Monday Tuesday --- Entrees ------ Entrees ---Turkey Hoagie MS/HS Turkey Hoagie MS/HS Carbs: 45 Carbs: 45 * Milk, Soybeans, Wheat * Milk, Soybeans, Wheat Cheese Hoagie MS/HS Cheese Hoagie MS/HS Carbs: 43 Carbs: 43 * Soybeans, Wheat * Soybeans, Wheat - - ----Rainbow Chopped Salad Rainbow Chopped Salad Carbs: 96 Carbs: 96 * Milk, Soybeans, Eggs, * Milk, Soybeans, Eggs, Wheat Wheat - - -- - -Chicken Caesar Wrap Chicken Caesar Wrap Carbs: 52 Carbs: 52 * Milk, Fish, Soybeans, * Milk, Fish, Soybeans, Eggs, Wheat Eggs, Wheat - - -Penne Alfredo HS Italian Hoagie MS/HS Carbs: 70 Carbs: 49 * Milk * Milk, Soybeans, Wheat - - -- - -Italian Hoagie MS/HS Chicken Patty Carbs: 49 Carbs: 37 * Milk, Soybeans, Wheat * Milk, Soybeans, Wheat - - -- - -Spicy Chicken Patty HS Chicken Patty Carbs: 37 Carbs: 41 * Milk, Soybeans, Wheat * Soybeans, Wheat Spicy Chicken Patty HS Roasted Pear Salad with Carbs: 41 Chicken and Cheddar * Soybeans, Wheat Carbs: 48 * Milk, Soybeans, Eggs, Wheat Roasted Pear Salad with Chicken and Cheddar SMUCKER 5.3 OZ Carbs: 48 * Milk, Soybeans, Eggs, **UNCRUSTABLE PEANUT** Wheat **BUTTER AND GRAPE TWP** Carbs: 64 * Peanuts, Wheat SMUCKER 5.3 OZ - - -**UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP** Carbs: 64

* Peanuts, Wheat

Monday	Tuesday
Entrees	Entrees
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Nachos Bell Grande (w/ beef crumbles) Carbs: 7 * Soybeans, 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	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat
Sides Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Cheeseburger Carbs: 31 * Milk, Soybeans, Wheat
Roasted Broccoli Carbs: 8 Carrots, Baby, Fresh, Individually Wrapped	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Whea
Carbs: 6 Peterson Apple Slices	Black Bean and Corn Salad Carbs: 37
Biscuit, Baked Easy Split WG 20z MS/HS TWP Carbs: 22	RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32
* Milk, Wheat HUMMUS, PLAIN TUB REF TWP	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>
Carbs: 5 Assorted Fresh Fruit	CRAISINS CHERRY FLAVORED POUCH Carbs: 28
Cucumber Slices Carbs: 1	CHEESE, Queso Blanco TWP Carbs: 1 * Milk

Monday **Tuesday** --- Milk ------ Sides ---Milk, Chocolate, Non-fat, HUMMUS, PLAIN TUB REF With Added Vitamin A and TWP Vitamin D Carbs: 5 Carbs: 34 * Milk Assorted Fresh Fruit Milk, Strawberry, Fat Free Carbs: 34 --- Milk ---Milk, Low-fat (1%), With Added Vitamin A and Milk, Chocolate, Non-fat, Vitamin D With Added Vitamin A and Carbs: 12 Vitamin D * Milk 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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