Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees
Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat
	:===		
Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat	Meatball Sub MS/HS Carbs: 50 * Soybeans, Wheat	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat

Rainbow Chopped Salad <i>Carbs: 96</i> * Milk, Soybeans, Eggs, Wheat	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat
Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat
***	Chicken Caesar Wrap	55	35.55
Chicken Fajitas with Peppers & Onions <i>Carbs: 45</i> * Wheat	Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat	FARM RICH BREADED PIZZA CHEESE CRUNCHERS TWP Carbs: 41
	Italian Hoagie MS/HS	Chicken Patty	* Milk, Wheat
Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat	Carbs: 49 * Milk, Soybeans, Wheat	Carbs: 37 * * Milk, Soybeans, Wheat	Italian Hoagie MS/HS Carbs: 49
Wilk, Soybeans, Wheat			* Milk, Soybeans, Wheat
555	Chicken Patty	Chicken and Waffles HS	onese.
Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat	Carbs: 37 * Milk, Soybeans, Wheat	Carbs: 36 * Milk, Soybeans, Eggs, Wheat	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat
	Spicy Chicken Patty HS		
Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Carbs: 41 * Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat
	Roasted Pear Salad with		
Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat	Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat	Roasted Pear Salad with Chicken and Cheddar <i>Carbs: 48</i> * Milk, Soybeans, Eggs, Wheat
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	

Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat
***			-
Tacos <i>Carbs: 42</i> * Soybeans, 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 <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat
Chicken Patty HS 9/10			*****
w/Kaiser Carbs: 36 * Soybeans, Wheat	Cheeseburger Carbs: 30 * Soybeans, Wheat	Cheeseburger Carbs: 30 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat
Tacos	Sides	Sides	
Carbs: 20 * Soybeans Cheeseburger	Tossed Salad Carbs: 6	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Cheeseburger Carbs: 30 * Soybeans, Wheat
Carbs: 30	Peanut Butter and Graham Cracker		
* Soybeans, Wheat	Carbs: 22	Carrots, Baby, Fresh,	Sides
Sides	* Peanuts, Soybeans, Wheat	Individually Wrapped Carbs: 6	Tossed Salad Carbs: 6
Peanut Butter and Graham	Carrots, Baby, Fresh,	.555	
Cracker Carbs: 22	Individually Wrapped Carbs: 6	Cucumber Slices Carbs: 4	Carrots & Celery Carbs: 8
* Peanuts, Soybeans, Wheat			ene.i
Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	Candied Carrots Carbs: 24 * Soybeans	APPLESAUCE, PEACH UNSWEETENED SS PLASTIC CUP Carbs: 14	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
5.7.7	Roasted Chickpeas HS		
CORN, KERNEL YELLOW FROZEN Carbs: 42	Carbs: 32	Stewed Tomatoes Carbs: 10	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs</i> : 6
####7	Pears, Diced, Extra Light Syrup, Canned TWP	HUMMUS, PLAIN TUB REF	A-7-1
PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 22	Carbs: 32	TWP Carbs: 5	Sidekicks Frozen BlueRaspberry-Lemon <i>Carbs:</i> 23
•••	Cranberries, Dried Carbs: 25	Assorted Fresh Fruit	
Black Bean and Corn Salad Carbs: 37	HUMMUS, PLAIN TUB REF		HUMMUS, PLAIN TUB REF TWP Carbs: 5
557(TWP		Caros: 5
RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32	Carbs: 5 		Assorted Fresh Fruit

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

Monday	Tuesday	Wednesday	Thursday	Friday
Snack Items	Entrees	Entrees	Entrees	Entrees
Garlic Bread	Turkey Hoagie MS/HS	Turkey Hoagie MS/HS	Turkey Hoagie MS/HS	Turkey Hoagie MS/HS
Carbs: 15	Carbs: 45	Carbs: 45	Carbs: 45	Carbs: 45
* Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat
	•••	444		(m) m) m
	Cheese Hoagie MS/HS	Cheese Hoagie MS/HS	Cheese Hoagie MS/HS	Cheese Hoagie MS/HS
Entrees	Carbs: 43	Carbs: 43	Carbs: 43	Carbs: 43
Turkey Hoagie MS/HS	* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat
Carbs: 45			1222	S#3##
* Milk, Soybeans, Wheat	Nachos Bell Grande (w/ beef	Rainbow Chopped Salad	Rainbow Chopped Salad	Rainbow Chopped Salad
	crumbles)	Carbs: 96	Carbs: 96	Carbs: 96
Cheese Hoagie MS/HS	Carbs: 7	* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,
Carbs: 43	* Soybeans, Wheat	Wheat	Wheat	Wheat
* Soybeans, Wheat			5650	***
***	Rainbow Chopped Salad	Chicken Caesar Wrap	Chicken Caesar Wrap	Chicken Caesar Wrap
Rainbow Chopped Salad	Carbs: 96	Carbs: 52	Carbs: 52	Carbs: 52
Carbs: 96	* Milk, Soybeans, Eggs,	* Milk, Fish, Soybeans,	* Milk, Fish, Soybeans,	* Milk, Fish, Soybeans,
* Milk, Soybeans, Eggs,	Wheat	Eggs, Wheat	Eggs, Wheat	Eggs, Wheat
Wheat		***	•:••:	
* * *	Chicken Caesar Wrap	Italian Hoagie MS/HS	Hot Ham and Cheese on a	Italian Hoagie MS/HS
Chicken Caesar Wrap	Carbs: 52	Carbs: 49	Pretzel Bun (HS)	Carbs: 49
Carbs: 52	* Milk, Fish, Soybeans,	* Milk, Soybeans, Wheat	Carbs: 57	* Milk, Soybeans, Wheat
* Milk, Fish, Soybeans,	Eggs, Wheat	***	* Milk, Soybeans, Wheat	
Eggs, Wheat			+++	Chicken Patty
	Italian Hoagie MS/HS	Chicken Patty Carbs: 37	Italian Hoagie MS/HS	Carbs: 37
Italian Hoagie MS/HS	Carbs: 49	* Milk, Soybeans, Wheat	Carbs: 49	* Milk, Soybeans, Wheat
Carbs: 49	* Milk, Soybeans, Wheat	, 20,200.0,	* Milk, Soybeans, Wheat	222
* Milk, Soybeans, Wheat	54.8.E		ese	Spicy Chicken Patty HS
	Chicken Patty	Spicy Chicken Patty HS Carbs: 41	Chicken Patty	Carbs: 41
Chicken Patty	Carbs: 37	* Soybeans, Wheat	Carbs: 37	* Soybeans, Wheat
Carbs: 37	* Milk, Soybeans, Wheat		* Milk, Soybeans, Wheat	
* Milk, Soybeans, Wheat			#3#1#D	
		Roasted Pear Salad with		Roasted Pear Salad with Chicken and Cheddar
Spicy Chicken Patty HS	Spicy Chicken Patty HS	Chicken and Cheddar Carbs: 48	Spicy Chicken Patty HS Carbs: 41	Carbs: 48
Carbs: 41	Carbs: 41 * Soybeans, Wheat	* Milk, Soybeans, Eggs,	* Soybeans, Wheat	* Milk, Soybeans, Eggs,
* Soybeans, Wheat	Goybeans, Wheat	Wheat	especialis, militar	Wheat
				#i#-#i
Roasted Pear Salad with	Roasted Pear Salad with	SMUCKER 5.3 OZ	Roasted Pear Salad with Chicken and Cheddar	SMUCKER 5.3 OZ
Chicken and Cheddar	Chicken and Cheddar Carbs: 48	UNCRUSTABLE PEANUT	Carbs: 48	UNCRUSTABLE PEANUT
Carbs: 48	* Milk, Soybeans, Eggs,	BUTTER AND GRAPE TWP	* Milk, Soybeans, Eggs,	BUTTER AND GRAPE TWP
* Milk, Soybeans, Eggs,	Wheat	Carbs: 64	Wheat	Carbs: 64
Wheat		* Peanuts, Wheat	222	* Peanuts, Wheat
		· 电流流	SMUCKER 5.3 OZ	
	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT		UNCRUSTABLE PEANUT	
	BUTTER AND GRAPE TWP		BUTTER AND GRAPE TWP	
	Carbs: 64		Carbs: 64	
	* Peanuts, Wheat		* Peanuts, Wheat	
	(maxim		***	

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat
	A-7-A	***	***	222
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 <i>Carbs: 41</i> * Milk, Soybeans, Eggs, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Jake's Pizza * Milk, Soybeans, Wheat Chicken Patty HS 9/10 w/Kaiser
	Cheeseburger	***	Cheeseburger	Carbs: 36
Chicken Patty HS 9/10 w/Kaiser Carbs: 36	Carbs: 30 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36	Carbs: 30 * Soybeans, Wheat	* Soybeans, Wheat Cheeseburger
* Soybeans, Wheat	Sides	* Soybeans, Wheat	Sides	Carbs: 30 * Soybeans, Wheat
Cheesy Penne Pasta	Peanut Butter and Graham	Cheeseburger	Peanut Butter and Graham	Soybeans, Wheat
Marinara MS/HS Carbs: 69	Cracker Carbs: 22	Carbs: 30 * Soybeans, Wheat	Cracker Carbs: 22	Sides
222	* Peanuts, Soybeans, Wheat	-	* Peanuts, Soybeans, Wheat	Peanut Butter and Graham
Cheeseburger Carbs: 30 * Soybeans, Wheat	Bell Pepper Strips w/ Dip Carbs: 3 * Milk, Eggs	Sides Peanut Butter and Graham Cracker	SWEET POTATO FRIES 7/16" CRINKLE-CUT XLONG FZN TWP	Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
Sides	Carrots, Baby, Fresh,	Carbs: 22 * Peanuts, Soybeans, Wheat	Carbs: 46	Apple Pie Fruit Salad Carbs: 19
Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Individually Wrapped Carbs: 6 PINEAPPLE, CHUNK IN	Cranapple Spinach Salad HS Carbs: 33 * Wheat	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6
	JUICE CANNED TWP	Spinach, Leaves, Fresh	Cucumber and Tomato Salad HS	
Carrots, Baby, Fresh, Individually Wrapped <i>Carbs:</i> 6	Carbs: 22	***	Carbs: 7	HUMMUS, PLAIN TUB REF TWP
Carbs. 0	CORN, KERNEL YELLOW	Carrots, Baby, Fresh, Individually Wrapped	Mixed Berries	Carbs: 5
Italian Green Beans HS	FROZEN Carbs: 42	Carbs: 6	Wilked Berries	***
Carbs: 6	***		HUMMUS, PLAIN TUB REF	Assorted Fresh Fruit
222	HUMMUS, PLAIN TUB REF	Del Monte® Sliced Peaches	TWP	
Tossed Salad Carbs: 6	TWP Carbs: 5	In Extra Light Syrup, Canned Fruit	Carbs: 5	Carrots & Celery Carbs: 8
Carbs. 0		Carbs: 15		***
ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP	Assorted Fresh Fruit	Roasted Chickpeas HS Carbs: 32	Assorted Fresh Fruit	Romaine Boats Carbs: 11 * Soybeans, Wheat
Carbs: 23				Lettuce, Romaine, Raw
				224)

Monday	Tuesday	Wednesday	Thursday	Friday
Sides	Milk	Sides	Milk	Milk
HUMMUS, PLAIN TUB REF TWP Carbs: 5 Assorted Fresh Fruit	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	HUMMUS, PLAIN TUB REF TWP Carbs: 5	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	34.40a	Milk, Strawberry, Fat Free Carbs: 34	Milk, Strawberry, Fat Free Carbs: 34
Milk	Milk, Non-fat, With Added	Milk	Milk, Non-fat, With Added	Milk, Non-fat, With Added
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D	Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D	Vitamin A and Vitamin D Carbs: 12 * Milk	Vitamin A and Vitamin D Carbs: 12 * Milk
Carbs: 34 * Milk	Milk, Lactose Free and Low Fat 1%	Carbs: 34 * Milk	Milk, Lactose Free and Low Fat 1%	Milk, Lactose Free and Low Fat 1%
Milk, Strawberry, Fat Free Carbs: 34	<i>Carbs:</i> 12 * Milk	Milk, Strawberry, Fat Free Carbs: 34	<i>Carbs: 12</i> * Milk	<i>Carbs: 12</i> * Milk
Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs:</i> 12 * Milk
Milk, Lactose Free and Low Fat 1% <i>Carbs:</i> 12 * Milk	:	Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk	F	•••
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 <i>Carbs: 12</i> * Milk		

School Year 2024 - 25

Monday	Tuesday	Wednesday	Thursday
Entrees	Entrees	Entrees	Entrees
Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat
	S=164	1414-141	
Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat
			7242
Rainbow Chopped Salad <i>Carbs</i> : 96 * Milk, Soybeans, Eggs, Wheat	Rainbow Chopped Salad <i>Carbs:</i> 96 * Milk, Soybeans, Eggs, Wheat	Rainbow Chopped Salad <i>Carbs:</i> 96 * Milk, Soybeans, Eggs, Wheat	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat
	8 =3 3	360000	(#1# #1
Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat
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Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat	Bacon Cheeseburger Carbs: 30 * Soybeans, Wheat	Pancakes, Whole Grain or Whole Grain-Rich Carbs: 39
	\ 		* Milk, Soybeans, Eggs, Wheat
Chicken Patty Carbs: 37	Chicken Patty Carbs: 37	Italian Hoagie MS/HS Carbs: 49	vvneat
* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	* Milk, Soybeans, Wheat	Italian Hoagie MS/HS
5.5	(***		Carbs: 49 * Milk, Soybeans, Wheat
Spicy Chicken Patty HS Carbs: 41	Spicy Chicken Patty HS Carbs: 41	Chicken Patty Carbs: 37	335
* Soybeans, Wheat	* Soybeans, Wheat	* Milk, Soybeans, Wheat	Chicken Patty Carbs: 37
ecere :	OMES !	555	* Milk, Soybeans, Wheat
Roasted Pear Salad with Chicken and Cheddar Carbs: 48	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs,	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41
* Milk, Soybeans, Eggs, Wheat	Wheat	(#1#)#1	* Soybeans, Wheat
5(5.5)	E-E-E	Roasted Pear Salad with Chicken and Cheddar	# <u>#</u>
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	* Milk, Soybeans, Eggs, Wheat SMUCKER 5.3 OZ	Roasted Pear Salad with Chicken and Cheddar <i>Carbs: 48</i> * Milk, Soybeans, Eggs, Wheat
क्र ा ले	Chicken Fajitas with Peppers & Onions Carbs: 45 * Wheat	UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	

Monday	Tuesday	Wednesday	Thursday
Entrees	Entrees	Entrees	Entrees
Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * 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
Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, 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 <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat
Grilled Cheese	Tacos	Cheeseburger	
Carbs: 64 * Milk, Soybeans, Wheat	Carbs: 26 * Soybeans	Carbs: 30 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36
	Tacos		* Soybeans, Wheat
Cheeseburger Carbs: 30 * Soybeans, Wheat	Carbs: 48 * Soybeans, Wheat	Sides Peanut Butter and Graham	Cheeseburger
coyboans, rmost		Cracker	Carbs: 30
Sides	Cheeseburger Carbs: 30	Carbs: 22 * Peanuts, Soybeans, Wheat	* Soybeans, Wheat
Peanut Butter and Graham	* Soybeans, Wheat	•••	Sides
Cracker		Carrots, Baby, Fresh,	
Carbs: 22 * Peanuts, Soybeans, Wheat	Sides	Individually Wrapped Carbs: 6	Peanut Butter and Graham Cracker
	Peanut Butter and Graham	551 To 154	Carbs: 22 * Peanuts, Soybeans, Wheat
Carrots, Baby, Fresh, Individually Wrapped	Cracker Carbs: 22	Celery, Raw, Sticks Carbs: 1	r canata, coyboans, vinear
Carbs: 6	* Peanuts, Soybeans, Wheat		ORANGE, MANDARIN
APPLEAMAGE	0 1 5 1	HUMMUS, PLAIN TUB REF	WHOLE IN LIGHT-SYRUP CANNED TWP
APPLESAUCE, RASPBERRY BLUE SS	Carrots, Baby, Fresh, Individually Wrapped	TWP Carbs: 5	Carbs: 23
PLASTIC CUP	Carbs: 6		SEESE
Carbs: 14	227	Assorted Fresh Fruit	Carrots, Baby, Fresh,
(M. M. E.)	PINEAPPLE, CHUNK IN	Assorted Fresh Fruit	Individually Wrapped Carbs: 6
Campbell's Classic	JUICE CANNED TWP	Romaine Boats	Carba. U
Condensed Tomato Soup TWP	Carbs: 22	Carbs: 11	COOKIE, SUGAR WHOLE-
Carbs: 20	***	* Soybeans, Wheat	GRAIN-RICH 1 OZ
* Wheat	Mexicali Corn TWP Carbs: 30	Lettuce, Romaine, Raw	FROZEN Carbs: 18
	* Wheat	***	* Milk, Soybeans, Eggs,
Pepperidge Farm Goldfish Baked Cheddar Crackers	Vaca	Pears, Diced, Extra Light Syrup, Canned TWP	Wheat
WG TWP	RICE, BROWN LONG	Carbs: 16	***
Carbs: 14	GRAIN PARBOILED TWP Carbs: 32		HUMMUS, PLAIN TUB REF
* Milk, Wheat	Caros: 32	Baked Bean Supreme	TWP Carbs: 5
***	1004	Carbs: 47	Carbs. 5
Roasted Chickpeas HS Carbs: 32		***	श्चास

Monday	Tuesday	Wednesday	Thursday
Sides	Sides	Sides	Sides
Celery, Raw, Sticks Carbs: 3 HUMMUS, PLAIN TUB REF TWP Carbs: 5	HUMMUS, PLAIN TUB REF TWP Carbs: 5 Assorted Fresh Fruit	Cranberries, Dried Carbs: 25 Milk Milk, Chocolate, Non-fat,	POTATO, DICED 5/8" SKINLESS RUSSET (HS) Carbs: 16 Assorted Fresh Fruit
Assorted Fresh Fruit	Black Bean and Corn Salad Carbs: 37	With Added Vitamin A and Vitamin D Carbs: 34 * Milk	SAUSAGE, TURKEY PATTY 1.17 OZ 2.5" SEASONED CKD FZN TWP Carbs: 2
Milk	Milk	Milk, Strawberry, Fat Free Carbs: 34	1866
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34 Milk, Non-fat, 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, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D	Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34 Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12
Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Carbs: 12 * Milk	* Milk Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

Meal Session: Lunch

* Milk, Soybeans, Eggs,

Wheat

Wednesday Monday Tuesday - - Snack Items - -- - - Entrees - - ---- Entrees ---Turkey Hoagie MS/HS Turkey Hoagie MS/HS Biscuit, Baked Easy Split WG 2oz MS/HS TWP Carbs: 45 Carbs: 45 * Milk, Soybeans, Wheat Carbs: 22 * Milk, Soybeans, Wheat * Milk, Wheat ---Egg and Cheese Croissant Cheese Hoagie MS/HS Sandwich Carbs: 43 --- Entrees ---* Soybeans, Wheat Carbs: 31 Turkey Hoagie MS/HS * Milk, Soybeans, Eggs, Carbs: 45 Wheat Rainbow Chopped Salad * Milk, Soybeans, Wheat ---Carbs: 96 * Milk, Soybeans, Eggs, Cheese Hoagie MS/HS Cheese Hoagie MS/HS Carbs: 43 Wheat Carbs: 43 * Soybeans, Wheat ---* Soybeans, Wheat ---Chicken Caesar Wrap Rainbow Chopped Salad Carbs: 52 * Milk, Fish, Soybeans, CHICKEN, 8 PIECE 80 Carbs: 96 COUNT BONE-IN SKIN-ON * Milk, Soybeans, Eggs, Eggs, Wheat COOKED OVEN ROASTE Wheat * Milk, Soybeans Italian Hoagie MS/HS Chicken Caesar Wrap Carbs: 49 Rainbow Chopped Salad * Milk, Soybeans, Wheat Carbs: 52 Carbs: 96 * Milk, Fish, Soybeans, * Milk, Soybeans, Eggs, Eggs, Wheat Chicken Patty Wheat -Carbs: 37 Italian Hoagie MS/HS * Milk, Soybeans, Wheat Chicken Caesar Wrap Carbs: 49 Carbs: 52 * Milk, Soybeans, Wheat Spicy Chicken Patty HS Milk, Fish, Soybeans, Carbs: 41 Eggs, Wheat Chicken Patty * Soybeans, Wheat Carbs: 37 Italian Hoagie MS/HS * Milk, Soybeans, Wheat Roasted Pear Salad with Carbs: 49 Chicken and Cheddar * Milk, Soybeans, Wheat Spicy Chicken Patty HS Carbs: 48 * Milk, Soybeans, Eggs, Carbs: 41 Chicken Patty * Soybeans, Wheat Wheat Carbs: 37 ------* Milk, Soybeans, Wheat Roasted Pear Salad with SMUCKER 5.3 OZ Chicken and Cheddar UNCRUSTABLE PEANUT Spicy Chicken Patty HS Carbs: 48 **BUTTER AND GRAPE TWP**

Carbs: 64

* Peanuts, Wheat

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Carbs: 41

* Soybeans, Wheat

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Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat
		15-10-2
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Nachos Bell Grande (w/ beef crumbles) Carbs: 7 * Soybeans, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat
	Chicken Patty HS 9/10	***
Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	w/Kaiser Carbs: 36 * Soybeans, Wheat Cheeseburger	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat
Cheeseburger	Carbs: 30	• • •
Carbs: 30 * Soybeans, Wheat	* Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36
Sides	Sides	* Soybeans, Wheat
Baked Apples Carbs: 19 * Soybeans Apple Slice, Unsweetened, Canned Peanut Butter and Graham	Roasted Chickpeas HS Carbs: 32 Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Cheeseburger Carbs: 30 * Soybeans, Wheat Sides Peanut Butter and Graham Cracker
Cracker	Bell Pepper Strips w/ Dip	Carbs: 22
Carbs: 22 * Peanuts, Soybeans, Wheat	<i>Carbs:</i> 3 * Milk, Eggs	* Peanuts, Soybeans, Wheat
	Teleje	
Cherry Tomato Cup Carbs: 3 Carrots, Baby, Fresh, Individually Wrapped	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	POTATO, MASHED SKINLESS WHITE TFF BOIL IN BAG REF Carbs: 19 * Milk
Carbs: 6	Carbs: 37	
	Carbs. 57	Carrots, Baby, Fresh, Individually Wrapped
POTATO, DICED 5/8" SKINLESS RUSSET (HS) Carbs: 16	Mexicali Corn TWP <i>Carbs: 30</i> * Wheat	Carbs: 6 Strawberries, Frozen
telen	S 2022	w/Sugar
Apple Juice 100% Carbs: 15	PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 22	Carbs: 38

Monday	Tuesday	Wednesday
Sides	Sides	Sides
HUMMUS, PLAIN TUB REF TWP Carbs: 5	HUMMUS, PLAIN TUB REF TWP Carbs: 5	HUMMUS, PLAIN TUB REF TWP Carbs: 5
***	SEE	(#)##
Assorted Fresh Fruit	Assorted Fresh Fruit	Del Monte® Low Sodium Cut Green Beans 101 oz. Can
Milk	Milk	Carbs: 4
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34	Assorted Fresh Fruit Milk Milk, Chocolate, Non-fat, With Added Vitamin A and
Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk	Vitamin D Carbs: 34 * Milk Milk, Strawberry, Fat Free Carbs: 34 Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12
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 Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk Milk, Low-fat (1%), With Added Vitamin D Carbs: 12 * Milk