

**Wednesday**

**-- Snack Items --**

Fortune Cookies-  
Commercial  
*Carbs: 8*  
\* Soybeans, Wheat

**--- Entrees ---**

Peanut Butter  
Munchable ES/MS  
*Carbs: 46*  
\* Milk, Peanuts, Wheat

Tossed Salad, Chef  
Salad ES  
*Carbs: 42*  
\* Milk, Soybeans, Eggs,  
Wheat

Yogurt Munchable  
*Carbs: 50*  
\* Milk, Soybeans,  
Wheat

Sweet and Sour  
Chicken  
*Carbs: 37*  
\* Soybeans, Wheat

Italian Hoagie ES  
*Carbs: 33*  
\* Soybeans, Wheat

**--- Sides ---**

ORANGE, MANDARIN  
WHOLE IN LIGHT-  
SYRUP CANNED TWP  
*Carbs: 23*

RICE, BROWN LONG  
GRAIN PARBOILED  
TWP  
*Carbs: 32*

Oranges, Fresh, 138  
Count, Whole  
*Carbs: 14*

Carrots and Cucumbers  
ES/MS  
*Carbs: 6*  
\* Milk, Eggs

Broccoli, Cooked,  
Boiled  
*Carbs: 8*

Pears, Bartlett, Raw  
*Carbs: 11*

Apples, Golden  
Delicious, 125-138  
Count, Whole  
*Carbs: 18*

**Thursday**

**--- Entrees ---**

Cheese Hoagie ES  
*Carbs: 30*  
\* Soybeans, Wheat

Turkey and Cheese  
Hoagie ES  
*Carbs: 29*  
\* Soybeans, Wheat

Hot Turkey Sandwich  
*Carbs: 60*  
\* Milk, Soybeans,  
Wheat

Peanut Butter  
Munchable ES/MS  
*Carbs: 46*  
\* Milk, Peanuts, Wheat

Tossed Salad, Chef  
Salad ES  
*Carbs: 42*  
\* Milk, Soybeans,  
Eggs, Wheat

Yogurt Munchable  
*Carbs: 50*  
\* Milk, Soybeans,  
Wheat

**--- Sides ---**

PEACH, SLICED IN  
LIGHT-SYRUP  
CANNED TWP  
*Carbs: 20*

Cherry Tomato Cup  
*Carbs: 7*  
\* Milk, Eggs

Bananas, (7 to 7-1/8  
Inch), Whole  
*Carbs: 27*

Mashed Sweet  
Potatoes ES/MS  
*Carbs: 41*

Oranges, Fresh, 138  
Count, Whole  
*Carbs: 14*

Pears, Bartlett, Raw  
*Carbs: 11*

Italian Green Beans  
ES/MS  
*Carbs: 1*

Apples, Golden  
Delicious, 125-138  
Count, Whole  
*Carbs: 18*

**Friday**

**--- Entrees ---**

Peanut Butter  
Munchable ES/MS  
*Carbs: 46*  
\* Milk, Peanuts, Wheat

Tossed Salad, Chef  
Salad ES  
*Carbs: 42*  
\* Milk, Soybeans,  
Eggs, Wheat

Tuna Salad Croissant  
Sandwich  
*Carbs: 37*  
\* Fish, Soybeans,  
Eggs, Wheat

Domino's Pizza ES  
\* Milk, Soybeans,  
Wheat

Yogurt Munchable  
*Carbs: 50*  
\* Milk, Soybeans,  
Wheat

Cheese Hoagie ES  
*Carbs: 30*  
\* Soybeans, Wheat

Turkey and Cheese  
Hoagie ES  
*Carbs: 29*  
\* Soybeans, Wheat

**--- Sides ---**

Romaine Boats  
*Carbs: 16*  
\* Wheat

Pears, Diced, Extra  
Light Syrup, Canned  
TWP  
*Carbs: 16*

Oranges, Fresh, 138  
Count, Whole  
*Carbs: 14*

Carrot Sticks w/ Dip  
ES/MS  
*Carbs: 8*  
\* Milk, Eggs

Apples, Golden  
Delicious, 125-138  
Count, Whole  
*Carbs: 18*

Bananas, (7 to 7-1/8  
Inch), Whole  
*Carbs: 27*  
Pears, Bartlett, Raw  
*Carbs: 11*

**--- 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

Lactaid Fat Free Milk  
\* Milk

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

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                              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| <b>--- Snack Items ---</b><br>Bread Sticks, Whole Grain, Low Sodium, 5"<br><i>Carbs: 14</i><br>* Milk, Soybeans, Eggs, Wheat<br><br><b>--- Entrees ---</b><br>Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat<br><br>Pasta, Rigatoni Stuffed WG<br><i>Carbs: 34</i><br>* Milk, Wheat<br><br>Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat<br><br>Italian Hoagie ES<br><i>Carbs: 33</i><br>* Soybeans, Wheat<br><br>Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat<br><br><b>--- Sides ---</b><br>PEAR, DICED IN JUICE NO-SUGAR-ADDED SS PLASTIC CUP TWP<br><i>Carbs: 16</i><br><br>Roasted Broccoli<br><i>Carbs: 7</i><br><br>PEACH, DICED IN EXTRA LIGHT-SYRUP LIGHT CANNED<br><i>Carbs: 14</i><br><br>ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP<br><i>Carbs: 23</i><br><br>Apples, 125- 138 Count, Whole<br><i>Carbs: 21</i><br><br>Cucumber Slices<br><i>Carbs: 2</i> | <b>--- Entrees ---</b><br>Turkey and Cheese Hoagie ES<br><i>Carbs: 29</i><br>* Soybeans, Wheat<br><br>Mrs. Budd's Chicken Sandwich<br><i>Carbs: 39</i><br>* Soybeans, Wheat<br><br>Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat<br><br>Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat<br><br>Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat<br><br>Cheese Hoagie ES<br><i>Carbs: 30</i><br>* Soybeans, Wheat<br><br><b>--- Sides ---</b><br>Roasted Potatoes<br><i>Carbs: 29</i><br><br>Oranges, Fresh, 138 Count, Whole<br><i>Carbs: 14</i><br><br>BEAN, GREEN CUT FROZEN TWP<br><i>Carbs: 5</i><br><br>Carrots and Cucumbers ES/MS<br><i>Carbs: 6</i><br>* Milk, Eggs<br><br>Roasted Chickpeas ES/MS<br><i>Carbs: 24</i><br><br>Bananas, (7 to 7-1/8 Inch), Whole<br><i>Carbs: 27</i><br><br>Apples, Golden Delicious, 125-138 Count, Whole<br><i>Carbs: 18</i><br><br>STRAWBERRIES SLICED 5# TWP<br><i>Carbs: 6</i> | <b>--- Entrees ---</b><br>Breakfast Croissant Sandwich<br><i>Carbs: 35</i><br>* Milk, Soybeans, Wheat<br><br>Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat<br><br>Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat<br><br>Italian Hoagie ES<br><i>Carbs: 33</i><br>* Soybeans, Wheat<br><br>Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat<br><br><b>--- Sides ---</b><br>POTATO, HASH BROWN PATTY ROUND 1.27 OZ PAR FZN TWP<br><i>Carbs: 22</i><br><br>Oranges, Fresh, 138 Count, Whole<br><i>Carbs: 14</i><br><br>JUICE, ORANGE 100% SS CUP FROZEN TWP<br><i>Carbs: 13</i><br><br>Baked Apples<br><i>Carbs: 19</i><br>* Soybeans<br><br>Apple Slice, Unsweetened, Canned<br><br>Pears, Bartlett, Raw<br><i>Carbs: 11</i><br><br>Bananas, (7 to 7-1/8 Inch), Whole<br><i>Carbs: 27</i><br><br>Apples, Golden Delicious, 125-138 Count, Whole<br><i>Carbs: 18</i> | <b>--- Entrees ---</b><br>Turkey and Cheese Hoagie ES<br><i>Carbs: 29</i><br>* Soybeans, Wheat<br><br>Hot Ham and Cheese on a Pretzel Bun<br><i>Carbs: 37</i><br>* Wheat<br><br>Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat<br><br>Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat<br><br>Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat<br><br>Cheese Hoagie ES<br><i>Carbs: 30</i><br>* Soybeans, Wheat<br><br><b>--- Sides ---</b><br>French Fries- 5/16" Extra Long Cut TWP<br><i>Carbs: 22</i><br><br>Bananas, (7 to 7-1/8 Inch), Whole<br><i>Carbs: 27</i><br><br>Oranges, Fresh, 138 Count, Whole<br><i>Carbs: 14</i><br><br>Pears, Bartlett, Raw<br><i>Carbs: 11</i><br><br>Bell Pepper Strips w/ Dip<br><i>Carbs: 5</i><br>* Milk, Eggs<br><br>ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP<br><i>Carbs: 23</i><br><br>Apples, Golden Delicious, 125-138 Count, Whole<br><i>Carbs: 18</i> | <b>--- Entrees ---</b><br>Turkey and Cheese Hoagie ES<br><i>Carbs: 29</i><br>* Soybeans, Wheat<br><br>Stuffed Crust Whole Grain Cheese, 4.84 oz, CN<br><i>Carbs: 35</i><br>* Milk, Soybeans, Wheat<br><br>Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat<br><br>Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat<br><br>Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat<br><br>Tuna Salad Croissant Sandwich<br><i>Carbs: 37</i><br>* Fish, Soybeans, Eggs, Wheat<br><br>Cheese Hoagie ES<br><i>Carbs: 30</i><br>* Soybeans, Wheat<br><br><b>--- Sides ---</b><br>Oranges, Fresh, 138 Count, Whole<br><i>Carbs: 14</i><br><br>ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP<br><i>Carbs: 23</i><br><br>Apples, Golden Delicious, 125-138 Count, Whole<br><i>Carbs: 18</i><br><br>Zee Zees Applesauce Cup, Original, Unsweetened, 4.5 oz. TWP<br><i>Carbs: 14</i><br><br>Bananas, (7 to 7-1/8 Inch), Whole<br><i>Carbs: 27</i> | <b>--- Milk ---</b><br>Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D<br><i>Carbs: 34</i><br>* Milk<br><br>Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D<br><i>Carbs: 34</i><br>* Milk<br><br>Milk, Strawberry, Fat Free<br><i>Carbs: 34</i><br><br>Lactaid Fat Free Milk<br>* Milk<br><br>Milk, Low-fat (1%), With Added Vitamin A and Vitamin D<br><i>Carbs: 12</i><br>* Milk |

Apples, Golden  
Delicious, 125-138  
Count, Whole  
Carbs: 18

Craisins Cherry  
Flavored Pouch  
Carbs: 28

Apricots, Canned,  
Light Syrup Pack  
TWP  
Carbs: 21

Romaine Boats  
Carbs: 16  
\* Wheat

Oranges, Fresh, 138  
Count, Whole  
Carbs: 14

Pears, Bartlett, Raw  
Carbs: 11

Candied Carrots  
Carbs: 19  
\* Soybeans

Pears, Bartlett, Raw  
Carbs: 11

Cherry Tomato Cup  
Carbs: 7  
\* Milk, Eggs

Cranapple Spinach  
Salad ES/MS  
Carbs: 35  
\* Wheat

Spinach, Leaves,  
Fresh

| Monday                                                                           | Tuesday                                                                          | Wednesday                                                                                                   | Thursday                                                                                              | Friday                                                                                     | --- Milk ---                                                                               |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>-- Snack Items --</b>                                                         | <b>-- Snack Items --</b>                                                         | <b>--- Entrees ---</b>                                                                                      | <b>--- Entrees ---</b>                                                                                | <b>--- Entrees ---</b>                                                                     | Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D<br><i>Carbs: 34</i><br>* Milk |
| Campbell's Classic Condensed Tomato Soup TWP<br><i>Carbs: 20</i><br>* Wheat      | Sour Cream & Salsa<br><i>Carbs: 5</i><br>* Milk                                  | Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat                                 | Turkey and Cheese Hoagie ES<br><i>Carbs: 29</i><br>* Soybeans, Wheat                                  | Turkey and Cheese Hoagie ES<br><i>Carbs: 29</i><br>* Soybeans, Wheat                       | Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D<br><i>Carbs: 34</i><br>* Milk |
| <b>--- Entrees ---</b>                                                           | <b>--- Entrees ---</b>                                                           | Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat                            | Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat                           | Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat                | Milk, Strawberry, Fat Free<br><i>Carbs: 34</i><br>Lactaid Fat Free Milk<br>* Milk          |
| Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat      | Turkey and Cheese Hoagie ES<br><i>Carbs: 29</i><br>* Soybeans, Wheat             | Italian Hoagie ES<br><i>Carbs: 33</i><br>* Soybeans, Wheat                                                  | Holiday Shaped Chicken Fingers WG (Car/Shamrock/or Shark) TW<br><i>Carbs: 16</i><br>* Soybeans, Wheat | Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat           | Milk, Low-fat (1%), With Added Vitamin A and Vitamin D<br><i>Carbs: 12</i><br>* Milk       |
| Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat | Doritos Taco in a Bag<br><i>Carbs: 25</i><br>* Milk, Soybeans                    | Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat                                             | Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat                      | Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat                            |                                                                                            |
| Italian Hoagie ES<br><i>Carbs: 33</i><br>* Soybeans, Wheat                       | Peanut Butter Munchable ES/MS<br><i>Carbs: 46</i><br>* Milk, Peanuts, Wheat      | CHICKEN, CHUNK RANDOM BREADED W/ MANDARIN ORANGE SAUCE LEG M<br><i>Carbs: 19</i><br>* Soybeans, Eggs, Wheat | Cheese Hoagie ES<br><i>Carbs: 30</i><br>* Soybeans, Wheat                                             | Pizza, BIG DADDY'S™ Bold Cheese (10 slices)<br><i>Carbs: 34</i><br>* Milk, Soybeans, Wheat |                                                                                            |
| Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat                  | Tossed Salad, Chef Salad ES<br><i>Carbs: 42</i><br>* Milk, Soybeans, Eggs, Wheat | <b>--- Sides ---</b>                                                                                        | <b>--- Sides ---</b>                                                                                  | Tuna Salad Croissant Sandwich<br><i>Carbs: 37</i><br>* Fish, Soybeans, Eggs, Wheat         |                                                                                            |
| Grilled Cheese ES<br><i>Carbs: 27</i><br>* Milk, Soybeans, Wheat                 | Yogurt Munchable<br><i>Carbs: 50</i><br>* Milk, Soybeans, Wheat                  | Bell Pepper Strips w/ Dip<br><i>Carbs: 5</i><br>* Milk, Eggs                                                | PEACH, SLICED IN LIGHT-SYRUP CANNED TWP<br><i>Carbs: 20</i>                                           | <b>--- Sides ---</b>                                                                       |                                                                                            |
| <b>--- Sides ---</b>                                                             | Cheese Hoagie ES<br><i>Carbs: 30</i><br>* Soybeans, Wheat                        | PEACH, SLICED IN LIGHT-SYRUP CANNED TWP<br><i>Carbs: 20</i>                                                 | Bananas, (7 to 7-1/8 Inch), Whole<br><i>Carbs: 27</i>                                                 | Romaine Boats<br><i>Carbs: 16</i><br>* Wheat                                               |                                                                                            |
| PEAR, DICED IN JUICE NO-SUGAR-ADDED SS PLASTIC CUP TWP<br><i>Carbs: 16</i>       | <b>--- Sides ---</b>                                                             | ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP<br><i>Carbs: 23</i>                                        | Carrots and Cucumbers ES/MS<br><i>Carbs: 6</i><br>* Milk, Eggs                                        | Oranges, Fresh, 138 Count, Whole<br><i>Carbs: 14</i>                                       |                                                                                            |
| PEACH, DICED IN EXTRA LIGHT-SYRUP LIGHT CANNED<br><i>Carbs: 14</i>               | Cucumber Slices<br><i>Carbs: 1</i>                                               | Roasted Broccoli<br><i>Carbs: 7</i>                                                                         | Oranges, Fresh, 138 Count, Whole<br><i>Carbs: 14</i>                                                  | Cucumbers Slices<br><i>Carbs: 2</i>                                                        |                                                                                            |
| ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP<br><i>Carbs: 23</i>             | Oranges, Fresh, 138 Count, Whole<br><i>Carbs: 14</i>                             | Oranges, Fresh, 138 Count, Whole<br><i>Carbs: 14</i>                                                        | Pears, Bartlett, Raw<br><i>Carbs: 11</i>                                                              | Bananas, (7 to 7-1/8 Inch), Whole<br><i>Carbs: 27</i>                                      |                                                                                            |
| BEAN, GREEN CUT FROZEN TWP<br><i>Carbs: 5</i>                                    | Bananas, (7 to 7-1/8 Inch), Whole<br><i>Carbs: 27</i>                            | Pears, Bartlett, Raw<br><i>Carbs: 11</i>                                                                    | Romaine Boats<br><i>Carbs: 16</i><br>* Wheat                                                          | Pears, Bartlett, Raw<br><i>Carbs: 11</i>                                                   |                                                                                            |
| Apples, 125- 138 Count, Whole<br><i>Carbs: 21</i>                                | Corn, Whole Kernel, No Salt Added, Canned<br><i>Carbs: 22</i>                    | Bananas, (7 to 7-1/8 Inch), Whole<br><i>Carbs: 27</i>                                                       | Apples, Golden Delicious, 125-138 Count, Whole<br><i>Carbs: 18</i>                                    |                                                                                            |                                                                                            |
|                                                                                  | PINEAPPLE CHUNKS IN EXTRA LS 81 oz TWP<br><i>Carbs: 18</i>                       | RICE, BROWN LONG GRAIN PARBOILED TWP<br><i>Carbs: 32</i>                                                    |                                                                                                       |                                                                                            |                                                                                            |

Roasted Chickpeas  
ES/MS  
Carbs: 24

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Apples, Golden  
Delicious, 125-138  
Count, Whole  
Carbs: 18

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Craisins Cherry  
Flavored Pouch  
Carbs: 28

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Carrot Sticks w/ Dip  
ES/MS  
Carbs: 8  
\* Milk, Eggs

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Oranges, Fresh, 138  
Count, Whole  
Carbs: 14

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Pears, Bartlett, Raw  
Carbs: 11

Apples, Golden  
Delicious, 125-138  
Count, Whole  
Carbs: 18

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Fortune Cookies-  
Commercial  
Carbs: 16  
\* Soybeans, Wheat

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POTATO, FRENCH-  
FRY SWEET 7/16"  
CRINKLE-CUT XLONG  
FZN TWP  
Carbs: 34

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Apricots, Halves,  
Extra Light Syrup,  
Canned  
Carbs: 15

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ON TOP ORIGINAL  
WHIPPED TOPPING  
Carbs: 2  
\* Milk

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Jell-O Lime Gelatin  
Dessert Mix, 3 oz.  
Box  
Carbs: 19

| Monday                                                                                   | Tuesday                                                                                  | Wednesday                                                                                | Thursday                                                                                 | Friday                                                                                           | Saturday                                                                            |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| -- Snack Items --                                                                        | -- Snack Items --                                                                        | -- Snack Items --                                                                        | -- Snack Items --                                                                        | -- Snack Items --                                                                                | -- Milk --                                                                          |
| CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF<br>Carbs: 2<br>* Milk                | CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF<br>Carbs: 2<br>* Milk                | CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF<br>Carbs: 2<br>* Milk                | CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF<br>Carbs: 2<br>* Milk                | CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF<br>Carbs: 2<br>* Milk                        | Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D<br>Carbs: 34<br>* Milk |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | ---                                                                                 |
| --- Entrees ---                                                                          | --- Entrees ---                                                                          | --- Entrees ---                                                                          | --- Entrees ---                                                                          | --- Entrees ---                                                                                  | ---                                                                                 |
| Kellogg's Apple Jacks Cereal Reduced Sugar 1oz TWP<br>Carbs: 24<br>* Wheat               | Chocolate Chip Waffle WG<br>Carbs: 37<br>* Soybeans, Wheat                               | Chocolate Chip Waffle WG<br>Carbs: 37<br>* Soybeans, Wheat                               | Chocolate Chip Waffle WG<br>Carbs: 37<br>* Soybeans, Wheat                               | Chocolate Chip Waffle WG<br>Carbs: 37<br>* Soybeans, Wheat                                       | Milk, Strawberry, Fat Free<br>Carbs: 34                                             |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | Milk, Non-fat, With Added Vitamin A and Vitamin D<br>Carbs: 12<br>* Milk            |
| Chocolate Chip Waffle WG<br>Carbs: 37<br>* Soybeans, Wheat                               | Pop-Tarts Frosted Strawberry 1.76 OZ TWP<br>Carbs: 36<br>* Soybeans, Wheat               | Pop-Tarts Frosted Strawberry 1.76 OZ TWP<br>Carbs: 36<br>* Soybeans, Wheat               | Pop-Tarts Frosted Strawberry 1.76 OZ TWP<br>Carbs: 36<br>* Soybeans, Wheat               | Pop-Tarts Frosted Strawberry 1.76 OZ TWP<br>Carbs: 36<br>* Soybeans, Wheat                       | Lactaid Fat Free Milk<br>* Milk                                                     |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | Milk, Low-fat (1%), With Added Vitamin A and Vitamin D<br>Carbs: 12<br>* Milk       |
| Cereal, Lucky Charms Cereal Single Serve Bowlpak 1 oz<br>Carbs: 23                       | Mini Breakfast Bites, Apple<br>Carbs: 41<br>* Milk, Soybeans, Eggs, Wheat                | Mini Breakfast Bites, Apple<br>Carbs: 41<br>* Milk, Soybeans, Eggs, Wheat                | Mini Breakfast Bites, Apple<br>Carbs: 41<br>* Milk, Soybeans, Eggs, Wheat                | TONY'S Bagel Egg, Sausage and Cheese FZN2.8 oz TWP<br>Carbs: 23<br>* Milk, Soybeans, Eggs, Wheat | ---                                                                                 |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | ---                                                                                 |
| Kellogg's Froot Loops Cereal Reduced Sugar 1oz<br>Carbs: 24<br>* Wheat                   | Super Bakery Cinnamon Roll IW TWP<br>Carbs: 40<br>* Milk, Soybeans, Eggs, Wheat          | Crunchmania Cinnamon Bun SS Bagged 1.76oz IW TWP<br>Carbs: 37<br>* Milk, Soybeans, Wheat | Crunchmania Cinnamon Bun SS Bagged 1.76oz IW TWP<br>Carbs: 37<br>* Milk, Soybeans, Wheat | Mini Breakfast Bites, Apple<br>Carbs: 41<br>* Milk, Soybeans, Eggs, Wheat                        | ---                                                                                 |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | ---                                                                                 |
| Cocoa Puffs(TM) Cereal 25% Less Sugar Single Serve Bowlpak 1<br>Carbs: 25                | Crunchmania Cinnamon Bun SS Bagged 1.76oz IW TWP<br>Carbs: 37<br>* Milk, Soybeans, Wheat | Bagel, Hilltop Hearth 2.3 oz TWP<br>Carbs: 32<br>* Wheat                                 | Bagel, Hilltop Hearth 2.3 oz TWP<br>Carbs: 32<br>* Wheat                                 | Crunchmania Cinnamon Bun SS Bagged 1.76oz IW TWP<br>Carbs: 37<br>* Milk, Soybeans, Wheat         | ---                                                                                 |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | ---                                                                                 |
| Pop-Tarts Frosted Strawberry 1.76 OZ TWP<br>Carbs: 36<br>* Soybeans, Wheat               | Bagel, Hilltop Hearth 2.3 oz TWP<br>Carbs: 32<br>* Wheat                                 | Kellogg's Frosted Flakes Cereal Reduced Sugar 1oz<br>Carbs: 24<br>* Wheat                | Kellogg's Frosted Flakes Cereal Reduced Sugar 1oz<br>Carbs: 24<br>* Wheat                | Bagel, Hilltop Hearth 2.3 oz TWP<br>Carbs: 32<br>* Wheat                                         | ---                                                                                 |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | ---                                                                                 |
| Mini Breakfast Bites, Apple<br>Carbs: 41<br>* Milk, Soybeans, Eggs, Wheat                | Kellogg's Frosted Flakes Cereal Reduced Sugar 1oz<br>Carbs: 24<br>* Wheat                | Maple Glazed WG French Toast Sticks (Elementary) TWP<br>Carbs: 26                        | Maple Glazed WG French Toast Sticks (Elementary) TWP<br>Carbs: 26                        | Kellogg's Frosted Flakes Cereal Reduced Sugar 1oz<br>Carbs: 24<br>* Wheat                        | ---                                                                                 |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | ---                                                                                 |
| Crunchmania Cinnamon Bun SS Bagged 1.76oz IW TWP<br>Carbs: 37<br>* Milk, Soybeans, Wheat | Maple Glazed WG French Toast Sticks (Elementary) TWP<br>Carbs: 26                        | MUFFIN BLUEBERRY WG RF IW<br>Carbs: 30<br>* Soybeans, Eggs, Wheat                        | MUFFIN BLUEBERRY WG RF IW<br>Carbs: 30<br>* Soybeans, Eggs, Wheat                        | Maple Glazed WG French Toast Sticks (Elementary) TWP<br>Carbs: 26                                | ---                                                                                 |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | ---                                                                                 |
| Bagel, Hilltop Hearth 2.3 oz TWP<br>Carbs: 32<br>* Wheat                                 | MUFFIN BLUEBERRY WG RF IW<br>Carbs: 30<br>* Soybeans, Eggs, Wheat                        | Mini French Toast IW 2.64 oz<br>Carbs: 37<br>* Milk, Soybeans, Eggs, Wheat               | Mini French Toast IW 2.64 oz<br>Carbs: 37<br>* Milk, Soybeans, Eggs, Wheat               | MUFFIN BLUEBERRY WG RF IW<br>Carbs: 30<br>* Soybeans, Eggs, Wheat                                | ---                                                                                 |
| ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                      | ---                                                                                              | ---                                                                                 |
|                                                                                          | Mini French Toast IW 2.64 oz<br>Carbs: 37<br>* Milk, Soybeans, Eggs, Wheat               |                                                                                          |                                                                                          | Mini French Toast IW 2.64 oz<br>Carbs: 37<br>* Milk, Soybeans, Eggs, Wheat                       |                                                                                     |

Cinnamon Toast  
Crunch(TM) Cereal  
Single Serve Bowlpak  
1 oz T  
*Carbs: 22*  
\* Soybeans, Wheat

Kellogg's Frosted  
Flakes Cereal  
Reduced Sugar 1oz  
*Carbs: 24*  
\* Wheat

Maple Glazed WG  
French Toast Sticks  
(Elementary) TWP  
*Carbs: 26*

MUFFIN  
BLUEBERRY WG RF  
IW  
*Carbs: 30*  
\* Soybeans, Eggs,  
Wheat

Mini French Toast IW  
2.64 oz  
*Carbs: 37*  
\* Milk, Soybeans,  
Eggs, Wheat

Pancakes, Whole  
Grain or Whole Grain-  
Rich  
*Carbs: 26*  
\* Milk, Soybeans,  
Eggs, Wheat

--- Sides ---

Oranges, Fresh, 138  
Count, Whole  
*Carbs: 14*

ORANGE,  
MANDARIN WHOLE  
IN LIGHT-SYRUP  
CANNED TWP  
*Carbs: 23*

Bananas, (7 to 7-1/8  
Inch), Whole  
*Carbs: 27*

Greek Yogurt,  
Blueberry, 4 oz  
*Carbs: 15*

Apples, Fresh, 100  
Count, Sliced  
*Carbs: 9*

JUICE, APPLE 100%  
FROZEN PLASTIC  
CUP TWP  
*Carbs: 14*

Orange Juice,  
Individual Cups,  
Frozen  
*Carbs: 14*

Pancakes, Whole Grain or  
Whole Grain-Rich  
*Carbs: 26*  
\* Milk, Soybeans, Eggs,  
Wheat

--- Sides ---

Oranges, Fresh, 138  
Count, Whole  
*Carbs: 14*

Bananas, (7 to 7-1/8  
Inch), Whole  
*Carbs: 27*

Apples, Fresh, 100 Count,  
Sliced  
*Carbs: 9*

Greek Yogurt, Blueberry,  
4 oz  
*Carbs: 15*

JUICE, APPLE 100%  
FROZEN PLASTIC CUP  
TWP  
*Carbs: 14*

Zee Zees Applesauce  
Cup, Original,  
Unsweetened, 4.5 oz.  
TWP  
*Carbs: 14*

Orange Juice, Individual  
Cups, Frozen  
*Carbs: 14*

Pancakes, Whole  
Grain or Whole Grain-  
Rich  
*Carbs: 26*  
\* Milk, Soybeans,  
Eggs, Wheat

--- Sides ---

Oranges, Fresh, 138  
Count, Whole  
*Carbs: 14*

PEACH, SLICED IN  
LIGHT-SYRUP  
CANNED TWP  
*Carbs: 20*

Bananas, (7 to 7-1/8  
Inch), Whole  
*Carbs: 27*

Apples, Fresh, 100  
Count, Sliced  
*Carbs: 9*

Greek Yogurt,  
Blueberry, 4 oz  
*Carbs: 15*

JUICE, APPLE 100%  
FROZEN PLASTIC  
CUP TWP  
*Carbs: 14*

Orange Juice,  
Individual Cups,  
Frozen  
*Carbs: 14*

Pancakes, Whole  
Grain or Whole Grain-  
Rich  
*Carbs: 26*  
\* Milk, Soybeans,  
Eggs, Wheat

--- Sides ---

Oranges, Fresh, 138  
Count, Whole  
*Carbs: 14*

Bananas, (7 to 7-1/8  
Inch), Whole  
*Carbs: 27*

Apples, Fresh, 100  
Count, Sliced  
*Carbs: 9*

Greek Yogurt,  
Blueberry, 4 oz  
*Carbs: 15*

JUICE, APPLE 100%  
FROZEN PLASTIC  
CUP TWP  
*Carbs: 14*

Orange Juice,  
Individual Cups,  
Frozen  
*Carbs: 14*

Pancakes, Whole Grain  
or Whole Grain-Rich  
*Carbs: 26*  
\* Milk, Soybeans, Eggs,  
Wheat

--- Sides ---

Oranges, Fresh, 138  
Count, Whole  
*Carbs: 14*

Bananas, (7 to 7-1/8  
Inch), Whole  
*Carbs: 54*

Apples, Fresh, 100  
Count, Sliced  
*Carbs: 9*

Greek Yogurt, Blueberry,  
4 oz  
*Carbs: 15*

JUICE, APPLE 100%  
FROZEN PLASTIC CUP  
TWP  
*Carbs: 14*

Orange Juice, Individual  
Cups, Frozen  
*Carbs: 14*

| Monday                                                                    | Tuesday                                                                   | Wednesday                                                                 | Thursday                                                                  | Friday                                                                              | --- Milk ---                                                                        |
|---------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>-- Snack Items --</b>                                                  | <b>--- Entrees ---</b>                                                    | <b>--- Entrees ---</b>                                                    | <b>--- Entrees ---</b>                                                    | <b>--- Entrees ---</b>                                                              | Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D<br>Carbs: 34<br>* Milk |
| Dinner Roll WG<br>Carbs: 18<br>* Soybeans, Wheat                          | Doritos Taco in a Bag<br>Carbs: 25<br>* Milk, Soybeans                    | Hot Ham and Cheese on a Pretzel Bun<br>Carbs: 37<br>* Wheat               | Turkey and Cheese Hoagie ES<br>Carbs: 29<br>* Soybeans, Wheat             | Turkey and Cheese Hoagie ES<br>Carbs: 29<br>* Soybeans, Wheat                       | Milk, Strawberry, Fat Free<br>Carbs: 34                                             |
| <b>--- Entrees ---</b>                                                    | Turkey and Cheese Hoagie ES<br>Carbs: 29<br>* Soybeans, Wheat             | Peanut Butter Munchable ES/MS<br>Carbs: 46<br>* Milk, Peanuts, Wheat      | Peanut Butter Munchable ES/MS<br>Carbs: 46<br>* Milk, Peanuts, Wheat      | Peanut Butter Munchable ES/MS<br>Carbs: 46<br>* Milk, Peanuts, Wheat                | Milk, Non-fat, With Added Vitamin A and Vitamin D<br>Carbs: 12<br>* Milk            |
| Peanut Butter Munchable ES/MS<br>Carbs: 46<br>* Milk, Peanuts, Wheat      | Peanut Butter Munchable ES/MS<br>Carbs: 46<br>* Milk, Peanuts, Wheat      | Tossed Salad, Chef Salad ES<br>Carbs: 42<br>* Milk, Soybeans, Eggs, Wheat | Tossed Salad, Chef Salad ES<br>Carbs: 42<br>* Milk, Soybeans, Eggs, Wheat | Tuna Salad Croissant Sandwich<br>Carbs: 37<br>* Fish, Soybeans, Eggs, Wheat         | Lactaid Fat Free Milk<br>* Milk                                                     |
| Tossed Salad, Chef Salad ES<br>Carbs: 42<br>* Milk, Soybeans, Eggs, Wheat | Tossed Salad, Chef Salad ES<br>Carbs: 42<br>* Milk, Soybeans, Eggs, Wheat | Yogurt Munchable<br>Carbs: 50<br>* Milk, Soybeans, Wheat                  | Chicken Cheese Steak<br>Carbs: 24<br>* Soybeans, Wheat                    | Tossed Salad, Chef Salad ES<br>Carbs: 42<br>* Milk, Soybeans, Eggs, Wheat           | Milk, Low-fat (1%), With Added Vitamin A and Vitamin D<br>Carbs: 12<br>* Milk       |
| Italian Hoagie ES<br>Carbs: 33<br>* Soybeans, Wheat                       | Yogurt Munchable<br>Carbs: 50<br>* Milk, Soybeans, Wheat                  | Italian Hoagie ES<br>Carbs: 33<br>* Soybeans, Wheat                       | Yogurt Munchable<br>Carbs: 50<br>* Milk, Soybeans, Wheat                  |                                                                                     |                                                                                     |
| Yogurt Munchable<br>Carbs: 50<br>* Milk, Soybeans, Wheat                  | Cheese Hoagie ES<br>Carbs: 30<br>* Soybeans, Wheat                        | <b>--- Sides ---</b>                                                      | Cheese Hoagie ES<br>Carbs: 30<br>* Soybeans, Wheat                        | Pizza, BIG DADDY'S™ Bold Cheese (10 slices)<br>Carbs: 34<br>* Milk, Soybeans, Wheat |                                                                                     |
| Penne Alfredo<br>Carbs: 46<br>* Milk                                      | <b>--- Sides ---</b>                                                      | PEACH, SLICED IN LIGHT-SYRUP CANNED TWP<br>Carbs: 20                      | <b>--- Sides ---</b>                                                      | Yogurt Munchable<br>Carbs: 50<br>* Milk, Soybeans, Wheat                            |                                                                                     |
| <b>--- Sides ---</b>                                                      | Zee Zees Applesauce Cup, Original, Unsweetened, 4.5 oz. TWP<br>Carbs: 14  | Candied Carrots<br>Carbs: 19<br>* Soybeans                                | Carrots and Cucumbers ES/MS<br>Carbs: 6<br>* Milk, Eggs                   | Cheese Hoagie ES<br>Carbs: 30<br>* Soybeans, Wheat                                  |                                                                                     |
| PEAR, DICED IN JUICE NO-SUGAR-ADDED SS PLASTIC CUP TWP<br>Carbs: 16       | Oranges, Fresh, 138 Count, Whole<br>Carbs: 14                             | Oranges, Fresh, 138 Count, Whole<br>Carbs: 14                             | POTATO, FRENCH-FRY SWEET 7/16" CRINKLE-CUT XLONG FZN TWP<br>Carbs: 34     | <b>--- Sides ---</b>                                                                |                                                                                     |
| PEACH, DICED IN EXTRA LIGHT-SYRUP LIGHT CANNED<br>Carbs: 14               | Sour Cream& Salsa<br>Carbs: 5<br>* Milk                                   | POTATO, TATER NUGGET PARFRIED FROZEN TWP<br>Carbs: 19                     | Bananas, (7 to 7-1/8 Inch), Whole<br>Carbs: 27                            | Roasted Chickpeas ES/MS<br>Carbs: 24                                                |                                                                                     |
| ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP<br>Carbs: 23             | Black Bean and Corn Salad<br>Carbs: 28                                    | Italian Green Beans ES/MS<br>Carbs: 1                                     | STRAWBERRIES SLICED 5# TWP<br>Carbs: 6                                    | ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP<br>Carbs: 23                       |                                                                                     |
| Apples, 125- 138 Count, Whole<br>Carbs: 21                                | Carrot Sticks w/ Dip ES/MS<br>Carbs: 8<br>* Milk, Eggs                    | Pears, Bartlett, Raw<br>Carbs: 11                                         | Oranges, Fresh, 138 Count, Whole<br>Carbs: 14                             | Oranges, Fresh, 138 Count, Whole<br>Carbs: 14                                       |                                                                                     |
| Apples, Golden Delicious, 125-138 Count, Whole<br>Carbs: 18               | Bananas, (7 to 7-1/8 Inch), Whole<br>Carbs: 27                            | Bananas, (7 to 7-1/8 Inch), Whole<br>Carbs: 27                            | Pears, Bartlett, Raw<br>Carbs: 11                                         | Romaine Boats<br>Carbs: 16<br>* Wheat                                               |                                                                                     |
| Cucumber and Tomato Salad ES/MS<br>Carbs: 6                               | RICE, BROWN LONG GRAIN PARBOILED TWP<br>Carbs: 32                         | Apples, Golden Delicious, 125-138 Count, Whole<br>Carbs: 18               | Romaine Boats<br>Carbs: 16<br>* Wheat                                     | Apples, Golden Delicious, 125-138 Count, Whole<br>Carbs: 18                         |                                                                                     |

Craisins Cherry  
Flavored Pouch  
Carbs: 28

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Peas and Carrots  
Carbs: 13

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Oranges, Fresh, 138  
Count, Whole  
Carbs: 14

---

Apples, Golden  
Delicious, 125-138  
Count, Whole  
Carbs: 18

---

Pears, Bartlett, Raw  
Carbs: 11

---

Apples, Golden  
Delicious, 125-138  
Count, Whole  
Carbs: 18

---

Bell Pepper Strips w/  
Dip  
Carbs: 5  
\* Milk, Eggs

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Bananas, (7 to 7-1/8  
Inch), Whole  
Carbs: 27

---

Pears, Bartlett, Raw  
Carbs: 11

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