--- 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, Low-fat (1%), With

Added Vitamin A and

Vitamin D

Carbs: 12

\* Milk

## Thursday Friday Wednesday - - Snack Items - -- - - Entrees - - -- - Snack Items - -Chicken Patty Graham Crackers Graham Crackers Carbs: 11 Carbs: 39 Carbs: 11 \* Soybeans, Wheat \* Wheat \* Wheat ---Buffalo Chicken Fortune Cookies-- - - Entrees - - -Commercial Cheese Steak Chicken Patty Carbs: 56 Carbs: 16 Carbs: 39 \* Soybeans, Wheat \* Milk, Eggs, Wheat Soybeans, Wheat ... Hot Turkey Sandwich --- Entrees ---Cheeseburger ES/MS Carbs: 27 Chicken Patty Carbs: 60 Carbs: 39 Soybeans, Wheat \* Milk, Soybeans, \* Soybeans, Wheat Wheat Buffalo Chicken Cheese Hoagie Cheeseburger Cheese Steak Carbs: 56 Carbs: 27 MS/HS \* Soybeans, Wheat \* Milk, Eggs, Wheat Carbs: 43 \* Soybeans, Wheat Pizza, BIG DADDY'S™ Buffalo Chicken Cheese Bold Cheese (8 slices) Steak Chicken Caesar Salad Carbs: 56 MS/HS Carbs: 43 \* Milk, Soybeans, \* Milk, Eggs, Wheat Carbs: 45 Wheat \* Soybeans, Wheat ... Veggie, Garden Salad Chicken Caesar Salad MS/HS Turkey Hoagie MS/HS Carbs: 50 Carbs: 45 MS/HS \* Milk, Soybeans, Eggs, Carbs: 45 \* Soybeans, Wheat Wheat \* Soybeans, Wheat Chicken Caesar Wrap Chicken Caesar Salad Turkey Hoagie MS/HS Carbs: 57 MS/HS Carbs: 45 \* Milk, Fish, Soybeans, Eggs, Wheat \* Soybeans, Wheat Carbs: 45 \* Soybeans, Wheat . . . ---Chicken Caesar Wrap Italian Hoagie MS/HS Turkey Hoagie MS/HS Carbs: 57 Carbs: 49 \* Milk, Fish, Soybeans, Carbs: 45 Soybeans, Wheat Eggs, Wheat \* Soybeans, Wheat ---Veggie, Garden Salad Veggie, Garden Salad Chicken Caesar Wrap MS/HS Carbs: 57 MS/HS Carbs: 50 \* Milk, Fish, Soybeans, Carbs: 50 \* Milk. Sovbeans. Eggs, Wheat \* Milk, Soybeans, Eggs, Eggs, Wheat Wheat . - ----Beef Stir Fry HS Spicy Chicken Patty Spicy Chicken Patty HS Carbs: 30 HS Carbs: 38 \* Soybeans Carbs: 38 \* Soybeans, Wheat \* Soybeans, Wheat ------Spicy Chicken Patty HS Tuna Salad Croissant Carbs: 38 - - - Sides - - -\* Soybeans, Wheat Sandwich Oranges, Fresh, 138 Carbs: 37 ... Count, Whole \* Fish, Soybeans, - - - Sides - - -Carbs: 14 Eggs, Wheat ORANGE, MANDARIN WHOLE IN LIGHT-BEAN, GREEN CUT - - - Sides - - -SYRUP CANNED TWP FROZEN TWP Carbs: 46 Oranges, Fresh, 138 Carbs: 7 Count, Whole Carbs: 14 Apples, Golden Apples, Golden

Delicious, 125-138

Count, Whole

Carbs: 18

Carrot Sticks w/ Dip HS

Carbs: 14

\* Milk, Eggs

Delicious, 125-138

Count, Whole

Carbs: 18

Stir Fry Vegetables TWP Carbs: 8

Carbs

Carrots and Cucumbers HS Carbs: 7

\* Milk, Eggs

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

Oranges, Fresh, 138 Count, Whole Carbs: 14

RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32 Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27

Mashed Sweet Potatoes HS Carbs: 57

Cherry Tomato Cup Carbs: 7 \* Milk, Eggs

PEACH, SLICED IN LIGHT-SYRUP CANNED TWP Carbs: 40 Romaine Boats Carbs: 20 \* Wheat

Pears, Diced, Extra Light Syrup, Canned TWP Carbs: 32

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

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

--- Milk ---

Non-fat, With

and Vitamin D

Carbs: 34

\* Milk

Fat Free

Carbs: 34

and Vitamin D

Carbs: 12

\* Milk

With Added

Vitamin A and

Vitamin D

Carbs: 12

\* Milk

. . .

**Thursday** Friday **Tuesday** Wednesday Monday Milk. Chocolate. - - Snack Items - -- - Snack Items - -- - - Entrees - - ---- Entrees ---- - Snack Items - -Chicken Patty Graham Crackers Added Vitamin A Chicken Patty **Graham Crackers** Campbell's Classic Condensed Tomato Carbs: 39 Carbs: 11 Carbs: 39 Carbs: 11 \* Soybeans, Wheat \* Wheat \* Soybeans, Wheat ' Wheat Soup TWP Carbs: 29 0.55 ---' Wheat Milk, Strawberry, Spicy Chicken Patty **Peanut Butter** - - - Entrees - - -- - - Entrees - - -Munchable HS HS Chicken Patty Chicken Patty Carbs: 38 Carbs: 78 --- Entrees ---Carbs: 39 \* Soybeans, Wheat Carbs: 39 \* Milk, Peanuts, Milk, Non-fat, With \* Soybeans, Wheat Chicken Patty Soybeans, Wheat Wheat Added Vitamin A ---Carbs: 39 ------Buffalo Chicken Soybeans, Wheat Stuffed Crust Whole Cheeseburger Buffalo Chicken Cheese Steak ---Grain Cheese, 4.84 Carbs: 27 Cheese Steak Carbs: 56 Soybeans, Wheat oz, CN Cheese Hoagie \* Milk, Eggs, Wheat Carbs: 56 Milk, Low-fat (1%), Carbs: 35 MS/HS ---\* Mllk, Eggs, Wheat ... \* Milk, Soybeans, Carbs: 43 Buffalo Chicken Italian Hoagie MS/HS Wheat \* Soybeans, Wheat Cheese Steak Italian Hoagie MS/HS Carbs: 43 Carbs: 56 \* Milk, Soybeans, Carbs: 43 Veggie, Garden Salad \* Milk, Eggs, Wheat Cheeseburger \* Milk, Soybeans, Wheat Carbs: 27 MS/HS Wheat ---Carbs: 50 \* Soybeans, Wheat Breakfast Croissant Veggie, Garden \* Milk, Soybeans, Salad MS/HS Sandwich Chicken Fajitas with Eggs, Wheat Buffalo Chicken Carbs: 35 Peppers & Onions Carbs: 50 Cheese Steak \* Milk, Soybeans, Carbs: 45 \* Milk, Soybeans, Carbs: 56 Grilled Cheese Wheat ' Wheat Eggs, Wheat \* Milk, Eggs, Wheat Carbs: 28 \* Milk, Soybeans, Veggie, Garden Salad Chicken Caesar Peanut Butter Wheat Peanut Butter MS/HS Salad MS/HS Munchable HS Carbs: 50 Munchable HS Carbs: 78 Carbs: 45 \* Milk, Soybeans, Carbs: 78 Cheeseburger Soybeans, Wheat Milk, Peanuts, Eggs, Wheat Milk, Peanuts, Carbs: 27 Wheat \* Soybeans, Wheat Wheat Turkey Hoagie . . . Chicken Caesar Salad Chicken Caesar MS/HS Tuna Salad Croissant Buffalo Chicken MS/HS Carbs: 45 Salad MS/HS \* Soybeans, Wheat Sandwich Carbs: 45 Cheese Steak Carbs: 45 \* Soybeans, Wheat Carbs: 37 Carbs: 56 Soybeans, Wheat \* Fish, Soybeans, \* Milk, Eggs, Wheat ------Chicken Caesar Eggs, Wheat Turkey Hoagie MS/HS Turkey Hoagie Wrap Peanut Butter Carbs: 45 Carbs: 57 MS/HS Chicken Caesar Salad Munchable HS \* Soybeans, Wheat \* Milk, Fish, Carbs: 45 MS/HS Soybeans, Eggs, Carbs: 78 200 \* Soybeans, Wheat Carbs: 45 \* Milk, Peanuts, Wheat ---Peanut Butter \* Soybeans, Wheat Wheat ---TWP Chicken Munchable HS 2010 Carbs: 78 Veggie, Garden Sandwich (Honey Turkey Hoagie MS/HS Chicken Caesar Salad \* Milk, Peanuts, Wheat Salad MS/HS Sriracha) Carbs: 45 MS/HS Carbs: 49 Carbs: 50 Soybeans, Wheat Carbs: 45 \* Soybeans, Wheat \* Milk, Soybeans, Chicken Caesar Wrap \* Soybeans, Wheat Eggs, Wheat 22. ---Carbs: 57 ------\* Milk, Fish, Soybeans, Chicken Caesar Wrap Chicken Caesar Wrap Carbs: 57 Eggs, Wheat Turkey Hoagie MS/HS Carbs: 57 Spicy Chicken Patty \* Milk, Fish, Carbs: 45 \* Milk, Fish, HS ---Soybeans, Eggs, \* Soybeans, Wheat Soybeans, Eggs, Carbs: 38 Spicy Chicken Patty Wheat Soybeans, Wheat Wheat HS . - -----Carbs: 38 Chicken Caesar Wrap Veggie, Garden Salad \* Soybeans, Wheat Carbs: 57 --- Sides - - -- - - Sides - - -MS/HS Milk, Fish, ---Sour Cream& Salsa Carbs: 50 Romaine Boats Soybeans, Eggs, \* Milk, Soybeans, Carbs: 20 - - - Sides - - -Carbs: 5 Wheat Eggs, Wheat \* Wheat \* Milk Apples, Golden ... ... Delicious, 125-138 Spicy Chicken Patty Count, Whole Bell Pepper Strips w/ Spicy Chicken Patty Bananas, (7 to 7-1/8 HS Carbs: 18 Inch), Whole Dip HS Carbs: 38 Carbs: 38 Carbs: 5 \* Soybeans, Wheat Carbs: 27

....

\* Milk, Eggs

\* Soybeans, Wheat

--- Sides ---PEACH, SLICED IN LIGHT-SYRUP CANNED TWP Carbs: 40

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

---

Carrots & Celery Carbs: 8

Oranges, Fresh, 138 Count, Whole Carbs: 14

Goldfish Pretzel Crackers WG SS .75 oz TWP Carbs: 16 \* Milk, Wheat

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

PINEAPPLE, CHUNK IN JUICE CANNED **TWP** Carbs: 44

Roasted Potatoes

Carrots and Cucumbers HS Carbs: 7 Milk, Eggs

Carbs: 40

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

Oranges, Fresh, 138 Count, Whole Carbs: 14

Baked Apples Carbs: 19 \* Soybeans

Apple Slice, Unsweetened, Canned ---

POTATO, HASH **BROWN PATTY** ROUND 1.27 OZ PAR **FZN TWP** Carbs: 30

> JUICE, ORANGE 100% SS CUP FROZEN TWP Carbs: 13

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

Oranges, Fresh, 138 Count, Whole Carbs: 14

Oranges, Fresh, 138 Count, Whole Carbs: 14

Black Bean and Corn Salad Carbs: 37

Pears, Diced, Extra Light Syrup, Canned TWP

Carbs: 32

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

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

RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32

- - - Sides - - -

Zee Zees Applesauce Cup, Original, Unsweetened, 4.5 oz. TWP

Carbs: 14 ...

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

Oranges, Fresh, 138 Count, Whole Carbs: 14

Cranapple Spinach Salad HS Carbs: 39 \* Wheat

Spinach, Leaves, Fresh

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

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

---

---

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

--- Milk ---

Non-fat, With

and Vitamin D

Carbs: 34

\* Milk

Fat Free

Carbs: 34

and Vitamin D Carbs: 12

\* Milk

With Added

Vitamin A and

Vitamin D

Carbs: 12

\* Milk

Monday **Tuesday** Wednesday **Thursday Friday** Milk. Chocolate. - - Snack Items - -- - - Entrees - - -- - Snack Items - ---- Entrees ---- - Snack Items - -SAUCE, MARINARA Sour Cream& Salsa Chicken Patty Fortune Cookies-Chicken Patty Added Vitamin A TOMATO CAN TWP Carbs: 5 Carbs: 39 Commercial Carbs: 39 \* Soybeans, Wheat \* Milk \* Soybeans, Wheat Carbs: 16 Carbs: 9 \* Soybeans, Wheat ... CRACKER. Milk, Strawberry, **GRAHAM** CHICKEN, 8 PIECE Pizza, BIG --- Entrees ---CINNAMON WHOLE DADDY'S™ Bold 80 COUNT BONE-IN --- Entrees ---**GRAIN DOG BONE** Chicken Patty SKIN-ON COOKED Cheese (8 slices) SHAPED SS BAG Chicken Patty Carbs: 39 **OVEN ROASTE** Carbs: 43 Milk, Non-fat, With Carbs: 21 Carbs: 39 \* Soybeans, Wheat Milk, Soybeans \* Milk, Soybeans, Added Vitamin A \* Soybeans, Wheat \* Soybeans, Wheat Wheat \_\_\_ Veggie, Garden Salad Buffalo Chicken General's Chicken Buffalo Chicken MS/HS Cheese Steak --- Entrees ---Carbs: 50 HS Carbs: 56 Cheese Steak Milk, Low-fat (1%), Chicken Patty Carbs: 39 \* Milk, Soybeans, \* Milk, Eggs, Wheat Carbs: 56 Carbs: 39 Eggs, Wheat \* Soybeans, Wheat \* Milk, Eggs, Wheat \* Soybeans, Wheat Italian Hoagie MS/HS ---**Breaded Cheese Sticks** Buffalo Chicken Carbs: 43 Italian Hoagie MS/HS Loaded Tot-Chos RED SOD WG TWP Cheese Steak \* Milk, Sovbeans, Carbs: 43 Carbs: 72 Carbs: 56 Carbs: 44 ' Milk, Soybeans, Wheat \* Milk \* Milk, Eggs, Wheat \* Milk, Wheat Wheat ---Veggie, Garden Salad Spicy Chicken Patty Buffalo Chicken Chicken Caesar Chicken Caesar MS/HS HS Salad MS/HS Cheese Steak Carbs: 50 Salad MS/HS Carbs: 38 Carbs: 45 Carbs: 56 \* Milk, Soybeans, Carbs: 45 \* Soybeans, Wheat \* Soybeans, Wheat \* Milk, Eggs, Wheat Eggs, Wheat \* Soybeans, Wheat ----Buffalo Chicken Turkey Hoagie SMUCKER 5.3 OZ Chicken Caesar Salad Turkey Hoagie Cheese Steak MS/HS UNCRUSTABLE MS/HS MS/HS Carbs: 56 PEANUT BUTTER Carbs: 45 Carbs: 45 Carbs: 45 \* Milk, Eggs, Wheat AND GRAPE TWP \* Soybeans, Wheat \* Soybeans, Wheat \* Soybeans, Wheat Carbs: 64 ---\* Peanuts, Wheat Veggie, Garden Chicken Caesar Chicken Caesar Wrap Turkey Hoagie MS/HS Salad MS/HS Carbs: 57 Carbs: 45 Wrap Carbs: 50 Chicken Caesar Salad \* Soybeans, Wheat Carbs: 57 \* Milk, Fish, \* Milk, Soybeans, \* Milk, Fish, Soybeans, Eggs, MS/HS Eggs, Wheat Carbs: 45 Soybeans, Eggs, Wheat Chicken Caesar Wrap \* Soybeans, Wheat Wheat ---Carbs: 57 Chicken Caesar \* Milk, Fish, Soybeans, Veggie, Garden Salad MS/HS Turkey Hoagie MS/HS Veggie, Garden Eggs, Wheat Salad MS/HS Carbs: 45 Salad MS/HS Carbs: 45 Carbs: 50 . . . \* Soybeans, Wheat \* Soybeans, Wheat Carbs: 50 \* Milk, Soybeans, Spicy Chicken Patty \* Milk, Soybeans, Eggs, Wheat ---HS Eggs, Wheat Turkey Hoagie Chicken Caesar Wrap Carbs: 38 MS/HS Carbs: 57 \* Soybeans, Wheat Spicy Chicken Patty Carbs: 45 \* Milk, Fish, Soybeans, Cheese Hoagie HS ---\* Soybeans, Wheat MS/HS Eggs, Wheat Carbs: 38 -Carbs: 43 \* Soybeans, Wheat --- Sides ---\* Soybeans, Wheat Chicken Caesar Italian Hoagie MS/HS Apples, Golden ---Wrap Delicious, 125-138 Carbs: 49 Tuna Salad Croissant Carbs: 57 \* Soybeans, Wheat Count, Whole Spicy Chicken Patty Sandwich \* Milk, Fish, Carbs: 18 HS Carbs: 37 ... Soybeans, Eggs, Carbs: 38 \* Fish, Soybeans, ---Spicy Chicken Patty Wheat \* Soybeans, Wheat Eggs, Wheat Bread Sticks, WGR 8" HS ---Unsliced RedSod Carbs: 38 Cheese Hoagie \* Soybeans, Wheat Parbaked Frozen - - - Sides - - -- - - Sides - - -MS/HS Carbs: 25 . . . Carbs: 43 BROCCOLI, FRESH Oranges, Fresh, 138 \* Milk, Soybeans, \* Soybeans, Wheat - - - Sides - - -Eggs, Wheat Carbs: 6 Count, Whole Carbs: 14 ... PINEAPPLE, CHUNK ---RICE, BROWN IN JUICE CANNED POTATO, MASHED - - - Sides - - -LONG GRAIN ON TOP ORIGINAL TWP SKINLESS WHITE Bananas, (7 to 7-1/8 PARBOILED TWP Carbs: 44 TFF BOIL IN BAG WHIPPED TOPPING Inch), Whole Carbs: 32 REF Carbs: 2 Carbs: 27 Carbs: 19 \* Milk

\* Milk

Cucumber and Tomato Salad HS Carbs: 7

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

Campbell's Classic Condensed Tomato Soup TWP Carbs: 29 \* Wheat

Oranges, Fresh, 138 Count, Whole Carbs: 14

Italian Green Beans HS Carbs: 6

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

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

PEACH, SLICED IN LIGHT-SYRUP CANNED TWP Carbs: 40

Oranges, Fresh, 138 Count, Whole Carbs: 14

---

Candied Carrots
Carbs: 24
\* Soybeans

Cucumbers w/ Dip HS Carbs: 5 \* Milk, Eggs

Pears, Diced, Extra Light Syrup, Canned TWP Carbs: 32

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

---

Oranges, Fresh, 138 Count, Whole Carbs: 14

...

Oranges, Fresh, 138 Count, Whole Carbs: 14

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

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

ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP Carbs: 46

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

EDAMAME, SOYBEAN WHOLE FZN TWP Carbs: 3 \* Soybeans Jell-O Lime Gelatin Dessert Mix, 3 oz. Box Carbs: 19

Apricots, Canned, Light Syrup Pack TWP Carbs: 42

0.00

USF6124523 Carbs: 3 \* Milk, Eggs

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

Cucumber Slices
Carbs: 2

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

Romaine Boats Carbs: 20 \* Wheat

Carbs: 34

\* Milk

Fat Free

Carbs: 34

Carbs: 12

\* Milk

Vitamin D

Carbs: 12

\* Milk

---

\* Wheat

**Friday Thursday Monday Tuesday** Wednesday --- Milk ---Milk, Chocolate, - - Snack Items - -- - - Entrees - - ---- Entrees - - ---- Entrees ---- - - Entrees - - -Non-fat, With Chicken Patty Chicken Patty Added Vitamin A Chicken Patty Chicken Patty Fortune Cookiesand Vitamin D Carbs: 39 Carbs: 39 Carbs: 39 Commercial Carbs: 39 Carbs: 16 \* Soybeans, Wheat \* Soybeans, Wheat \* Soybeans, Wheat Soybeans, Wheat \* Soybeans, Wheat ---Milk, Strawberry, Stir Fry Vegetables Veggie, Garden Salad Spicy Chicken Patty Buffalo Chicken Stuffed Crust Whole TWP Grain Cheese, 4.84 Cheese Steak MS/HS HS Carbs: 8 Carbs: 50 Carbs: 38 Carbs: 56 oz, CN Carbs: 35 \* Milk, Soybeans, \* Soybeans, Wheat \* Milk, Eggs, Wheat ---Milk, Non-fat, With Eggs, Wheat \* Milk, Soybeans, Added Vitamin A ------- - - Entrees - - -Wheat and Vitamin D ---Italian Hoagie MS/HS Buffalo Chicken Chicken Patty Buffalo Chicken Carbs: 43 Cheese Steak Carbs: 39 Buffalo Chicken \* Milk, Soybeans, Cheese Steak Carbs: 56 \* Soybeans, Wheat Carbs: 56 \* Milk, Eggs, Wheat Wheat Cheese Steak Milk, Low-fat (1%), Carbs: 56 With Added \* Milk, Eggs, Wheat ------\* Milk, Eggs, Wheat Vitamin A and **Buffalo Chicken** Hot Ham and Cheese Italian Hoagie MS/HS Cheese Steak Italian Hoagie MS/HS Carbs: 43 on a Pretzel Bun Carbs: 56 Italian Hoagie MS/HS Carbs: 43 Milk, Soybeans, Carbs: 37 \* Milk, Eggs, Wheat \* Wheat \* Milk, Soybeans, Wheat Carbs: 43 \* Milk, Soybeans, Wheat Wheat Italian Hoagie MS/HS ---Veggie, Garden Veggie, Garden Salad Carbs: 43 Salad MS/HS MS/HS SMUCKER 5.3 OZ Milk, Soybeans, Chicken Caesar Salad **UNCRUSTABLE** Carbs: 50 Carbs: 50 Wheat Milk, Soybeans, \* Milk, Soybeans, MS/HS PEANUT BUTTER Eggs, Wheat AND GRAPE TWP Eggs, Wheat Carbs: 45 \* Soybeans, Wheat Carbs: 64 Beef Stir Fry HS \* Peanuts, Wheat Carbs: 30 Chicken Caesar Chicken Caesar Salad \* Soybeans MS/HS Turkey Hoagie MS/HS Salad MS/HS ... Carbs: 45 Chicken Caesar Salad Carbs: 45 Carbs: 45 \* Soybeans, Wheat \* Soybeans, Wheat \* Soybeans, Wheat MS/HS Chicken Caesar Carbs: 45 . . . ... Salad MS/HS \* Soybeans, Wheat Carbs: 45 Turkey Hoagie Chicken Caesar Wrap Turkey Hoagie MS/HS \* Soybeans, Wheat MS/HS Carbs: 45 Carbs: 57 ---\* Milk, Fish, \* Soybeans, Wheat Turkey Hoagie MS/HS Carbs: 45 Soybeans, Eggs, Carbs: 45 \* Soybeans, Wheat Turkey Hoagie \* Soybeans, Wheat Wheat ---MS/HS Chicken Caesar Wrap Carbs: 45 Chicken Caesar Carbs: 57 \* Soybeans, Wheat Veggie, Garden Salad Egg, Sausage, Cheese Wrap \* Milk, Fish, Soybeans, Carbs. 57 Eggs, Wheat Burn MS/HS on a Bagel MS/HS \* Milk, Fish, Carbs: 50 Carbs: 2 Chicken Caesar \* Milk, Soybeans, Soybeans, Eggs, Wrap Spicy Chicken Patty Wheat Eggs, Wheat Carbs: 57 Chicken Caesar Wrap HS \* Milk, Fish, Carbs: 38 Carbs: 57 Soybeans, Eggs, Mrs. Budd's Chicken Spicy Chicken Patty \* Milk, Fish, Soybeans, \* Soybeans, Wheat Wheat HS Eggs, Wheat Sandwich ---Carbs: 39 ----Carbs: 38 \* Soybeans, Wheat \* Soybeans, Wheat - - - Sides - - -Veggie, Garden Spicy Chicken Patty ---\_\_\_ Salad MS/HS Carrots and HS Carbs: 50 Cucumbers HS Tuna Salad Croissant Carbs: 38 - - - Sides - - -\* Milk, Soybeans, Carbs: 7 Sandwich \* Soybeans, Wheat Eggs, Wheat Bananas, (7 to 7-1/8 Milk, Eggs Carbs: 37 ---Inch), Whole ----\* Fish, Soybeans, ---Eggs, Wheat Carbs: 27 --- Sides ---Spicy Chicken Patty Apples, Golden . . . HS ---JUICE, ORANGE Delicious, 125-138 Count, Whole Carbs: 38 100% SS CUP BEAN, GREEN CUT - - - Sides - - -\* Soybeans, Wheat FROZEN TWP FROZEN TWP Carbs: 18 Oranges, Fresh, 138 Carbs: 7 ---Carbs: 13 Count, Whole . . . ---Romaine Boats --- Sides ---Carbs: 14 Carbs: 20 Apples, Golden Apples, Golden Oranges, Fresh, 138 ---Delicious, 125-138 Delicious, 125-138 \* Wheat Count, Whole Cranapple Spinach Count, Whole Count, Whole Carbs: 14 Salad HS Carbs: 18 Carbs: 18 Carbs: 39 ----

Baked Apples Carbs: 19 \* Soybeans Apple Slice.

Unsweetened, Canned

POTATO, HASH **BROWN PATTY** ROUND 1.27 OZ PAR **FZN TWP** Carbs: 30

Oranges, Fresh, 138 Count, Whole Carbs: 14

Apricots, Canned, Light Syrup Pack TWP Carbs: 21

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

Roasted Potatoes Carbs: 40

Strawberries with Whipped Topping Carbs: 15 \* Milk

Carrots and Cucumbers HS Carbs: 7 \* Milk, Eggs

Oranges, Fresh, 138 Count, Whole Carbs: 14

POTATO, FRENCH-FRY SWEET 7/16" CRINKLE-CUT XLONG FZN TWP Carbs: 46

PEACH, DICED IN PEAR JUICE CANNED TWP Carbs: 32

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

Oranges, Fresh, 138 Count, Whole Carbs: 14

...

ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP Carbs: 46 ---

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

RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32

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

EDAMAME. SOYBEAN WHOLE **FZN TWP** Carbs: 6 \* Soybeans

Spinach, Leaves, Fresh

Carrot Sticks w/ Dip HS Carbs: 14 \* Milk, Eggs

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

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

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

Non-fat, With

Carbs: 34

\* Milk

Fat Free

Carbs: 34

Carbs: 12

\* Milk

With Added

Vitamin A and

Vitamin D

Carbs: 12

\* Milk

---

## Wednesday **Thursday Friday** Monday **Tuesday** --- Milk ---Milk, Chocolate, - - Snack Items - -- - - Entrees - - -- - Snack Items - ---- Entrees ---- - - Entrees - - -Bread Sticks, WGR 8" Bread Sticks, WGR 8" Chicken Patty Chicken Patty Chicken Patty Added Vitamin A and Vitamin D Unsliced RedSod Carbs: 39 Unsliced RedSod Carbs: 39 Carbs: 39 Parbaked Frozen \* Soybeans, Wheat \* Soybeans, Wheat Parbaked Frozen \* Soybeans, Wheat Carbs: 25 Carbs: 25 ---\* Milk, Soybeans, \* Milk, Soybeans, Milk, Strawberry, Spicy Chicken Patty Buffalo Chicken Buffalo Chicken Eggs, Wheat Eggs, Wheat Cheese Steak Cheese Steak HS Carbs: 38 Carbs: 40 Carbs: 56 \* Milk, Soybeans, \* Soybeans, Wheat \* Milk, Eggs, Wheat Milk, Non-fat, With --- Entrees ---- - - Entrees - - -Eggs, Wheat ... ... Added Vitamin A Chicken Patty Chicken Patty and Vitamin D Buffalo Chicken Italian Hoagie MS/HS Carbs: 39 Carbs: 39 Buffalo Chicken Carbs: 43 Cheese Steak \* Soybeans, Wheat \* Soybeans, Wheat \* Milk, Soybeans, Carbs: 56 Cheese Steak ---\* Milk, Eggs, Wheat Carbs: 56 Wheat Milk, Low-fat (1%), Veggie, Garden Salad Buffalo Chicken \* Milk, Eggs, Wheat . . . ---MS/HS Cheese Steak Pizza, BIG Italian Hoagie MS/HS Carbs: 50 Carbs: 56 DADDY'S™ Bold Carbs: 43 Italian Hoagie MS/HS \* Milk, Soybeans, \* Milk, Eggs, Wheat Cheese (8 slices) Milk, Soybeans, Carbs: 43 Eggs, Wheat ---\* Milk, Soybeans, Wheat Carbs: 43 ---Italian Hoagie MS/HS \* Milk, Soybeans, Wheat Buffalo Chicken Carbs: 43 Wheat Veggie, Garden \* Milk, Soybeans, Cheese Steak 222 Salad MS/HS Chicken Caesar Wheat Carbs: 56 Chicken Caesar Carbs: 50 Salad MS/HS \* Milk, Eggs, Wheat \* Milk, Soybeans, Carbs: 45 Salad MS/HS Veggie, Garden Salad Eggs, Wheat \* Soybeans, Wheat Carbs: 45 Italian Hoagie MS/HS MS/HS Soybeans, Wheat Carbs: 50 Carbs: 43 ---Nachos Bell Grande Turkey Hoagie \* Milk, Soybeans, \* Milk, Soybeans, Eggs, Wheat MS/HS Turkey Hoagie (w/ beef crumbles) Wheat Carbs: 45 MS/HS Carbs: 7 ---\* Soybeans, Wheat \* Soybeans, Wheat Carbs: 45 Chicken Caesar Salad SMUCKER 5.3 OZ \* Soybeans, Wheat ---**UNCRUSTABLE** MS/HS ---Chicken Caesar Chicken Caesar PEANUT BUTTER Carbs: 45 Wrap Chicken Caesar Salad MS/HS AND GRAPE TWP \* Soybeans, Wheat Carbs: 57 Carbs: 45 Wrap Carbs: 64 \* Milk, Fish, \* Soybeans, Wheat Carbs: 57 \* Peanuts, Wheat Turkey Hoagie MS/HS Soybeans, Eggs, \* Milk, Fish, . . . Soybeans, Eggs, Carbs: 45 Wheat Turkey Hoagie Chicken Caesar Salad \* Soybeans, Wheat Wheat MS/HS MS/HS ---Carbs: 45 Veggie, Garden Carbs: 45 Chicken Caesar Wrap \* Soybeans, Wheat Salad MS/HS Veggie, Garden \* Soybeans, Wheat Carbs: 57 Salad MS/HS Carbs: 50 \* Milk, Fish, Soybeans, \* Milk, Soybeans, Carbs: 50 Chicken Caesar Wrap Eggs, Wheat Turkey Hoagie MS/HS Eggs, Wheat \* Milk, Sovbeans, Carbs: 57 Carbs: 45 Eggs, Wheat .... \* Milk, Fish, \* Soybeans, Wheat CHICKEN, 8 PIECE Spicy Chicken Patty Soybeans, Eggs, 80 COUNT BONE-IN Wheat HS Tuna Salad Croissant Chicken Caesar Wrap SKIN-ON COOKED Carbs: 38 Sandwich ---**OVEN ROASTE** Carbs: 57 \* Soybeans, Wheat Carbs: 37 \* Milk, Fish, Soybeans, --- Sides ---\* Milk, Soybeans \* Fish, Soybeans, Eggs, Wheat Eggs, Wheat ---Bananas, (7 to 7-1/8 - - - Sides - - -Inch), Whole Spicy Chicken Patty Spicy Chicken Patty Carbs: 27 HS Oranges, Fresh, 138 Spicy Chicken Patty Carbs: 38 Count, Whole HS HS Carbs: 38 \* Soybeans, Wheat Carbs: 14 Carbs: 38 Apples, Golden \* Soybeans, Wheat \* Soybeans, Wheat ... ---Delicious, 125-138 ------Count, Whole Carrots and - - - Sides - - -Penne Alfredo Carbs: 18 Cucumbers HS - - - Sides - - -Apples, Golden Carbs: 46 Carbs: 7 ---Delicious, 125-138 \* Milk Bell Pepper Strips w/ Milk, Eggs Cherry Tomato Cup Count, Whole Dip ---Carbs: 7 Carbs: 18 Carbs: 5 \* Milk, Eggs Apples, Golden - - - Sides - - -Milk, Eggs Delicious, 125-138 ---

Count, Whole Carbs: 18

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

Roasted Broccoli Carbs: 8

Pears, Diced, Extra Light Syrup, Canned TWP Carbs: 32

Oranges, Fresh, 138 Count, Whole Carbs: 14

----

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

Cucumber and Tomato Salad HS Carbs: 7 Oranges, Fresh, 138 Count, Whole Carbs: 14

USDA Refried Beans HS Carbs: 41

Sour Cream& Salsa Carbs: 5 \* Milk

PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 44

---

Candied Carrots
Carbs: 24
\* Soybeans

...

BEAN, GREEN CUT FROZEN TWP Carbs: 5

POTATO, MASHED SKINLESS WHITE TFF BOIL IN BAG REF Carbs: 19

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

\* Milk

Oranges, Fresh, 138 Count, Whole Carbs: 14

-

PEACH, DICED IN PEAR JUICE CANNED TWP Carbs: 32

---

POTATO, FRENCH-FRY SWEET 7/16" CRINKLE-CUT XLONG FZN TWP Carbs: 46

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

> Romaine Boats Carbs: 20 \* Wheat

Strawberries with Whipped Topping Carbs: 15 \* Milk Oranges, Fresh, 138 Count, Whole Carbs: 14

ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP Carbs: 46

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

---

Romaine Boats Carbs: 20 \* Wheat

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