Monday Tuesday Wednesday --- Entrees ---- - Snack Items - ---- Entrees ---CHEESE, Queso Blanco Turkey Hoagie MS/HS Turkey Hoagie MS/HS Carbs: 45 TWP Carbs: 45 * Milk, Soybeans, Wheat Carbs: 1 * Milk, Soybeans, Wheat * Milk - - -- - -- - -Cheese Hoagie MS/HS Cheese Hoagie MS/HS Carbs: 43 Carbs: 43 --- Entrees ---* Soybeans, Wheat * Soybeans, Wheat Turkey Hoagie MS/HS - - ----Carbs: 45 Chicken Caesar Wrap Chicken Caesar Wrap * Milk, Soybeans, Wheat Carbs: 52 Carbs: 52 - - -* Milk. Fish. Sovbeans. * Milk, Fish, Soybeans, Eggs, Wheat Cheese Hoagie MS/HS Eggs, Wheat Carbs: 43 - - -- - -* Soybeans, Wheat Macaroni and Cheese TWP Italian Hoagie MS/HS ---Carbs: 50 Carbs: 49 Chicken Caesar Wrap * Milk. Wheat * Milk, Soybeans, Wheat Carbs: 52 * Milk, Fish, Soybeans, Chicken Patty Italian Hoagie MS/HS Eggs, Wheat Carbs: 49 Carbs: 37 * Milk, Soybeans, Wheat * Milk, Soybeans, Wheat Italian Hoagie MS/HS - - -Carbs: 49 Chicken Patty Spicy Chicken Patty HS * Milk, Soybeans, Wheat Carbs: 37 Carbs: 41 - - -* Milk, Soybeans, Wheat * Soybeans, Wheat Chicken Patty Carbs: 37 Spicy Chicken Patty HS Roasted Pear Salad with * Milk, Soybeans, Wheat Chicken and Cheddar Carbs: 41 * Soybeans, Wheat Carbs: 48 Spicy Chicken Patty HS * Milk, Soybeans, Eggs, - - -Carbs: 41 Wheat Roasted Pear Salad with * Soybeans, Wheat Chicken and Cheddar SMUCKER 5.3 OZ Carbs: 48 Roasted Pear Salad with * Milk, Soybeans, Eggs, **UNCRUSTABLE PEANUT** Chicken and Cheddar Wheat BUTTER AND GRAPE TWP Carbs: 48 Carbs: 64 * Milk, Soybeans, Eggs, * Peanuts. Wheat SMUCKER 5.3 OZ Wheat - - -**UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Buffalo Chicken Cheese** Nachos Bell Grande (w/ beef Carbs: 64 Steak crumbles) * Peanuts, Wheat Carbs: 50 Carbs: 7 * Milk, Soybeans, Eggs, * Soybeans, Wheat Wheat Buffalo Chicken Cheese - - -Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat

Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat
	* Peanuts, Wheat	
Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Buffalo Chicken Cheese Steak Carbs: 50	Pizza, BIG DADDY'S™ Bold Cheese (10 slices) Carbs: 34 * Milk, Soybeans, Wheat
0!-!	* Milk, Soybeans, Eggs,	
Sides	Wheat	Cheeseburger
Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	* Milk, Soybeans, Wheat
Carrots, Baby, Fresh,		Peanut Butter and Graham
Individually Wrapped Carbs: 6	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
Tossed Salad		
Carbs: 6	Sides	Rainbow Chopped Salad Carbs: 96
HUMMUS, PLAIN TUB REF TWP	Peanut Butter and Graham Cracker	* Milk, Soybeans, Eggs, Wheat
Carbs: 5	* Peanuts, Soybeans, Wheat	LETTUCE ROMAINE CHOPPED FRESH
Cucumber Slices		
Carbs: 2	Bell Pepper Strips w/ Dip Carbs: 3 * Milk, Eggs	Stuffed Mini Bell Peppers Carbs: 16
Assorted Fresh Fruit		
 Peterson Apple Slices	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs:</i> 6	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs:</i> 6
Stewed Tomatoes Carbs: 10	HUMMUS, PLAIN TUB REF TWP Carbs: 5	Strawberries with Whipped Topping Carbs: 40 * Milk
	PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 22	Romaine Boats Carbs: 11 * Soybeans, Wheat
	Assorted Fresh Fruit	Lettuce, Romaine, Raw
		HUMMUS, PLAIN TUB REF TWP
		Carbs: 5

Monday Tuesday Wednesday --- Milk ------ Sides ------ Sides ---Milk, Chocolate, Non-fat, Mexicali Corn TWP Assorted Fresh Fruit With Added Vitamin A and Carbs: 26 - - -Vitamin D * Wheat Carbs: 34 --- Milk ---- - -* Milk **CRAISINS CHERRY** Milk, Chocolate, Non-fat, Milk, Strawberry, Fat Free FLAVORED POUCH With Added Vitamin A and Carbs: 34 Carbs: 28 Vitamin D Carbs: 34 - - -Milk, Low-fat (1%), With * Milk Added Vitamin A and --- Milk ---Vitamin D Milk, Strawberry, Fat Free Carbs: 12 Carbs: 34 Milk, Chocolate, Non-fat, * Milk With Added Vitamin A and Milk, Low-fat (1%), With - - -Vitamin D Added Vitamin A and Carbs: 34 Vitamin D * Milk Carbs: 12 * Milk Milk, Strawberry, Fat Free Carbs: 34 - - -Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12

* Milk

Monday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees
Turkey Hoagie MS/HS Carbs: 45	Turkey Hoagie MS/HS Carbs: 45	Turkey Hoagie MS/HS Carbs: 45	Turkey Hoagie MS/HS Carbs: 45
* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat
Cheese Hoagie MS/HS	Cheese Hoagie MS/HS	Cheese Hoagie MS/HS	Cheese Hoagie MS/HS
Carbs: 43	Carbs: 43	Carbs: 43	Carbs: 43
* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat
Chicken Caesar Wrap Carbs: 52	Chicken Caesar Wrap Carbs: 52	Chicken Caesar Wrap Carbs: 52	Chicken Caesar Wrap Carbs: 52
* Milk, Fish, Soybeans, Eggs, Wheat	* Milk, Fish, Soybeans, Eggs, Wheat	* Milk, Fish, Soybeans, Eggs, Wheat	* Milk, Fish, Soybeans, Eggs, Wheat
Italian Hoagie MS/HS Carbs: 49	Italian Hoagie MS/HS Carbs: 49	Italian Hoagie MS/HS Carbs: 49	Pizza, BIG DADDY'S™ Bold Cheese (8 slices)
* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	Carbs: 43 * Milk, Soybeans, Wheat
Chicken Patty Carbs: 37	Chicken Patty Carbs: 37	Chicken Patty Carbs: 37	Italian Hoagie MS/HS
* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	Carbs: 49 * Milk, Soybeans, Wheat
Spicy Chicken Patty HS Carbs: 41	Spicy Chicken Patty HS Carbs: 41	Spicy Chicken Patty HS Carbs: 41	Chicken Patty
* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat	Carbs: 37 * Milk, Soybeans, Wheat
Roasted Pear Salad with Chicken and Cheddar Carbs: 48	Roasted Pear Salad with Chicken and Cheddar Carbs: 48	Roasted Pear Salad with Chicken and Cheddar Carbs: 48	Spicy Chicken Patty HS Carbs: 41
* Milk, Soybeans, Eggs, Wheat	* Milk, Soybeans, Eggs, Wheat	* Milk, Soybeans, Eggs, Wheat	* Soybeans, Wheat
			Roasted Pear Salad with
SMUCKER 5.3 OZ	SMUCKER 5.3 OZ	SMUCKER 5.3 OZ	Chicken and Cheddar
UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP	UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP	UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP	Carbs: 48 * Milk, Soybeans, Eggs,
Carbs: 64 * Peanuts, Wheat	Carbs: 64 * Peanuts, Wheat	Carbs: 64 * Peanuts, Wheat	Wheat
APPETIZER, CHEESE	General's Chicken	Buffalo Chicken Cheese	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT
MOZZARELLA BREADED WHOLE GRAIN STICK .76	Carbs: 26 * Milk, Soybeans, Wheat	Steak Carbs: 50	BUTTER AND GRAPE TWP Carbs: 64
0		* Milk, Soybeans, Eggs,	* Peanuts, Wheat
Carbs: 35 * Milk, Wheat		Wheat	

Monday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, 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	
Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	* Milk, Soybeans, Wheat Cheese Steak	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat
 Chasashurgar		Carbs: 43	Sides
Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat Sides	Peanut Butter and Graham Cracker Carbs: 22
Sides	Sides	Peanut Butter and Graham Cracker	* Peanuts, Soybeans, Wheat
Peanut Butter and Graham Cracker Carbs: 22	Peanut Butter and Graham Cracker Carbs: 22	* Peanuts, Soybeans, Wheat	Sidekicks Frozen BlueRaspberry-Lemon <i>Carbs:</i> 23
* Peanuts, Soybeans, Wheat	* Peanuts, Soybeans, Wheat	Carrots, Baby, Fresh, Individually Wrapped	 Carrots, Baby, Fresh,
Carrots, Baby, Fresh, Individually Wrapped <i>Carbs:</i> 6	ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP	Carbs: 6	Individually Wrapped Carbs: 6
	Carbs: 23	HUMMUS, PLAIN TUB REF TWP	Cranapple Spinach Salad
Tossed Salad		Carbs: 5	ii HS
Carbs: 6 	Carrots, Baby, Fresh, Individually Wrapped	 Assorted Fresh Fruit	Carbs: 33 * Wheat
Mixed Vegetables, No Salt Added, Frozen	Carbs: 6		Spinach, Leaves, Fresh
Carbs: 12 	HUMMUS, PLAIN TUB REF TWP <i>Carbs: 5</i>	BROCCOLI, FRESH Carbs: 6	Chickpea Salad Carbs: 8
Del Monte® Diced Pears in 100% Juice, 72ct 4oz. Plastic Cup Carbs: 13	Assorted Fresh Fruit	Ore Ida® Reduced Sodium Tater Tots® 6x5 LBS Carbs: 17	HUMMUS, PLAIN TUB REF TWP Carbs: 5
HUMMUS, PLAIN TUB REF TWP Carbs: 5	Soy Glazed Green Beans Carbs: 5 * Soybeans	APPLESAUCE, CINNAMON UNSWEETENED SS PLASTIC CUP TWP Carbs: 14	Assorted Fresh Fruit
Assorted Fresh Fruit	RICE, BROWN LONG GRAIN PARBOILED TWP		

Carbs: 32

Monday

--- Milk ---

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

Milk, Strawberry, Fat Free *Carbs: 34*

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

- - -

Wednesday

Thursday

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

- - -

--- Milk ---

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

Milk, Strawberry, Fat Free Carbs: 34

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

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Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Turkey Hoagie MS/HS	Shredded Chicken Tinga	Turkey Hoagie MS/HS	Turkey Hoagie MS/HS	Turkey Hoagie MS/HS
Carbs: 45	Carbs: 4	Carbs: 45	Carbs: 45	Carbs: 45
* Milk, Soybeans, Wheat		* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat
	Turkey Hoagie MS/HS			
Cheese Hoagie MS/HS	Carbs: 45	Cheese Hoagie MS/HS	Cheese Hoagie MS/HS	Cheese Hoagie MS/HS
Carbs: 43	* Milk, Soybeans, Wheat	Carbs: 43	Carbs: 43	Carbs: 43
* Soybeans, Wheat		* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat
	Tacos			
Chicken Caesar Wrap	Carbs: 26	Chicken Caesar Wrap	Chicken Caesar Wrap	Jake's Pizza
Carbs: 52	* Soybeans	Carbs: 52	Carbs: 52	Carbs: 55
* Milk, Fish, Soybeans,		* Milk, Fish, Soybeans,	* Milk, Fish, Soybeans,	
Eggs, Wheat		Eggs, Wheat	Eggs, Wheat	
	Cheese Hoagie MS/HS Carbs: 43			Chicken Caesar Wrap Carbs: 52
Italian Hoagie MS/HS	* Soybeans, Wheat	Meatball Sub MS/HS	Bacon Cheeseburger	* Milk, Fish, Soybeans,
Carbs: 49		Carbs: 50	Carbs: 30	Eggs, Wheat
* Milk, Soybeans, Wheat	Chicken Caesar Wrap	* Soybeans, Wheat	* Soybeans, Wheat	
	Carbs: 52			Italian Hoagie MS/HS
Chicken Patty	* Milk, Fish, Soybeans,	Italian Hoagie MS/HS	Italian Hoagie MS/HS	Carbs: 49
Carbs: 37	Eggs, Wheat	Carbs: 49	Carbs: 49	* Milk, Soybeans, Wheat
* Milk, Soybeans, Wheat		* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	
	Italian Hoagie MS/HS			Chicken Patty
Spicy Chicken Patty HS	Carbs: 49	Chicken Patty	Chicken Patty	Carbs: 37
Carbs: 41	* Milk, Soybeans, Wheat	Carbs: 37	Carbs: 37	* Milk, Soybeans, Wheat
* Soybeans, Wheat		* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	
	Chicken Patty			Spicy Chicken Patty HS
Roasted Pear Salad with	Carbs: 37	Spicy Chicken Patty HS	Spicy Chicken Patty HS	Carbs: 41
Chicken and Cheddar	* Milk, Soybeans, Wheat	Carbs: 41	Carbs: 41	* Soybeans, Wheat
Carbs: 48		* Soybeans, Wheat	* Soybeans, Wheat	
* Milk, Soybeans, Eggs,		<u></u>		
Wheat	Spicy Chicken Patty HS Carbs: 41	Roasted Pear Salad with	Roasted Pear Salad with	Roasted Pear Salad with Chicken and Cheddar
	* Soybeans, Wheat	Chicken and Cheddar	Chicken and Cheddar	Carbs: 48
SMUCKER 5.3 OZ		Carbs: 48	Carbs: 48	* Milk, Soybeans, Eggs,
UNCRUSTABLE PEANUT		* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,	Wheat
BUTTER AND GRAPE TWP	Roasted Pear Salad with	Wheat	Wheat	
Carbs: 64	Chicken and Cheddar			SMUCKER 5.3 OZ
* Peanuts, Wheat	Carbs: 48 * Milk, Soybeans, Eggs,	SMUCKER 5.3 OZ	SMUCKER 5.3 OZ	UNCRUSTABLE PEANUT
	Wheat	UNCRUSTABLE PEANUT	UNCRUSTABLE PEANUT	BUTTER AND GRAPE TWP
Buffalo Chicken Cheese		BUTTER AND GRAPE TWP	BUTTER AND GRAPE TWP	Carbs: 64
Steak		Carbs: 64	Carbs: 64	* Peanuts, Wheat
Carbs: 50	SMUCKER 5.3 OZ	* Peanuts, Wheat	* Peanuts, Wheat	
* Milk, Soybeans, Eggs,	UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP			Buffalo Chicken Cheese
Wheat	Carbs: 64	Buffalo Chicken Cheese	Buffalo Chicken Cheese	Steak
	* Peanuts, Wheat	Steak	Steak	Carbs: 50
		Carbs: 50	Carbs: 50	* Milk, Soybeans, Eggs,
		* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,	Wheat
		Wheat	Wheat	

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Egg and Cheese Croissant Sandwich Carbs: 31 * Milk, Soybeans, Eggs, 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 Carbs: 31 * Milk, Soybeans, Wheat
		Cheeseburger	Cheeseburger	Sides
Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Carbs: 31 * Milk, Soybeans, Wheat	Carbs: 31 * Milk, Soybeans, Wheat	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
		Sides	Sides	
Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Strawberries with Whipped Topping Carbs: 40 * Milk	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Romaine Boats Carbs: 11 * Soybeans, Wheat Lettuce, Romaine, Raw
Sides	Sides			
Peanut Butter and Graham Cracker	Peanut Butter and Graham Cracker	Peanut Butter and Graham Cracker Carbs: 22	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs:</i> 6	Apple Pie Fruit Salad Carbs: 19
* Peanuts, Sovbeans, Wheat	Carbs: 22 * Peanuts, Soybeans, Wheat	* Peanuts, Soybeans, Wheat		Carrots, Baby, Fresh,
JUICE, FRUIT PUNCH	RICE, BROWN LONG GRAIN PARBOILED TWP	Cinnamon Maple Roasted Sweet Potatoes Carbs: 36	Del Monte® Diced Pears in 100% Juice, 72ct 4oz. Plastic Cup Carbs: 13	Individually Wrapped Carbs: 6
Carbs: 14	Carbs: 32			Cucumber and Tomato
 Carrots, Baby, Fresh, Individually Wrapped	 Carrots, Baby, Fresh, Individually Wrapped	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs:</i> 6	Popcorn Cauliflower Carbs: 13 * Milk, Soybeans, Wheat	Salad HS Carbs: 7
Carbs: 6	Carbs: 6			HUMMUS, PLAIN TUB REF TWP
 McCain® Chopped Seasoned RedSkin-on	Black Bean and Corn Salad Carbs: 37	Roasted Broccoli Carbs: 8	Celery Sticks w/ Peanut Butter Carbs: 7	Carbs: 5
Roasted (ES/MS) Carbs: 13	 HUMMUS, PLAIN TUB REF	CRAISINS CHERRY FLAVORED POUCH	* Peanuts, Soybeans	Assorted Fresh Fruit
 Baked Apples	TWP Carbs: 5	Carbs: 28	HUMMUS, PLAIN TUB REF TWP	Milk
Carbs: 19 * Soybeans	 PINEAPPLE, CHUNK IN	HUMMUS, PLAIN TUB REF TWP	Carbs: 5 	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D
Apple Slice, Unsweetened, Canned	JUICE CANNED TWP Carbs: 22	Carbs: 5 	CRAISINS CHERRY FLAVORED POUCH	Carbs: 34 * Milk
HUMMUS, PLAIN TUB REF	 Assorted Fresh Fruit	Assorted Fresh Fruit	Carbs: 28 Assorted Fresh Fruit	Milk, Strawberry, Fat Free Carbs: 34
Carbs: 5 	CRAISINS CHERRY FLAVORED POUCH		Assorted Fresh Fruit	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D
Assorted Fresh Fruit	Carbs: 28			Carbs: 12 * <mark>Milk</mark>

Monday	Tuesday	Wednesday	Thursday
Milk	Milk	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	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	Milk, Strawberry, Fat Free Carbs: 34	Milk, Strawberry, Fat Free Carbs: 34
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 Carbs: 12 * 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 Carbs: 12 * Milk

Grades 9 - 12

Monday Tuesday Wednesday - - Snack Items - ---- Entrees ------ Entrees ---Campbell's Classic Turkey Hoagie MS/HS Turkey Hoagie MS/HS Condensed Tomato Soup Carbs: 45 Carbs: 45 **TWP** * Milk, Soybeans, Wheat * Milk, Soybeans, Wheat Carbs: 20 - - -- - -* Wheat Cheese Hoagie MS/HS Cheese Hoagie MS/HS - - -Carbs: 43 Carbs: 43 * Soybeans, Wheat * Soybeans, Wheat --- Entrees ---------Turkey Hoagie MS/HS Chicken Caesar Wrap Chicken Caesar Wrap Carbs: 45 Carbs: 52 Carbs: 52 * Milk, Soybeans, Wheat * Milk, Fish, Soybeans, * Milk, Fish, Soybeans, - - -Eggs, Wheat Eggs, Wheat Cheese Hoagie MS/HS - - -- - -Carbs: 43 Italian Hoagie MS/HS Italian Hoagie MS/HS * Soybeans, Wheat Carbs: 49 Carbs: 49 * Milk, Soybeans, Wheat * Milk, Soybeans, Wheat Chicken Caesar Wrap Carbs: 52 Chicken Patty Chicken Patty * Milk, Fish, Soybeans, Carbs: 37 Carbs: 37 Eggs, Wheat * Milk, Soybeans, Wheat * Milk, Soybeans, Wheat - - -Italian Hoagie MS/HS Spicy Chicken Patty HS Spicy Chicken Patty HS Carbs: 49 Carbs: 41 Carbs: 41 * Milk, Soybeans, Wheat Soybeans, Wheat Soybeans, Wheat Chicken Patty Roasted Pear Salad with Roasted Pear Salad with Carbs: 37 Chicken and Cheddar Chicken and Cheddar * Milk, Soybeans, Wheat Carbs: 48 Carbs: 48 * Milk, Soybeans, Eggs, * Milk, Soybeans, Eggs, Spicy Chicken Patty HS Wheat Wheat Carbs: 41 * Soybeans, Wheat SMUCKER 5.3 OZ SMUCKER 5.3 OZ **UNCRUSTABLE PEANUT** UNCRUSTABLE PEANUT Roasted Pear Salad with **BUTTER AND GRAPE TWP** BUTTER AND GRAPE TWP Chicken and Cheddar Carbs: 64 Carbs: 64 Carbs: 48 * Peanuts, Wheat * Peanuts. Wheat * Milk, Soybeans, Eggs, - - -Wheat Buffalo Chicken Cheese Buffalo Chicken Cheese Steak Steak SMUCKER 5.3 OZ Carbs: 50 Carbs: 50 UNCRUSTABLE PEANUT * Milk, Soybeans, Eggs, * Milk, Soybeans, Eggs, **BUTTER AND GRAPE TWP** Wheat Wheat Carbs: 64 - - -- - -* Peanuts, Wheat

Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Grilled Cheese Carbs: 64 * Milk, Soybeans, Wheat	Sliced Turkey w/ Gravy ES Holiday Dinner Carbs: 4 * Milk, 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	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat	Pizza, BIG DADDY'S™ Bold Cheese (10 slices) Carbs: 34 * Milk, Soybeans, Wheat Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat
Cheeseburger	Sides	Sides
* Milk, Soybeans, Wheat	DOUGH, COOKIE SUGAR WHOLE-GRAIN-RICH ASSORTED SHAPE 1.2 OZ F	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
Sides	Carbs: 18 * Milk, Eggs, Wheat	
Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat CRACKER, GRAHAM CINNAMON GOLDFISH SHAPED TFF IW GIANT Carbs: 19 * Wheat	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	APPLESAUCE, CINNAMON UNSWEETENED SS PLASTIC CUP TWP Carbs: 14 Carrots, Baby, Fresh, Individually Wrapped Carbs: 6 Celery Sticks w/ Peanut
Tossed Salad Carbs: 6 Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	MCCAIN MASH MAKERS REDUCED SODIUM SEASONED MASHED POTATOES 6 Carbs: 26 * Milk	Butter Carbs: 7 * Peanuts, Soybeans Romaine Boats Carbs: 11 * Soybeans, Wheat
HUMMUS, PLAIN TUB REF TWP Carbs: 5	Del Monte® Low Sodium Cut Green Beans 101 oz. Can Carbs: 4	Lettuce, Romaine, Raw HUMMUS, PLAIN TUB REF TWP Carbs: 5
Assorted Fresh Fruit	Dinner Roll WG Carbs: 18 * Soybeans, Wheat	 Assorted Fresh Fruit

Monday Tuesday Wednesday --- Sides ------ Sides ------ Milk ---APPLESAUCE, PEACH HUMMUS, PLAIN TUB REF Milk, Chocolate, Non-fat, **UNSWEETENED SS** TWP With Added Vitamin A and PLASTIC CUP TWP Carbs: 5 Vitamin D Carbs: 14 Carbs: 34 * Milk - - -Assorted Fresh Fruit Milk, Strawberry, Fat Free --- Milk ---Carbs: 34 **CRAISINS CHERRY** Milk, Chocolate, Non-fat, Milk, Low-fat (1%), With FLAVORED POUCH With Added Vitamin A and Added Vitamin A and Carbs: 28 Vitamin D Vitamin D Carbs: 34 Carbs: 12 * Milk * Milk --- Milk ---Milk, Strawberry, Fat Free - - -Carbs: 34 Milk, Chocolate, Non-fat, With Added Vitamin A and Milk, Low-fat (1%), With Vitamin D Added Vitamin A and Carbs: 34 Vitamin D * Milk Carbs: 12 Milk, Strawberry, Fat Free * Milk Carbs: 34 - - -Milk, Low-fat (1%), With Added Vitamin A and

Vitamin D Carbs: 12 * Milk