIN TUB REF TWP Carbs: 5
	Assorted Fresh Fruit	Carbs: 16		
				Assorted Fresh Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Sides	Milk	Milk
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	CRAISINS CHERRY FLAVORED POUCH Carbs: 28 HUMMUS, PLAIN TUB REF	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Strawberry, Fat Free Carbs: 34	Milk, Strawberry, Fat Free Carbs: 34	TWP Carbs: 5	Milk, Strawberry, Fat Free Carbs: 34	Milk, Strawberry, Fat Free Carbs: 34
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs:</i> 12 * Milk 	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk 	Assorted Fresh Fruit Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk 	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs:</i> 12 * Milk
		Milk, Strawberry, Fat Free Carbs: 34		
		Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk		

Monday Tuesday Wednesday **Thursday** - - Snack Items - -- - Snack Items - ---- Entrees ---- - - Entrees - - -Campbell's Classic Biscuit, Baked Easy Split Turkey Hoagie MS/HS Turkey Hoagie MS/HS Condensed Tomato Soup WG 2oz MS/HS TWP Carbs: 45 Carbs: 45 **TWP** Carbs: 22 * Milk, Soybeans, Wheat * Milk, Soybeans, Wheat Carbs: 20 * Milk. Wheat - - -* Wheat ---Cheese Hoagie MS/HS Cheese Hoagie MS/HS Carbs: 43 Carbs: 43 - - - Entrees - - -* Soybeans, Wheat * Soybeans, Wheat --- Entrees ---Turkey Hoagie MS/HS ------Turkey Hoagie MS/HS Carbs: 45 Rainbow Chopped Salad Chicken Caesar Wrap Carbs: 45 * Milk, Soybeans, Wheat Carbs: 96 Carbs: 52 * Milk, Soybeans, Wheat - - -* Milk, Soybeans, Eggs, * Milk, Fish, Soybeans, - - -Cheese Hoagie MS/HS Wheat Eggs, Wheat Cheese Hoagie MS/HS Carbs: 43 - - -- - -Carbs: 43 Soybeans, Wheat Chicken Bacon Flatbread Italian Hoagie MS/HS * Soybeans, Wheat ---Carbs: 6 Carbs: 49 - - -Rainbow Chopped Salad * Milk. Wheat * Milk, Soybeans, Wheat **Grilled Cheese** Carbs: 96 Carbs: 64 Milk, Soybeans, Eggs, Chicken Caesar Wrap Chicken Patty Wheat * Milk, Soybeans, Wheat Carbs: 52 Carbs: 37 * Milk, Fish, Soybeans, * Milk, Soybeans, Wheat Rainbow Chopped Salad Chicken Caesar Wrap Eggs, Wheat Carbs: 96 Carbs: 52 Spicy Chicken Patty HS * Milk, Soybeans, Eggs, * Milk, Fish, Soybeans, Italian Hoagie MS/HS Carbs: 41 Wheat Eggs, Wheat Carbs: 49 Soybeans, Wheat - - -- - -* Milk, Soybeans, Wheat Chicken Caesar Wrap Seasoned Baked Chicken - - -Roasted Pear Salad with Carbs: 52 Carbs: 1 Chicken Patty Chicken and Cheddar * Milk, Fish, Soybeans, * Milk, Soybeans Carbs: 37 Carbs: 48 Eggs, Wheat - - -* Milk, Soybeans, Wheat * Milk, Soybeans, Eggs, Italian Hoagie MS/HS Wheat Italian Hoagie MS/HS Carbs: 49 Spicy Chicken Patty HS Carbs: 49 * Milk, Soybeans, Wheat APPETIZER, CHEESE Carbs: 41 * Milk, Soybeans, Wheat - - -* Soybeans, Wheat MOZZARELLA BREADED - - -Chicken Patty WHOLE GRAIN STICK .76 Chicken Patty Carbs: 37 0 Roasted Pear Salad with Carbs: 37 * Milk, Soybeans, Wheat Carbs: 35 Chicken and Cheddar * Milk, Soybeans, Wheat - - -* Milk, Wheat Carbs: 48 Spicy Chicken Patty HS * Milk, Soybeans, Eggs, Spicy Chicken Patty HS Carbs: 41 Wheat SMUCKER 5.3 OZ Carbs: 41 Soybeans, Wheat UNCRUSTABLE PEANUT * Soybeans, Wheat **BUTTER AND GRAPE TWP** SMUCKER 5.3 OZ - - -Carbs: 64 Roasted Pear Salad with UNCRUSTABLE PEANUT * Peanuts, Wheat Chicken and Cheddar BUTTER AND GRAPE TWP Carbs: 48 Carbs: 64 * Milk, Soybeans, Eggs, * Peanuts, Wheat Wheat - - -

Monday	Tuesday	Wednesday	Thursday
Entrees	Entrees	Entrees	Entrees
Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat
		Cheeseburger	Cheeseburger
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs,	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Carbs: 31 * Milk, Soybeans, Wheat	Carbs: 31 * Milk, Soybeans, Wheat
Wheat		Sides	Sides
Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
	Sides	Carrots, Baby, Fresh,	Carrots, Baby, Fresh,
Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	STRAWBERRIES SLICED 5# TWP Carbs: 13	Individually Wrapped Carbs: 6	Individually Wrapped Carbs: 6
Sides	Peanut Butter and Graham Cracker	Cheesy Green Peas Carbs: 5	SAUCE, MARINARA TOMATO CAN TWP <i>Carbs:</i> 9
Ore Ida® Reduced Sodium Tater Tots® 6x5 LBS Carbs: 17	* Peanuts, Soybeans, Wheat	Roasted Chickpeas HS Carbs: 32	 Cherry Tomato Cup Carbs: 3
	Roasted Broccoli		
Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Carbs: 8 Carrots, Baby, Fresh, Individually Wrapped	Celery, Raw, Sticks Carbs: 2 APPLESAUCE, CINNAMON UNSWEETENED SS	CRAISINS CHERRY FLAVORED POUCH Carbs: 28
Fruit Cocktail, Canned, Extra Light Syrup Carbs: 14	Carbs: 6 MCCAIN MASH MAKERS	PLASTIC CUP TWP Carbs: 14	HUMMUS, PLAIN TUB REF TWP Carbs: 5
 Carrots, Baby, Fresh, Individually Wrapped	REDUCED SODIUM SEASONED MASHED POTATOES 6 Carbs: 26	HUMMUS, PLAIN TUB REF TWP Carbs: 5	Assorted Fresh Fruit
Carbs: 6 	* Milk 	 Assorted Fresh Fruit	Tossed Salad Carbs: 6
Bell Pepper Strips w/ Dip Carbs: 3 * Milk, Eggs	HUMMUS, PLAIN TUB REF TWP Carbs: 5		

	Thursday
Milk	Milk
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34 Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34 Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk
	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34 Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12

Monday	Tuesday	Wednesday	Thursday	Friday
Snack Items	Snack Items	Entrees	Entrees	Entrees
Garlic Bread	CHEESE, Queso Blanco	Turkey Hoagie MS/HS	Turkey Hoagie MS/HS	Turkey Hoagie MS/HS
Carbs: 15	TWP	Carbs: 45	Carbs: 45	Carbs: 45
* Soybeans, Wheat	Carbs: 1	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat
	* Milk			
Futures		Cheese Hoagie MS/HS	Cheese Hoagie MS/HS	Cheese Hoagie MS/HS
Entrees	Entrees	Carbs: 43	Carbs: 43	Carbs: 43
Turkey Hoagie MS/HS		* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat
Carbs: 45	Turkey Hoagie MS/HS		<u>-</u>	<u>-</u>
* Milk, Soybeans, Wheat	Carbs: 45	Chicken Caesar Wrap	Chicken Caesar Wrap	Chicken Caesar Wrap
	* Milk, Soybeans, Wheat	Carbs: 52	Carbs: 52	Carbs: 52
Cheese Hoagie MS/HS		* Milk, Fish, Soybeans,	* Milk, Fish, Soybeans,	* Milk, Fish, Soybeans,
Carbs: 43	Cheese Hoagie MS/HS	Eggs, Wheat	Eggs, Wheat	Eggs, Wheat
* Soybeans, Wheat	Carbs: 43			
	* Soybeans, Wheat	Halfa a Lla a sia MO/LIO	Daniel Ohannahaman	Introdu Birma
Chicken Caesar Wrap		Italian Hoagie MS/HS Carbs: 49	Bacon Cheeseburger	Jake's Pizza
Carbs: 52	Chicken Caesar Wrap	* Milk, Soybeans, Wheat	Carbs: 30 * Soybeans, Wheat	Carbs: 55
* Milk, Fish, Soybeans,	Carbs: 52			
Eggs, Wheat	* Milk, Fish, Soybeans,			Italian Hoagie MS/HS
	Eggs, Wheat	Chicken Patty	Italian Hoagie MS/HS	Carbs: 49
Cheesy Penne Pasta		Carbs: 37	Carbs: 49	* Milk, Soybeans, Wheat
Marinara MS/HS	Italian Hoagie MS/HS	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	
Carbs: 69	Carbs: 49			Chicken Patty
	* Milk, Soybeans, Wheat	Spicy Chicken Patty HS	Chicken Patty	Carbs: 37
		Carbs: 41	Carbs: 37	* Milk, Soybeans, Wheat
Italian Hoagie MS/HS	Chieles Dette	* Soybeans, Wheat	* Milk, Soybeans, Wheat	
Carbs: 49 * Milk, Soybeans, Wheat	Chicken Patty Carbs: 37			Spicy Chicken Patty HS
	* Milk, Soybeans, Wheat	Roasted Pear Salad with	Spicy Chicken Patty HS	Carbs: 41
		Chicken and Cheddar	Carbs: 41	* Soybeans, Wheat
Chicken Patty		Carbs: 48	* Soybeans, Wheat	
Carbs: 37	Spicy Chicken Patty HS	* Milk, Soybeans, Eggs,		Roasted Pear Salad with
* Milk, Soybeans, Wheat	Carbs: 41	Wheat	Roasted Pear Salad with	Chicken and Cheddar
	* Soybeans, Wheat		Chicken and Cheddar	Carbs: 48
Spicy Chicken Patty HS		SMUCKER 5.3 OZ	Carbs: 48	* Milk, Soybeans, Eggs,
Carbs: 41	Roasted Pear Salad with	UNCRUSTABLE PEANUT	* Milk, Soybeans, Eggs,	Wheat
* Soybeans, Wheat	Chicken and Cheddar	BUTTER AND GRAPE TWP	Wheat	
	Carbs: 48	Carbs: 64		SMUCKER 5.3 OZ
Roasted Pear Salad with	* Milk, Soybeans, Eggs, Wheat	* Peanuts, Wheat	SMUCKER 5.3 OZ	UNCRUSTABLE PEANUT
Chicken and Cheddar	vviieat		UNCRUSTABLE PEANUT	BUTTER AND GRAPE TWP
Carbs: 48		Buffalo Chicken Cheese	BUTTER AND GRAPE TWP	Carbs: 64
* Milk, Soybeans, Eggs,	Nachos Bell Grande (w/ beef	Steak	Carbs: 64	* Peanuts, Wheat
Wheat	crumbles)	Carbs: 50	* Peanuts, Wheat	
	Carbs: 7	* Milk, Soybeans, Eggs,		Buffalo Chicken Cheese
SMUCKER 5.3 OZ	* Soybeans, Wheat	Wheat	Buffalo Chicken Cheese	Steak
UNCRUSTABLE PEANUT			Steak	Carbs: 50
BUTTER AND GRAPE TWP			Carbs: 50	* Milk, Soybeans, Eggs,
Carbs: 64			* Milk, Soybeans, Eggs,	Wheat
* Peanuts, Wheat			Wheat	

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	Chicken and Waffles HS Carbs: 27 * Milk, Soybeans, Eggs, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat
			Sides	Sides
Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs,	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Carrots & Celery Carbs: 8
Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Wheat Chicken Patty HS 9/10 w/Kaiser	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs:</i> 6	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
Sides	Carbs: 36 * Soybeans, Wheat	Sides Peanut Butter and Graham	Pumpkin Pie Applesauce Carbs: 34	Cranapple Spinach Salad HS Carbs: 33
Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	* Milk HUMMUS, PLAIN TUB REF	* Wheat Spinach, Leaves, Fresh
Carrots, Baby, Fresh, Individually Wrapped	Sides Peanut Butter and Graham	Mashed Sweet Potatoes HS Carbs: 57	TWP Carbs: 5 Baked Bean Supreme	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6
Carbs: 6 Italian Green Beans HS Carbs: 6	Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP Carbs: 23	Carbs: 47 Assorted Fresh Fruit	WHOLE GRAIN PANCAKE BITE Carbs: 6
	Bell Pepper Strips w/ Dip			* Milk, Soybeans, Eggs, Wheat
Tossed Salad Carbs: 6	Carbs: 3 * Milk, Eggs Carrots, Baby, Fresh,	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	Onion Ring Milk	 HUMMUS, PLAIN TUB REF TWP
CRAISINS CHERRY FLAVORED POUCH Carbs: 28	Individually Wrapped Carbs: 6	Carrots & Celery Carbs: 8	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D	Carbs: 5 Strawberries with Whipped
HUMMUS, PLAIN TUB REF TWP Carbs: 5	HUMMUS, PLAIN TUB REF TWP Carbs: 5	BLUEBERRIES WHOLE 5# TWP Carbs: 17	Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34	Topping Carbs: 40 * <mark>Milk</mark>
 Assorted Fresh Fruit 	PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 22	HUMMUS, PLAIN TUB REF TWP Carbs: 5	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12	Assorted Fresh Fruit
	Assorted Fresh Fruit	Assorted Fresh Fruit	* Milk 	

Monday Tuesday Wednesday --- Milk ------ Sides ------ Milk ---Milk, Chocolate, Non-fat, CORN, KERNEL YELLOW With Added Vitamin A and **FROZEN** Vitamin D

* Milk Milk, Strawberry, Fat Free Carbs: 34

Carbs: 34

Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12

* Milk - - -

Carbs: 42

--- Milk ---

Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk

Milk, Strawberry, Fat Free Carbs: 34

Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

- - -

Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk

Milk, Strawberry, Fat Free Carbs: 34

Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

- - -

Friday

--- Milk ---

Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk

Milk, Strawberry, Fat Free Carbs: 34

Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk