

Nutritional Information

Parents/Guardians, below is the menu your student(s) will receive to eat at home. Next to each item are the associated calories, carbohydrates and allergens. Meals where juice and milk are listed, students will receive one of the listed juice cups and milk cartons based on inventory. The type of biscuit sandwich, sweet bread and strawberry raisins/raisins are also determined based on inventory.

Breakfast

Menu Item Name	Cal	Carb	D	S	W	E	F	T
Monday								
Strawberry Muffin	240	42g	D	S	W	E	--	--
Fresh Orange	83	20g	--	--	--	--	--	--
Juice								
Milk								
Tuesday								
Chicken Biscuit	230	29g	D	S	W	--	--	--
Sausage Biscuit	210	25g	D	S	W	--	--	--
Fresh Pear	101	26g	--	--	--	--	--	--
Juice								
Milk								
Wednesday								
Maple Sausage Slider	192	26g	--	S	W	--	--	--
Fresh Whole Apple	78	20g	--	--	--	--	--	--
Milk								
Thursday								
Banana Bread	260	45g	D	S	W	E	--	--
Lemon Bread	230	44g	D	S	W	E	--	--
Pumpkin Bread	260	44g	D	S	W	E	--	--
Fresh Pear	101	26g	--	--	--	--	--	--
Juice								
Milk								
Friday								
Morning Bar	210	37g	D	S	W	--	--	--
Fresh Whole Apple	78	20g	--	--	--	--	--	--
Milk								

Lunch

Menu Item Name	Cal	Carb	D	S	W	E	F	T
Monday								
Roasted Chicken	308		--	--	--	--	--	--
Roll	169	30g	D	S	W	E	--	--
Baby Carrots w/Ranch Dip	97.3	7g	D	--	--	E	--	--
Mashed Potatoes	84.7	17g	D	--	--	--	--	--
Strawberry Craisins	110	28g	--	--	--	--	--	--
Raisins	120	29g	--	--	--	--	--	--
Fresh Apple Slices	31	8g	--	--	--	--	--	--
Milk								
Tuesday								
Cheddar Burger	325	28g	D	S	W	--	--	--
Mixed Veggies	63	13g	--	--	--	--	--	--
Brown Sugar Baked Beans	140	28g	--	--	--	--	--	--
Strawberry Cup	113	29g	--	--	--	--	--	--
Cherry Limeade Slushie	60	15g	--	--	--	--	--	--
Milk								
Wednesday								
Crispy Baked Drumstick	350	10g	--	--	W	--	--	--
Roll	169	30g	D	S	W	E	--	--
Broccoli	30	4g	--	--	--	--	--	--
Coin Carrots	30	7g	--	--	--	--	--	--
Pear, Fresh Whole	101	26g	--	--	--	--	--	--
Strawberry Craisins	110	28g	--	--	--	--	--	--
Raisins	120	29g	--	--	--	--	--	--
Milk								
Thursday								
Grilled Chicken Sandwich w/Cheese	328	32g	D	S	W	--	--	--
Mashed Potatoes	84.7	17g	D	--	--	--	--	--
Seasoned Green Beans	28	5g	--	--	--	--	--	--
Applesauce	56	14g	--	--	--	--	--	--
Fresh Orange	83	20g	--	--	--	--	--	--
Milk								
Friday								
Cheese Pizza	310	30g	D	--	W	--	--	--
Sweet Kernel Corn	67	15g	--	--	--	--	--	--
Baby Carrots w/Ranch Dip	97	7g	D	--	--	E	--	--
Strawberry Craisins	110	28g	--	--	--	--	--	--
Raisins	120	29g	--	--	--	--	--	--
Applesauce	56	14g	--	--	--	--	--	--
Milk								

Menu Item Name	Cal	Carb	D	S	W	E	F	T
Juice								
Apple Juice Cup	60	14g	--	--	--	--	--	--
Orange Juice Cup	60	14g	--	--	--	--	--	--
Fruit Punch Juice Cup	60	14g	--	--	--	--	--	--
Grape Juice Cup	80	19g	--	--	--	--	--	--
Milk								
Plain 1% Milk	110	13g	D	--	--	--	--	--
Plain Skim Milk	90	13g	D	--	--	--	--	--
Chocolate Skim Milk	120	20g	D	--	--	--	--	--
Strawberry Skim Milk	110	19g	D	--	--	--	--	--
Lactose-Free Plain Skim Milk	90	12g	D	--	--	--	--	--

Allergen Key

- D- Dairy
- S- Soy
- W- Wheat
- E- Egg
- F- Fish
- T- Tree Nuts