

K-12 CARB AND ALLERGEN BREAKFAST SCHOOL MENU

| ALLERGEN LEGEND | | | |
|-----------------|--------------|--|--|
| D-DAIRY | E-EGG | | |
| S-SOY | F-FISH | | |
| W-WHEAT | T-TREE NUTS* | | |

| | Menu Item Name | Cal | Carb | D | S | W | E | F | T |
|--------------------|-----------------------------|-----|------|----|----|---|----|----|----|
| Monday 02/26/18 | Biscuit, Chicken | 220 | 29g | D | S | W | -- | -- | -- |
| Tuesday 02/27/18 | Muffin, Chocolate Chip | 270 | 44g | D | S | W | E | -- | -- |
| Wednesday 02/28/18 | Pancake Sausage Stick, Pork | 187 | 20g | D | S | W | E | -- | -- |
| Thursday 03/01/18 | Steak Sandwich | 250 | 27g | -- | -- | W | -- | -- | -- |
| Friday 03/02/18 | Waffles, Mini Blueberry | 210 | 37g | D | S | W | E | -- | -- |

| | | | | | | | | | |
|--------------------|----------------------------------|-----|-----|---|---|---|----|----|----|
| Monday 03/05/18 | Bagel, Sausage & Cheese | 235 | 26g | D | S | W | -- | -- | -- |
| Tuesday 03/06/18 | French Toast | 240 | 38g | D | S | W | E | -- | -- |
| Wednesday 03/07/18 | Banana Bread | 280 | 47g | D | S | W | E | -- | -- |
| Thursday 03/08/18 | Pancake Sausage Stick, Blueberry | 160 | 18g | D | S | W | E | -- | -- |
| Friday 03/09/18 | Cinnamon Mini Loaf | 290 | 48g | D | S | W | E | -- | -- |

| | | | | | | | | | |
|--------------------|----------------------------|-----|-----|---|----|---|----|----|----|
| Monday 03/12/18 | Turkey Ham & Cheese Slider | 186 | 27g | D | S | W | -- | -- | -- |
| Tuesday 03/13/18 | Pancake, Mini Maple | 220 | 36g | D | -- | W | E | -- | -- |
| Wednesday 03/14/18 | Breakfast Pizza | 240 | 31g | D | S | W | -- | -- | -- |
| Thursday 03/15/18 | Biscuit, Sausage | 220 | 24g | D | S | W | -- | -- | -- |
| Friday 03/16/18 | Muffin, Blueberry | 250 | 41g | D | S | W | E | -- | -- |

| | | | | | | | | | |
|--------------------|-----------------------------|-----|-----|----|----|---|----|----|----|
| Monday 03/19/18 | Biscuit, Chicken | 220 | 29g | D | S | W | -- | -- | -- |
| Tuesday 03/20/18 | Pancake Sausage Stick, Pork | 187 | 20g | D | S | W | E | -- | -- |
| Wednesday 03/21/18 | Waffles, Mini Blueberry | 210 | 37g | D | S | W | E | -- | -- |
| Thursday 03/22/18 | Steak Sandwich | 250 | 27g | -- | -- | W | -- | -- | -- |
| Friday 03/23/18 | Muffin, Chocolate Chip | 270 | 44g | D | S | W | E | -- | -- |

| | | | | | | | | | |
|--------------------|----------------------------------|-----|-----|---|---|---|----|----|----|
| Monday 03/26/18 | Bagel, Sausage & Cheese | 235 | 26g | D | S | W | -- | -- | -- |
| Tuesday 03/27/18 | Banana Bread | 280 | 47g | D | S | W | E | -- | -- |
| Wednesday 03/28/18 | French Toast | 240 | 38g | D | S | W | E | -- | -- |
| Thursday 03/29/18 | Pancake Sausage Stick, Blueberry | 160 | 18g | D | S | W | E | -- | -- |
| Friday 03/30/18 | HOLIDAY -- NO SCHOOL | | | | | | | | |

| | | Cal | Carb | D | S | W | E | F | T |
|---|----------------------------|-----|------|----|----|----|----|----|----|
| CEREAL, NUTRI-GRAIN BARS AND BREAKFAST BITES | | | | | | | | | |
| | Cereal, Cheerios | 100 | 20g | -- | -- | -- | -- | -- | -- |
| | Cereal, Cinn Toast Crunch | 110 | 22g | -- | S | W | -- | -- | -- |
| | Cereal, Cocoa Puffs | 110 | 25g | -- | -- | -- | -- | -- | -- |
| | Cereal, Rice Chex | 100 | 24g | -- | -- | -- | -- | -- | -- |
| | Cereal, Cinn Chex | 120 | 22g | -- | -- | -- | -- | -- | -- |
| | Cereal, Trix | 110 | 24g | -- | -- | -- | -- | -- | -- |
| | Crunchmania, Cinn Bun | 220 | 37g | D | S | W | -- | -- | -- |
| | Crunchmania, Maple | 210 | 37g | D | S | W | -- | -- | -- |
| | NutriGrain Bar, Apple Cinn | 160 | 30g | D | S | W | -- | -- | -- |
| | NutriGrain Bar, Strawberry | 160 | 30g | D | S | W | -- | -- | -- |

| STRING CHEESE | | | | | | | | | |
|----------------------|---------------------------|----|----|---|----|----|----|----|----|
| | Cheese, Mozzarella String | 60 | 1g | D | -- | -- | -- | -- | -- |

| MILK | | | | | | | | | |
|-------------|--|-----|-----|---|----|----|----|----|----|
| | Milk, 1% Plain | 110 | 13g | D | -- | -- | -- | -- | -- |
| | Milk, Skim Plain | 90 | 13g | D | -- | -- | -- | -- | -- |
| | Milk, Skim Chocolate | 120 | 20g | D | -- | -- | -- | -- | -- |
| | Milk, Skim Lactose-Free (Special Diet) | 90 | 12g | D | -- | -- | -- | -- | -- |

| JUICE | | | | | | | | | |
|--------------|------------------------|----|-----|----|----|----|----|----|----|
| | Juice, 4oz Apple | 60 | 14g | -- | -- | -- | -- | -- | -- |
| | Juice, 4oz Fruit Punch | 60 | 14g | -- | -- | -- | -- | -- | -- |
| | Juice, 4oz Grape | 80 | 19g | -- | -- | -- | -- | -- | -- |
| | Juice, 4oz Orange | 60 | 14g | -- | -- | -- | -- | -- | -- |

| FRUIT | | | | | | | | | |
|--------------|--------------------------|-----|-----|----|----|----|----|----|----|
| | Apple, Slices, Fresh | 31 | 8g | -- | -- | -- | -- | -- | -- |
| | Applesauce, Indv. Cup | 51 | 14g | -- | -- | -- | -- | -- | -- |
| | Applesauce, Portion Cup | 56 | 14g | -- | -- | -- | -- | -- | -- |
| | Banana, Fresh | 110 | 30g | -- | -- | -- | -- | -- | -- |
| | Craisins, Original Pouch | 110 | 28g | -- | -- | -- | -- | -- | -- |
| | Orange, Fresh | 83 | 20g | -- | -- | -- | -- | -- | -- |
| | Peaches, Diced | 60 | 14g | -- | -- | -- | -- | -- | -- |
| | Peaches, Indv. Cup | 80 | 19g | -- | -- | -- | -- | -- | -- |
| | Raisins, Indv. Box | 114 | 30g | -- | -- | -- | -- | -- | -- |
| | Raisins, Portion Cup | 113 | 30g | -- | -- | -- | -- | -- | -- |

9-12 CARB AND ALLERGEN LUNCH SCHOOL MENU

| ALLERGEN LEGEND | | | |
|------------------------|--------------|--|--|
| D-DAIRY | E-EGG | | |
| S-SOY | F-FISH | | |
| W-WHEAT | T-TREE NUTS* | | |

| Menu Item Name | Cal | Carb | D | S | W | E | F | T |
|---------------------------------------|-----|------|----|----|----|----|----|----|
| Monday 02/26/18 | | | | | | | | |
| Hamburger | 270 | 26g | -- | S | W | -- | -- | -- |
| Cheeseburger w/American | 305 | 27g | D | S | W | -- | -- | -- |
| Cheeseburger w/Pepper Jack | 325 | 27g | D | S | W | -- | -- | -- |
| Sweet & Spicy Chicken | 190 | 22g | -- | S | W | -- | -- | -- |
| Pineapple Fried Rice (1 1/3 Cup) | 268 | 55g | -- | S | W | -- | -- | -- |
| Pizza, Premium Cheese | 310 | 29g | D | -- | W | -- | -- | -- |
| Pizza, Premium Pepperoni | 350 | 29g | D | -- | W | -- | -- | -- |
| Sweet Potato Baked Fries | 160 | 23g | -- | -- | -- | -- | -- | -- |
| Stir Fry Vegetables | 61 | 7g | -- | -- | -- | -- | -- | -- |
| Tuesday 02/27/18 | | | | | | | | |
| Chicken Tenders, Premium | 270 | 24g | -- | S | W | -- | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Piggy Mac | 416 | 30g | D | -- | W | E | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Taco Salad | 709 | 76g | D | -- | -- | -- | -- | -- |
| Chicken Caesar Chef Salad w/Flatbread | 544 | 41g | D | S | W | -- | F | -- |
| Baked Beans, Brown Sugar | 140 | 30g | -- | -- | -- | -- | -- | -- |
| Potato Wedges | 123 | 20g | -- | -- | -- | -- | -- | -- |
| Wednesday 02/28/18 | | | | | | | | |
| Nachos, Queso | 530 | 46g | D | -- | -- | -- | -- | -- |
| Nachos, Beef & Queso | 517 | 44g | D | -- | -- | -- | -- | -- |
| Nachos, Beef | 382 | 37g | -- | -- | -- | -- | -- | -- |
| Pizza, Supreme Personal | 380 | 31g | D | -- | W | -- | -- | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Corn, Sweet Kernel | 71 | 17g | -- | -- | -- | -- | -- | -- |
| Fiesta Black Beans | 101 | 18g | -- | -- | -- | -- | -- | -- |
| Thursday 03/01/18 | | | | | | | | |
| Chicken Filet Sandwich | 404 | 41g | -- | S | W | -- | -- | -- |
| Spicy Chicken Sandwich | 338 | 39g | -- | S | W | -- | -- | -- |
| BBQ Meatballs | 295 | 27g | D | S | W | -- | -- | -- |
| Roll | 160 | 30g | D | S | W | -- | -- | -- |
| Chef Entrée Salad | | | | | | | | |
| Deli Hoagie (Ham, Turkey & Cheese) | 290 | 27g | D | S | W | -- | -- | -- |
| Collard Greens, Fresh Steamed | 28 | 5g | D | -- | -- | -- | -- | -- |
| Mashed Potatoes | 85 | 18g | D | -- | -- | -- | -- | -- |
| Friday 03/02/18 | | | | | | | | |
| Cheese Dippers (2ea) | 300 | 30g | D | S | W | E | -- | -- |
| Marinara Dipping Sauce, Portion Cup | 36 | 6g | -- | -- | -- | -- | -- | -- |
| Blue-B-Q Roasted Chicken | 373 | 15g | -- | -- | -- | -- | -- | -- |
| Roll | 160 | 30g | D | S | W | -- | -- | -- |
| Fish Sandwich | 330 | 42g | -- | S | W | E | F | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Broccoli, Fresh Steamed | 17 | 3g | -- | -- | -- | -- | -- | -- |
| Baked Seasoned Fries | 154 | 26g | -- | -- | -- | -- | -- | -- |

| Menu Item Name | Cal | Carb | D | S | W | E | F | T |
|---------------------------------------|-----|------|----|----|----|----|----|----|
| Monday 03/05/18 | | | | | | | | |
| Pizza, Premium Cheese | 310 | 29g | D | -- | W | -- | -- | -- |
| Pizza, Premium Pepperoni | 350 | 29g | D | -- | W | -- | -- | -- |
| Pork Street Tacos (2ea) | 418 | 37g | -- | -- | W | -- | -- | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Pinto Beans, Seasoned | 101 | 19g | -- | -- | -- | -- | -- | -- |
| Corn, Sweet Kernel | 71 | 17g | -- | -- | -- | -- | -- | -- |
| Tuesday 03/06/18 | | | | | | | | |
| Chicken Bites, Premium | 237 | 19g | D | -- | W | -- | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Rotini w/Meat Sauce | 339 | 33g | D | -- | W | -- | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Chicken Caesar Chef Salad w/Flatbread | 544 | 41g | D | S | W | -- | F | -- |
| Potato Wedges | 123 | 20g | -- | -- | -- | -- | -- | -- |
| Spinach, Fresh Steamed | 23 | 4g | -- | -- | -- | -- | -- | -- |
| Wednesday 03/07/18 | | | | | | | | |
| BREAKFAST 4 LUNCH | | | | | | | | |
| Cheese Omelet & | 130 | 1g | D | -- | -- | E | -- | -- |
| French Toast (2ea) w/ | 140 | 19g | -- | S | W | E | -- | -- |
| Warm Blueberry Compote | 55 | 13g | -- | -- | -- | -- | -- | -- |
| Sausage Pattie | 60 | 0g | -- | -- | -- | -- | -- | -- |
| Pizza, Meateaters | 481 | 47g | D | S | W | -- | -- | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Broccoli, Fresh Steamed | 17 | 3g | -- | -- | -- | -- | -- | -- |
| Potato Triangles | 292 | 39g | -- | -- | -- | -- | -- | -- |
| Thursday 03/08/18 | | | | | | | | |
| Chicken Filet Sandwich | 404 | 41g | -- | S | W | -- | -- | -- |
| Spicy Chicken Sandwich | 338 | 39g | -- | S | W | -- | -- | -- |
| Corn Dog | 240 | 30g | -- | S | W | E | -- | -- |
| Chef Entrée Salad | | | | | | | | |
| Deli Hoagie (Ham, Turkey & Cheese) | 290 | 27g | D | S | W | -- | -- | -- |
| Baked Beans, Brown Sugar | 140 | 30g | -- | -- | -- | -- | -- | -- |
| Sweet Potato Baked Fries | 160 | 23g | -- | -- | -- | -- | -- | -- |
| Friday 03/09/18 | | | | | | | | |
| Cheese Dippers (2ea) | 300 | 30g | D | S | W | E | -- | -- |
| Marinara Dipping Sauce, Portion Cup | 36 | 6g | -- | -- | -- | -- | -- | -- |
| Fish Sandwich | 330 | 42g | -- | S | W | E | F | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Baked Seasoned Fries | 154 | 26g | -- | -- | -- | -- | -- | -- |
| Green Beans, Seasoned | 19 | 4g | -- | -- | -- | -- | -- | -- |

| Menu Item Name | Cal | Carb | D | S | W | E | F | T |
|---------------------------------------|-----|------|----|----|----|----|----|----|
| Monday 03/12/18 | | | | | | | | |
| Hamburger | 270 | 26g | -- | S | W | -- | -- | -- |
| Cheeseburger w/American | 305 | 27g | D | S | W | -- | -- | -- |
| Cheeseburger w/Pepper Jack | 325 | 27g | D | S | W | -- | -- | -- |
| New Orleans Chicken | 209 | 20g | -- | S | W | -- | -- | -- |
| Lo Mein (1 Cup) | 268 | 51g | -- | S | W | -- | -- | -- |
| Pizza, Premium Cheese | 310 | 29g | D | -- | W | -- | -- | -- |
| Pizza, Premium Pepperoni | 350 | 29g | D | -- | W | -- | -- | -- |
| Broccoli, Fresh Steamed | 17 | 3g | -- | -- | -- | -- | -- | -- |
| Baked Beans, Brown Sugar | 140 | 30g | -- | -- | -- | -- | -- | -- |
| Tuesday 03/13/18 | | | | | | | | |
| Chicken Tenders, Premium | 270 | 24g | -- | S | W | -- | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Ravioli, Mini Cheese | 385 | 47g | D | -- | W | E | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Taco Salad | 709 | 76g | D | -- | -- | -- | -- | -- |
| Chicken Caesar Chef Salad w/Flatbread | 544 | 41g | D | S | W | -- | F | -- |
| California Blend w/Cheese | 42 | 5g | D | -- | -- | -- | -- | -- |
| Potato Wedges | 123 | 20g | -- | -- | -- | -- | -- | -- |
| Wednesday 03/14/18 | | | | | | | | |
| Nachos, Queso | 530 | 46g | D | -- | -- | -- | -- | -- |
| Nachos, Chicken | 378 | 40g | -- | -- | -- | -- | -- | -- |
| Nachos, Chicken & Queso | 486 | 44g | D | -- | -- | -- | -- | -- |
| Quesadilla, Chicken & Cheese | 300 | 37g | D | S | W | -- | -- | -- |
| Dip, Spinach w/Tortilla Chips | 557 | 51g | D | -- | -- | -- | -- | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Pinto Beans, Seasoned | 101 | 19g | -- | -- | -- | -- | -- | -- |
| Sweet Potato Baked Fries | 160 | 23g | -- | -- | -- | -- | -- | -- |
| Thursday 03/15/18 | | | | | | | | |
| Chicken Filet Sandwich | 404 | 41g | -- | S | W | -- | -- | -- |
| Spicy Chicken Sandwich | 338 | 39g | -- | S | W | -- | -- | -- |
| Teriyaki Beef | 250 | 19g | -- | S | W | -- | -- | -- |
| Lo Mein (1 Cup) | 268 | 51g | -- | S | W | -- | -- | -- |
| Chef Entrée Salad | | | | | | | | |
| Deli Hoagie (Ham, Turkey & Cheese) | 290 | 27g | D | S | W | -- | -- | -- |
| Corn, Sweet Kernel | 71 | 17g | -- | -- | -- | -- | -- | -- |
| Stir Fry Vegetables | 61 | 7g | -- | -- | -- | -- | -- | -- |
| Friday 03/16/18 | | | | | | | | |
| Cheese Dippers (2ea) | 300 | 30g | D | S | W | E | -- | -- |
| Marinara Dipping Sauce, Portion Cup | 36 | 6g | -- | -- | -- | -- | -- | -- |
| Fish Sandwich | 330 | 42g | -- | S | W | E | F | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Carrots, Glazed Coin | 79 | 11g | -- | S | -- | -- | -- | -- |
| Seasoned Potato Spirals | 124 | 20g | -- | -- | -- | -- | -- | -- |

9-12 CARB AND ALLERGEN LUNCH SCHOOL MENU

| ALLERGEN LEGEND | | | |
|-----------------|--------------|--|--|
| D-DAIRY | E-EGG | | |
| S-SOY | F-FISH | | |
| W-WHEAT | T-TREE NUTS* | | |

| Menu Item Name | Cal | Carb | D | S | W | E | F | T |
|---------------------------------------|-----|------|----|----|----|----|----|----|
| Monday 03/19/18 | | | | | | | | |
| Hamburger | 270 | 26g | -- | S | W | -- | -- | -- |
| Cheeseburger w/American | 305 | 27g | D | S | W | -- | -- | -- |
| Cheeseburger w/Pepper Jack | 325 | 27g | D | S | W | -- | -- | -- |
| Sweet & Spicy Chicken | 190 | 22g | -- | S | W | -- | -- | -- |
| Pineapple Fried Rice (1 1/3 Cup) | 268 | 55g | -- | S | W | -- | -- | -- |
| Pizza, Premium Cheese | 310 | 29g | D | -- | W | -- | -- | -- |
| Pizza, Premium Pepperoni | 350 | 29g | D | -- | W | -- | -- | -- |
| Sweet Potato Baked Fries | 160 | 23g | -- | -- | -- | -- | -- | -- |
| Stir Fry Vegetables | 61 | 7g | -- | -- | -- | -- | -- | -- |
| Tuesday 03/20/18 | | | | | | | | |
| Chicken Tenders, Premium | 270 | 24g | -- | S | W | -- | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Mac & Cheese | 298 | 33g | D | -- | W | E | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Chicken Caesar Chef Salad w/Flatbread | 544 | 41g | D | S | W | -- | F | -- |
| Broccoli, Fresh Steamed | 17 | 3g | -- | -- | -- | -- | -- | -- |
| Potato Wedges | 123 | 20g | -- | -- | -- | -- | -- | -- |
| Wednesday 03/21/18 | | | | | | | | |
| Chicken Filet Sandwich | 404 | 41g | -- | S | W | -- | -- | -- |
| Spicy Chicken Sandwich | 338 | 39g | -- | S | W | -- | -- | -- |
| Deli Hoagie (Ham, Turkey & Cheese) | 290 | 27g | D | S | W | -- | -- | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Baked Seasoned Fries | 154 | 26g | -- | -- | -- | -- | -- | -- |
| Baked Beans, Brown Sugar | 140 | 30g | -- | -- | -- | -- | -- | -- |
| Thursday 03/22/18 | | | | | | | | |
| Pizza, Supreme Personal | 380 | 31g | D | -- | W | -- | -- | -- |
| BBQ Meatballs | 295 | 27g | D | S | W | -- | -- | -- |
| Rice (1/2 cup) | 126 | 25g | -- | -- | -- | -- | -- | -- |
| Roll | 160 | 30g | D | S | W | -- | -- | -- |
| Chef Entrée Salad | | | | | | | | |
| Pinto Beans, Seasoned | 101 | 19g | -- | -- | -- | -- | -- | -- |
| Corn, Sweet Kernel | 71 | 17g | -- | -- | -- | -- | -- | -- |
| Friday 03/23/18 | | | | | | | | |
| Cheese Dippers (2ea) | 300 | 30g | D | S | W | E | -- | -- |
| Marinara Dipping Sauce, Portion Cup | 36 | 6g | -- | -- | -- | -- | -- | -- |
| Roasted Chicken | 308 | 0g | -- | -- | -- | -- | -- | -- |
| Roasted BBQ Chicken | 386 | 18g | -- | -- | -- | -- | -- | -- |
| Roll | 160 | 30g | D | S | W | -- | -- | -- |
| Fish Sandwich | 330 | 42g | -- | S | W | E | F | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Green Beans, Seasoned | 19 | 4g | -- | -- | -- | -- | -- | -- |
| Mashed Potatoes | 85 | 18g | D | -- | -- | -- | -- | -- |

| Menu Item Name | Cal | Carb | D | S | W | E | F | T |
|--|-----|------|----|----|----|----|----|----|
| Monday 03/26/18 | | | | | | | | |
| Hamburger | 270 | 26g | -- | S | W | -- | -- | -- |
| Cheeseburger w/American | 305 | 27g | D | S | W | -- | -- | -- |
| Cheeseburger w/Pepper Jack | 325 | 27g | D | S | W | -- | -- | -- |
| Thai Sweet Chili Chicken | 172 | 22g | -- | S | W | -- | -- | -- |
| Fried Rice (1 Cup) | 275 | 54g | -- | S | W | -- | -- | -- |
| Pizza, Premium Cheese | 310 | 29g | D | -- | W | -- | -- | -- |
| Pizza, Premium Pepperoni | 350 | 29g | D | -- | W | -- | -- | -- |
| Carrots, Glazed Coin | 79 | 11g | -- | S | -- | -- | -- | -- |
| Baked Potato | 171 | 25g | -- | S | -- | -- | -- | -- |
| Tuesday 03/27/18 BRUNCH 4 LUNCH | | | | | | | | |
| Chicken & | 237 | 19g | D | -- | W | -- | -- | -- |
| Waffles, Mini Cinnamon | 200 | 35g | D | S | W | E | -- | -- |
| Rotini w/Meat Sauce | 339 | 33g | D | -- | W | -- | -- | -- |
| Breadstick | 98 | 17g | D | -- | W | -- | -- | -- |
| Chicken Caesar Chef Salad w/Flatbread | 544 | 41g | D | S | W | -- | F | -- |
| Potato Wedges | 123 | 20g | -- | -- | -- | -- | -- | -- |
| Spinach, Fresh Steamed | 23 | 4g | -- | -- | -- | -- | -- | -- |
| Wednesday 03/28/18 | | | | | | | | |
| Pizza, Meateaters | 481 | 47g | D | S | W | -- | -- | -- |
| Nachos, Queso | 530 | 46g | D | -- | -- | -- | -- | -- |
| Nachos, Chicken | 378 | 40g | -- | -- | -- | -- | -- | -- |
| Nachos, Chicken & Queso | 486 | 44g | D | -- | -- | -- | -- | -- |
| Dip, 7-Layer w/Tortilla Chips | 616 | 70g | D | -- | -- | -- | -- | -- |
| Yogurt, Fruit & Granola Parfait | | | | | | | | |
| Corn, Sweet Kernel | 71 | 17g | -- | -- | -- | -- | -- | -- |
| Fiesta Black Beans | 101 | 18g | -- | -- | -- | -- | -- | -- |
| Thursday 03/29/18 | | | | | | | | |
| Chicken Filet Sandwich | 404 | 41g | -- | S | W | -- | -- | -- |
| Spicy Chicken Sandwich | 338 | 39g | -- | S | W | -- | -- | -- |
| Carolina Dog | 330 | 29g | -- | S | W | -- | -- | -- |
| Chili (Condiment) | 39 | 1g | -- | S | W | -- | -- | -- |
| Chef Entrée Salad | | | | | | | | |
| Deli Hoagie (Ham, Turkey & Cheese) | 290 | 27g | D | S | W | -- | -- | -- |
| Baked Beans, Brown Sugar | 140 | 30g | -- | -- | -- | -- | -- | -- |
| Sweet Potato Baked Fries | 160 | 23g | -- | -- | -- | -- | -- | -- |
| Friday 03/30/18 | | | | | | | | |
| HOLIDAY -- NO SCHOOL | | | | | | | | |

| Menu Item Name | Cal | Carb | D | S | W | E | F | T |
|--|-----|------|----|----|----|----|----|----|
| VEGETARIAN AND VEGAN ENTRÉE OFFERED DAILY | | | | | | | | |
| Hummus RP/Sunflower Seeds/Tostitos | 510 | 58g | -- | -- | -- | -- | -- | -- |
| Hummus Cup, Red Pepper | 120 | 18g | -- | -- | -- | -- | -- | -- |
| Hummus Cup, Plain | 120 | 18g | -- | -- | -- | -- | -- | -- |
| Sunflower Kernels, Honey Rstd 1.2oz | 190 | 11g | -- | -- | -- | -- | -- | -- |
| Tostitos Crispy Rounds, 1.45oz | 200 | 29g | -- | -- | -- | -- | -- | -- |
| Yogurt/Cheese/Granola/Cheez-It | 476 | 61g | D | S | W | -- | -- | -- |
| Yogurt 4oz, Vanilla | 80 | 16g | D | -- | -- | -- | -- | -- |
| Cheese, Mozzarella String | 60 | 1g | D | -- | -- | -- | -- | -- |
| Granola, Portion Cup | 282 | 43g | -- | S | -- | -- | -- | -- |
| Cheez-It, Original .75oz | 100 | 14g | D | S | W | -- | -- | -- |
| CHEF ENTRÉE SALADS | | | | | | | | |
| Berry Fresh Chicken Chef Salad w/Flatb | 483 | 71g | D | S | W | -- | -- | -- |
| Chicken Caesar Chef Salad w/Flatbread | 544 | 41g | D | S | W | -- | F | -- |
| Chef Salad w/Flatbread | 680 | 46g | D | S | W | E | -- | -- |
| Taco Salad | 646 | 74g | D | S | -- | -- | -- | -- |
| CHEF ENTRÉE SALADS - GRAINS AND DRESSING COMPONENTS | | | | | | | | |
| Croutons, Portion Cup | 28 | 3g | D | -- | W | -- | -- | -- |
| Flatbread | 180 | 29g | D | S | W | -- | -- | -- |
| Tortilla Chips (20ea) | 257 | 38g | -- | -- | -- | -- | -- | -- |
| Caesar Dressing, Portion Cup | 150 | 1g | D | -- | -- | -- | F | -- |
| Ranch Dressing, Indv. Cup | 70 | 1g | D | -- | -- | E | -- | -- |
| Raspberry Vinaigrette, Portion Cup | 35 | 9g | -- | -- | -- | -- | -- | -- |
| YOGURT, FRUIT & GRANOLA PARFAIT | | | | | | | | |
| Yogurt, Double Berry, & Granola Parfait | 558 | 100g | D | S | -- | -- | -- | -- |
| Yogurt, Peach, & Granola Parfait | 554 | 98g | D | S | -- | -- | -- | -- |
| Yogurt, Strawberry, & Granola Parfait | 591 | 109g | D | S | -- | -- | -- | -- |
| Yogurt, Berries, & Granola Parfait | 558 | 100g | D | S | -- | -- | -- | -- |
| PARFAIT ENTRÉE COMPONENTS | | | | | | | | |
| Yogurt, Vanilla (8oz) | 200 | 39g | D | -- | -- | -- | -- | -- |
| Yogurt, Strawberry (8oz) | 200 | 39g | D | -- | -- | -- | -- | -- |
| Granola, Portion Cup | 282 | 43g | -- | S | -- | -- | -- | -- |
| Peaches, Diced | 60 | 14g | -- | -- | -- | -- | -- | -- |
| Strawberries, Sliced | 90 | 23g | -- | -- | -- | -- | -- | -- |
| Strawberries/Blueberries | 65 | 16g | -- | -- | -- | -- | -- | -- |
| COLD SIDE VEGETABLES | | | | | | | | |
| Baby Carrots w/Ranch Dip | 97 | 7g | D | -- | -- | E | -- | -- |
| Caesar Side Salad | 195 | 6g | D | -- | W | -- | F | -- |
| Spinach Side Salad | 97 | 20g | -- | -- | -- | -- | -- | -- |
| Lettuce, Tomato & Pickle | 12 | 2g | -- | -- | -- | -- | -- | -- |
| Shredded Lettuce w/Diced Tomato | 14 | 3g | -- | -- | -- | -- | -- | -- |
| Veggie Bites w/Ranch Dip | 92 | 6g | D | -- | -- | E | -- | -- |
| CONDIMENTS | | | | | | | | |
| BBQ Sauce, Indv. Cup | 35 | 8g | -- | -- | -- | -- | -- | T |
| Honey Mustard, Indv. Cup | 80 | 7g | -- | -- | -- | E | -- | -- |
| Italian Dressing, Indv. Pack | 5 | 1g | -- | -- | -- | -- | -- | -- |

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9-12 CARB AND ALLERGEN LUNCH SCHOOL MENU

| ALLERGEN LEGEND | | |
|-----------------|--------------|--|
| D-DAIRY | E-EGG | |
| S-SOY | F-FISH | |
| W-WHEAT | T-TREE NUTS* | |

| Menu Item Name | Cal | Carb | D | S | W | E | F | T |
|--|-----|------|----|----|----|----|----|----|
| Ketchup, Indv. Pack | 10 | 3g | -- | -- | -- | -- | -- | -- |
| Margarine, Indv. Cup | 20 | 0g | -- | S | -- | -- | -- | -- |
| Mayonnaise, Indv. Pack | 30 | 1g | -- | -- | -- | E | -- | -- |
| Mustard, Indv. Pack | 5 | 0g | -- | -- | -- | -- | -- | T |
| Ranch Dressing, Indv. Pack | 10 | 2g | D | -- | -- | -- | -- | -- |
| Red Devil Pepper Sauce, Indv. Pack | 0 | 0g | -- | -- | -- | -- | -- | T |
| Salsa, Portion Cup | 10 | 2g | -- | -- | -- | -- | -- | -- |
| Siracha Ranch, Portion Cup | 111 | 1g | D | -- | -- | E | -- | -- |
| Sour Cream, Indv. Pack | 25 | 4g | D | -- | -- | -- | -- | -- |
| Sweet & Sour Sauce, Indv. Cup | 45 | 12g | -- | -- | -- | -- | -- | T |
| Taco Sauce, Indv. Pack | 5 | 1g | -- | S | -- | -- | -- | -- |
| Tartar Sauce, Indv. Pack | 45 | 2g | -- | -- | -- | E | -- | T |
| FRUITS, PARFAITS AND FRUIT CRISPS | | | | | | | | |
| Apple Crisp | 251 | 43g | -- | S | W | -- | -- | -- |
| Apple, Slices, Fresh | 31 | 8g | -- | -- | -- | -- | -- | -- |
| Apple, Whole, Fresh | 78 | 20g | -- | -- | -- | -- | -- | -- |
| Apple, Hot Spiced | 101 | 21g | -- | S | -- | -- | -- | -- |
| Applesauce, Indv. Cup | 51 | 14g | -- | -- | -- | -- | -- | -- |
| Applesauce, Portion Cup | 56 | 14g | -- | -- | -- | -- | -- | -- |
| Banana, Fresh | 110 | 30g | -- | -- | -- | -- | -- | -- |
| Blueberry Crisp | 240 | 40g | -- | S | W | -- | -- | -- |
| Blueberry Parfait | 110 | 21g | D | S | -- | -- | -- | -- |
| Craisins, Original Pouch | 110 | 28g | -- | -- | -- | -- | -- | -- |
| Cantaloupe, Fresh Cubed | 28 | 7g | -- | -- | -- | -- | -- | -- |
| Fruit Cocktail | 60 | 15g | -- | -- | -- | -- | -- | -- |
| Fruited Gelatin | 97 | 24g | -- | -- | -- | -- | -- | -- |
| Grapes, Fresh | 64 | 16g | -- | -- | -- | -- | -- | -- |
| Mandarin Oranges | 59 | 14g | -- | -- | -- | -- | -- | -- |
| Orange, Fresh | 83 | 20g | -- | -- | -- | -- | -- | -- |
| Peach Crisp | 270 | 47g | -- | S | W | -- | -- | -- |
| Peach Parfait | 141 | 28g | D | S | -- | -- | -- | -- |
| Peaches, Diced | 60 | 14g | -- | -- | -- | -- | -- | -- |
| Peaches, Hot | 114 | 24g | -- | S | -- | -- | -- | -- |
| Peaches, Indv. Cup | 80 | 19g | -- | -- | -- | -- | -- | -- |
| Pear, Fresh Whole | 101 | 26g | -- | -- | -- | -- | -- | -- |
| Pears, Diced | 61 | 16g | -- | -- | -- | -- | -- | -- |
| Pineapple Tidbits | 80 | 22g | -- | -- | -- | -- | -- | -- |
| Raisins, Indv. Box | 114 | 30g | -- | -- | -- | -- | -- | -- |
| Strawberry Crisp | 270 | 48g | -- | S | W | -- | -- | -- |
| Strawberry Parfait | 178 | 39g | D | S | -- | -- | -- | -- |
| Strawberry, Fresh Slices | 29 | 6g | -- | -- | -- | -- | -- | -- |
| Strawberry, Indv. Cup | 90 | 22g | -- | -- | -- | -- | -- | -- |
| Strawberry, Portion Cup | 90 | 23g | -- | -- | -- | -- | -- | -- |
| Trail Mix w/Granola | 197 | 45g | -- | S | -- | -- | -- | -- |
| Trail Mix w/Sunflower Seeds | 217 | 41g | -- | -- | -- | -- | -- | -- |
| Watermelon, Fresh Cubed | 43 | 11g | -- | -- | -- | -- | -- | -- |

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