

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
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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
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Rainbow Chopped Salad Carbs: 96 * 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
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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
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Chicken Fajitas with Peppers & Onions Carbs: 45 * Wheat	Chicken Caesar Wrap 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 * Milk, Wheat
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Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat
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Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat	Chicken and Waffles HS Carbs: 36 * Milk, Soybeans, Eggs, Wheat	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat
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Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat
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Roasted Pear Salad with 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 Carbs: 48 * Milk, Soybeans, Eggs, Wheat	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat
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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	---
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Tuesday	Wednesday	Thursday	Friday
--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat
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Tacos Carbs: 42 * 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 Carbs: 50 * Milk, Soybeans, Eggs, Wheat
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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
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Tacos Carbs: 20 * Soybeans	--- Sides ---	--- Sides ---	---
---	Tossed Salad Carbs: 6	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Cheeseburger Carbs: 30 * Soybeans, Wheat
Cheeseburger Carbs: 30 * Soybeans, Wheat	---	---	---
--- Sides ---	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	--- Sides ---
---	---	---	Tossed Salad Carbs: 6
Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	Cucumber Slices Carbs: 4	---
---	---	---	Carrots & Celery Carbs: 8
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
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CORN, KERNEL YELLOW FROZEN Carbs: 42	Roasted Chickpeas HS Carbs: 32	Stewed Tomatoes Carbs: 10	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6
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PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 22	Pears, Diced, Extra Light Syrup, Canned TWP Carbs: 32	HUMMUS, PLAIN TUB REF TWP Carbs: 5	---
---	---	---	Sidekicks Frozen BlueRaspberry-Lemon Carbs: 23
Black Bean and Corn Salad Carbs: 37	Cranberries, Dried Carbs: 25	Assorted Fresh Fruit	---
---	---	---	HUMMUS, PLAIN TUB REF TWP Carbs: 5
RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32	HUMMUS, PLAIN TUB REF TWP Carbs: 5	---	---
---	---	---	Assorted Fresh Fruit
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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 Carbs: 34 * Milk
Assorted Fresh Fruit ---	--- Milk ---	Milk, Strawberry, Fat Free Carbs: 34	Milk, Strawberry, Fat Free Carbs: 34
--- Milk ---	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	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, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Strawberry, Fat Free Carbs: 34	Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk	Milk, Lactose Free and Low Fat 1% Carbs: 12 * 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	Milk, Low-fat (1%), 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, Lactose Free and Low Fat 1% Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk		
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk ---	---		

Monday	Tuesday	Wednesday	Thursday	Friday
-- Snack Items --	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Garlic Bread Carbs: 15 * 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 ---	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat ---
--- Entrees ---	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 ---
Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat ---	Nachos Bell Grande (w/ beef crumbles) Carbs: 7 * Soybeans, Wheat ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---
Cheese Hoagie MS/HS Carbs: 43 * Soybeans, 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 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 ---	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat ---	Hot Ham and Cheese on a Pretzel Bun (HS) Carbs: 57 * Milk, Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat ---
Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat ---	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat ---	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat ---
Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat ---	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---
Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---	Roasted Pear Salad with Chicken and Cheddar Carbs: 41 * Soybeans, Wheat ---	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---
Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat ---	Roasted Pear Salad with 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 Carbs: 48 * 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 ---	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat ---

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--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP <i>Carbs: 64</i> * 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 <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat
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Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 41</i> * Milk, Soybeans, Eggs, Wheat	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Jake's Pizza * Milk, Soybeans, Wheat
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Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Cheeseburger <i>Carbs: 30</i> * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Cheeseburger <i>Carbs: 30</i> * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat
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Cheesy Penne Pasta Marinara MS/HS <i>Carbs: 69</i>	--- Sides --- Peanut Butter and Graham Cracker <i>Carbs: 22</i> * Peanuts, Soybeans, Wheat	Cheeseburger <i>Carbs: 30</i> * Soybeans, Wheat	--- Sides --- Peanut Butter and Graham Cracker <i>Carbs: 22</i> * Peanuts, Soybeans, Wheat	--- Sides --- Peanut Butter and Graham Cracker <i>Carbs: 22</i> * Peanuts, Soybeans, Wheat
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Cheeseburger <i>Carbs: 30</i> * Soybeans, Wheat	Bell Pepper Strips w/ Dip <i>Carbs: 3</i> * Milk, Eggs	--- Sides --- Peanut Butter and Graham Cracker <i>Carbs: 22</i> * Peanuts, Soybeans, Wheat	SWEET POTATO FRIES 7/16" CRINKLE-CUT XLONG FZN TWP <i>Carbs: 46</i>	Apple Pie Fruit Salad <i>Carbs: 19</i>
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--- Sides --- Peanut Butter and Graham Cracker <i>Carbs: 22</i> * Peanuts, Soybeans, Wheat	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	Cranapple Spinach Salad HS <i>Carbs: 33</i> * Wheat	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>
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Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	PINEAPPLE, CHUNK IN JUICE CANNED TWP <i>Carbs: 22</i>	Spinach, Leaves, Fresh	Cucumber and Tomato Salad HS <i>Carbs: 7</i>	HUMMUS, PLAIN TUB REF TWP <i>Carbs: 5</i>
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Italian Green Beans HS <i>Carbs: 6</i>	CORN, KERNEL YELLOW FROZEN <i>Carbs: 42</i>	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	Mixed Berries	Assorted Fresh Fruit
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Tossed Salad <i>Carbs: 6</i>	HUMMUS, PLAIN TUB REF TWP <i>Carbs: 5</i>	Del Monte® Sliced Peaches In Extra Light Syrup, Canned Fruit <i>Carbs: 15</i>	HUMMUS, PLAIN TUB REF TWP <i>Carbs: 5</i>	Carrots & Celery <i>Carbs: 8</i>
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ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP <i>Carbs: 23</i>	Assorted Fresh Fruit	Roasted Chickpeas HS <i>Carbs: 32</i>	Assorted Fresh Fruit	Romaine Boats <i>Carbs: 11</i> * Soybeans, Wheat
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>--- Sides ---</p> <p>HUMMUS, PLAIN TUB REF TWP Carbs: 5</p> <p>---</p> <p>Assorted Fresh Fruit</p> <p>---</p> <p>--- Milk ---</p> <p>Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk</p> <p>Milk, Strawberry, Fat Free Carbs: 34</p> <p>Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk</p> <p>Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>---</p>	<p>--- Milk ---</p> <p>Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk</p> <p>Milk, Strawberry, Fat Free Carbs: 34</p> <p>Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk</p> <p>Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>---</p>	<p>--- Sides ---</p> <p>HUMMUS, PLAIN TUB REF TWP Carbs: 5</p> <p>---</p> <p>Assorted Fresh Fruit</p> <p>---</p> <p>--- Milk ---</p> <p>Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk</p> <p>Milk, Strawberry, Fat Free Carbs: 34</p> <p>Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk</p> <p>Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>---</p>	<p>--- Milk ---</p> <p>Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk</p> <p>Milk, Strawberry, Fat Free Carbs: 34</p> <p>Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk</p> <p>Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>---</p>	<p>--- Milk ---</p> <p>Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk</p> <p>Milk, Strawberry, Fat Free Carbs: 34</p> <p>Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk</p> <p>Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk</p> <p>---</p>

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
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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
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Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat
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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
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Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat
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Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat
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Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat
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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	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat
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	Chicken Fajitas with Peppers & Onions Carbs: 45 * Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	
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Monday	Tuesday	Wednesday	Thursday
--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Buffalo Chicken Cheese Steak Carbs: 50 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 50 * 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
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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 Carbs: 50 * Milk, Soybeans, Eggs, Wheat
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Grilled Cheese Carbs: 64 * Milk, Soybeans, Wheat	Tacos Carbs: 26 * Soybeans	Cheeseburger Carbs: 30 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat
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Cheeseburger Carbs: 30 * Soybeans, Wheat	Tacos Carbs: 48 * Soybeans, Wheat	--- Sides ---	Cheeseburger Carbs: 30 * Soybeans, Wheat
--- Sides ---	Cheeseburger Carbs: 30 * Soybeans, Wheat	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	---
Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	--- Sides ---	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	--- Sides ---
---	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat	---	Peanut Butter and Graham Cracker Carbs: 22 * Peanuts, Soybeans, Wheat
Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	---	Celery, Raw, Sticks Carbs: 1	---
---	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	HUMMUS, PLAIN TUB REF TWP Carbs: 5	ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP Carbs: 23
APPLESAUCE, RASPBERRY BLUE SS PLASTIC CUP Carbs: 14	---	---	---
---	PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 22	Assorted Fresh Fruit	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6
Campbell's Classic Condensed Tomato Soup TWP Carbs: 20 * Wheat	---	Romaine Boats Carbs: 11 * Soybeans, Wheat	---
---	Mexicali Corn TWP Carbs: 30 * Wheat	Lettuce, Romaine, Raw	COOKIE, SUGAR WHOLE- GRAIN-RICH 1 OZ FROZEN Carbs: 18 * Milk, Soybeans, Eggs, Wheat
Pepperidge Farm Goldfish Baked Cheddar Crackers WG TWP Carbs: 14 * Milk, Wheat	---	Pears, Diced, Extra Light Syrup, Canned TWP Carbs: 16	---
---	RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32	---	HUMMUS, PLAIN TUB REF TWP Carbs: 5
Roasted Chickpeas HS Carbs: 32	---	Baked Bean Supreme Carbs: 47	---
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Monday	Tuesday	Wednesday	Thursday
--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---
Celery, Raw, Sticks Carbs: 3 ---	HUMMUS, PLAIN TUB REF TWP Carbs: 5 ---	Cranberries, Dried Carbs: 25 ---	POTATO, DICED 5/8" SKINLESS RUSSET (HS) Carbs: 16 ---
HUMMUS, PLAIN TUB REF TWP Carbs: 5 ---	Assorted Fresh Fruit ---	--- Milk ---	Assorted Fresh Fruit ---
Assorted Fresh Fruit ---	Black Bean and Corn Salad Carbs: 37 ---	Milk, Chocolate, Non-fat, 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	--- Milk ---
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, 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, Strawberry, Fat Free Carbs: 34	Milk, Lactose Free and Low Fat 1% Carbs: 12 * 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, Low-fat (1%), 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, Lactose Free and Low Fat 1% 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 ---	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 ---

Monday	Tuesday	Wednesday
--- Entrees ---	--- Entrees ---	-- Snack Items --
Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat ---	Biscuit, Baked Easy Split WG 2oz MS/HS TWP Carbs: 22 * Milk, Wheat ---
Egg and Cheese Croissant Sandwich Carbs: 31 * Milk, Soybeans, Eggs, Wheat ---	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---	--- Entrees ---
Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---	Turkey Hoagie MS/HS Carbs: 45 * Milk, Soybeans, Wheat ---
Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---
Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat ---	CHICKEN, 8 PIECE 80 COUNT BONE-IN SKIN-ON COOKED OVEN ROASTE * Milk, Soybeans ---
Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat ---	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---
Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---
Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---	Italian Hoagie MS/HS Carbs: 49 * Milk, Soybeans, Wheat ---
Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat ---	Chicken Patty Carbs: 37 * Milk, Soybeans, Wheat ---
		Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---

Monday	Tuesday	Wednesday
--- Entrees ---	--- Entrees ---	--- Entrees ---
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP <i>Carbs: 64</i> * Peanuts, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	Roasted Pear Salad with Chicken and Cheddar <i>Carbs: 48</i> * Milk, Soybeans, Eggs, Wheat
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Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat	Nachos Bell Grande (w/ beef crumbles) <i>Carbs: 7</i> * Soybeans, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP <i>Carbs: 64</i> * Peanuts, Wheat
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Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 50</i> * Milk, Soybeans, Eggs, Wheat
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Cheeseburger <i>Carbs: 30</i> * Soybeans, Wheat	Cheeseburger <i>Carbs: 30</i> * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat
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--- Sides ---	--- Sides ---	--- Sides ---
Baked Apples <i>Carbs: 19</i> * Soybeans	Roasted Chickpeas HS <i>Carbs: 32</i>	Cheeseburger <i>Carbs: 30</i> * Soybeans, Wheat
Apple Slice, Unsweetened, Canned	Peanut Butter and Graham Cracker <i>Carbs: 22</i> * Peanuts, Soybeans, Wheat	---
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Peanut Butter and Graham Cracker <i>Carbs: 22</i> * Peanuts, Soybeans, Wheat	Bell Pepper Strips w/ Dip <i>Carbs: 3</i> * Milk, Eggs	Peanut Butter and Graham Cracker <i>Carbs: 22</i> * Peanuts, Soybeans, Wheat
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Cherry Tomato Cup <i>Carbs: 3</i>	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	POTATO, MASHED SKINLESS WHITE TFF BOIL IN BAG REF <i>Carbs: 19</i> * Milk
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Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	Black Bean and Corn Salad <i>Carbs: 37</i>	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>
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POTATO, DICED 5/8" SKINLESS RUSSET (HS) <i>Carbs: 16</i>	Mexicali Corn TWP <i>Carbs: 30</i> * Wheat	Strawberries, Frozen w/Sugar <i>Carbs: 38</i>
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Apple Juice 100% <i>Carbs: 15</i>	PINEAPPLE, CHUNK IN JUICE CANNED TWP <i>Carbs: 22</i>	---
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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
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Assorted Fresh Fruit	Assorted Fresh Fruit	Del Monte® Low Sodium Cut Green Beans 101 oz. Can Carbs: 4
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--- Milk ---	--- Milk ---	--- Milk ---
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Assorted Fresh Fruit
Milk, Strawberry, Fat Free Carbs: 34	Milk, Strawberry, Fat Free Carbs: 34	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
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, Strawberry, Fat Free Carbs: 34
Milk, Lactose Free and Low Fat 1% 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, 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, Lactose Free and Low Fat 1% Carbs: 12 * Milk
---	---	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk
