

Monday	Tuesday	Wednesday	Thursday	Friday
<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>	<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>	<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>	<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>	<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>

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--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47
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BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat
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--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---
HUMMUS, PLAIN TUB REF TWP Carbs: 5	HUMMUS, PLAIN TUB REF TWP Carbs: 5	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 Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
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Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
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Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk
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CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk
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Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans
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Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27
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Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14
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Monday	Tuesday	Wednesday	Thursday	Friday
--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---
JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14
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Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14
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--- Milk ---	--- Milk ---	--- Milk ---	--- Milk ---	--- Milk ---
MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * 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, 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, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * 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, 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, 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, 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
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Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat	Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat	Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat	Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat	Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat
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MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat	MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat	MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat	MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat	MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat
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Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat
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Lucky Charms SS 2 oz Cup TWP Carbs: 46	Lucky Charms SS 2 oz Cup TWP Carbs: 46	Lucky Charms SS 2 oz Cup TWP Carbs: 46	Lucky Charms SS 2 oz Cup TWP Carbs: 46	Lucky Charms SS 2 oz Cup TWP Carbs: 46
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MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat	MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat	MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat	MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat	MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat
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Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat
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BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat
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Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
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Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
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Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14
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MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * 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, 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, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk
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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	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
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>	<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>	<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>	<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>	<p>--- Entrees ---</p> <p>Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat</p> <p>---</p> <p>MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat</p> <p>---</p> <p>Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat</p> <p>---</p> <p>Lucky Charms SS 2 oz Cup TWP Carbs: 46</p> <p>---</p> <p>MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat</p> <p>---</p> <p>Cocoa Puffs SS 2 oz Cup Carbs: 47</p> <p>---</p> <p>Berry Banana Smoothie Carbs: 72 * Milk, Wheat</p> <p>---</p> <p>Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat</p> <p>---</p> <p>SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP Carbs: 30 * Wheat</p> <p>---</p>

Monday	Tuesday	Wednesday	Thursday	Friday
--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47
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BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat
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--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---
HUMMUS, PLAIN TUB REF TWP Carbs: 5	HUMMUS, PLAIN TUB REF TWP Carbs: 5	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 Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
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Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
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Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk
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CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk
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Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans
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Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27
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Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14
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Monday	Tuesday	Wednesday	Thursday	Friday
--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---
JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14
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Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14
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--- Milk ---	--- Milk ---	--- Milk ---	--- Milk ---	--- Milk ---
MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * 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, 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, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * 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, 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, 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, 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
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>--- Entrees ---</p> <p>Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---</p> <p>Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---</p> <p>Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---</p> <p>Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---</p> <p>Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---</p> <p>Chicken Patty Carbs: 39 * Soybeans, Wheat ---</p> <p>Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---</p> <p>Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---</p> <p>SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat ---</p>	<p>--- Entrees ---</p> <p>Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---</p> <p>Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---</p> <p>Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---</p> <p>Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---</p> <p>Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---</p> <p>Chicken Patty Carbs: 39 * Soybeans, Wheat ---</p> <p>Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---</p> <p>Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---</p> <p>SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat ---</p>	<p>--- Entrees ---</p> <p>Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---</p> <p>Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---</p> <p>Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---</p> <p>Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---</p> <p>Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---</p> <p>Chicken Patty Carbs: 39 * Soybeans, Wheat ---</p> <p>Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---</p> <p>Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---</p> <p>SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat ---</p>	<p>--- Entrees ---</p> <p>Cheese Steak Carbs: 40 * Milk, Soybeans, Wheat ---</p> <p>Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---</p> <p>Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---</p> <p>Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---</p> <p>Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---</p> <p>Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---</p> <p>Chicken Patty Carbs: 39 * Soybeans, Wheat ---</p> <p>Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---</p> <p>Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---</p> <p>SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat ---</p>	<p>--- Entrees ---</p> <p>Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---</p> <p>Pizza, BIG DADDY'S™ Bold Cheese (8 slices) Carbs: 43 * Milk, Soybeans, Wheat ---</p> <p>Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---</p> <p>Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---</p> <p>Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---</p> <p>Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---</p> <p>Chicken Patty Carbs: 39 * Soybeans, Wheat ---</p> <p>Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---</p> <p>Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---</p>

Monday	Tuesday	Wednesday	Thursday	Friday
--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat
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APPETIZER, CHEESE MOZZARELLA BREADED WHOLE GRAIN STICK .76 O Carbs: 42 * Milk, Wheat	Tacos Carbs: 25	Chicken and Waffles MS/HS Carbs: 45 * Milk, Soybeans, Eggs, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, 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	Cheeseburger Carbs: 27 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat
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Cheeseburger Carbs: 27 * Soybeans, Wheat	Cheeseburger Carbs: 27 * Soybeans, Wheat	Cheeseburger Carbs: 27 * Soybeans, Wheat	--- Sides ---	Cheeseburger Carbs: 27 * Soybeans, Wheat
---	--- Sides ---	---	Cherry Tomato Cup Carbs: 7 * Milk, Eggs	---
--- Sides ---	Assorted Canned Fruit	--- Sides ---	---	--- Sides ---
Assorted Canned Fruit	---	Assorted Canned Fruit	Applesauce, Unsweetened, Canned Carbs: 14	Peterson Apple Slices
---	Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat	---	---	---
Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat	---	Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat	Assorted Canned Fruit	Assorted Canned Fruit
---	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	---	---	---
Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	---	Cucumber Slices Carbs: 2	Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat	Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat
---	PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 22	---	---	---
Roasted Broccoli Carbs: 8	---	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6
---	CORN, KERNEL YELLOW FROZEN Carbs: 42	---	---	---
Romaine Boats Carbs: 8 * Wheat	---	Roasted Chickpeas HS Carbs: 32	Ore Ida® Reduced Sodium Tater Tots® 6x5 LBS Carbs: 23	Carrots & Celery Carbs: 8
---	RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32	---	---	---
Peterson Apple Slices	---	Baked Apples Carbs: 19 * Soybeans	HUMMUS, PLAIN TUB REF TWP Carbs: 5	Romaine Boats Carbs: 8 * Wheat
---	Black Bean and Corn Salad Carbs: 37	Apple Slice, Unsweetened, Canned	---	---
HUMMUS, PLAIN TUB REF TWP Carbs: 5	---	Tossed Salad Carbs: 6	Assorted Fresh Fruit	HUMMUS, PLAIN TUB REF TWP Carbs: 5
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Monday	Tuesday	Wednesday	Thursday	Friday
--- Sides ---	--- Sides ---	--- Sides ---	--- Milk ---	--- Sides ---
Assorted Fresh Fruit ---	HUMMUS, PLAIN TUB REF TWP Carbs: 5 ---	HUMMUS, PLAIN TUB REF TWP Carbs: 5 ---	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Assorted Fresh Fruit ---
--- Milk ---	Assorted Fresh Fruit ---	Assorted Fresh Fruit ---	Milk, Strawberry, Fat Free Carbs: 34	--- Milk ---
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	--- Milk ---	--- 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, 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, 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, Strawberry, Fat Free Carbs: 34	Milk, Strawberry, Fat Free Carbs: 34	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, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	---	Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D 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	Thursday	Friday
--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 44 * Milk, 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 ---	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, 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 ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---	Pizza, BIG DADDY'S™ Bold Cheese (8 slices) Carbs: 43 * Milk, Soybeans, 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 ---	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---
Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Nachos Bell Grande (w/ beef crumbles) Carbs: 7 * Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Hot Ham and Cheese on a Pretzel Bun/HS Carbs: 30 * Milk, Soybeans, Wheat ---	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---
Chicken Patty Carbs: 39 * Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Chicken Patty Carbs: 39 * Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---
Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Chicken Patty Carbs: 39 * Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Chicken Patty Carbs: 39 * Soybeans, Wheat ---	Chicken Patty Carbs: 39 * 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 ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, 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 ---	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 ---

Monday	Tuesday	Wednesday	Thursday	Friday
--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat	Buffalo Chicken Cheese Steak Carbs: 51 * 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
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Egg and Cheese Croissant Sandwich Carbs: 31 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak Carbs: 51 * Milk, Soybeans, Eggs, 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	General's Chicken HS Carbs: 28 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat	Buffalo Chicken Pizza Carbs: 43 * Milk, Soybeans, Wheat
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Cheeseburger Carbs: 27 * Soybeans, Wheat	Cheeseburger Carbs: 27 * Soybeans, Wheat	Cheeseburger Carbs: 27 * Soybeans, Wheat	Cheeseburger Carbs: 27 * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser Carbs: 36 * Soybeans, Wheat
---	---	--- Sides ---	---	---
--- Sides ---	--- Sides ---	Roasted Broccoli Carbs: 8	--- Sides ---	Cheeseburger Carbs: 27 * Soybeans, Wheat
Assorted Canned Fruit	Assorted Canned Fruit	---	Assorted Canned Fruit	---
---	---	Assorted Canned Fruit	---	--- Sides ---
Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat	Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat	---	Chickpea Salad Carbs: 8	Assorted Canned Fruit
---	---	Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat	---	---
Baked Apples Carbs: 19 * Soybeans	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	---	Cranberries, Dried Carbs: 25	Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat
Apple Slice, Unsweetened, Canned	---	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	---	---
---	PINEAPPLE, CHUNK IN JUICE CANNED TWP Carbs: 22	---	Peanut Butter and Graham Cracker Carbs: 12 * Peanuts, Soybeans, Wheat	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6
Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	---	PEACH, DICED IN PEAR JUICE CANNED TWP Carbs: 16	---	---
---	CORN, KERNEL YELLOW FROZEN Carbs: 21	---	Carrots, Baby, Fresh, Individually Wrapped Carbs: 6	APPLESAUCE, UNSWEETENED TWP Carbs: 12
POTATO, DICED 5/8" SKINLESS RUSSET (HS) Carbs: 16	---	HUMMUS, PLAIN TUB REF TWP Carbs: 5	---	---
---	HUMMUS, PLAIN TUB REF TWP Carbs: 5	---	MCCAIN HARVEST SPLENDOR SWT POTATO DEEP CC 6X2.5 LBS Carbs: 49	Celery, Raw, Sticks Carbs: 2
JUICE, FRUIT PUNCH 100% FROZEN CUP Carbs: 14	---	Roasted Chickpeas HS Carbs: 32	---	---
---	Assorted Fresh Fruit	---	Pears, Diced, Extra Light Syrup, Canned TWP Carbs: 16	HUMMUS, PLAIN TUB REF TWP Carbs: 5
---	---	---	---	---

Monday	Tuesday	Wednesday	Thursday	Friday
--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---	--- Sides ---
HUMMUS, PLAIN TUB REF TWP Carbs: 5	Bell Pepper Strips w/ Dip Carbs: 3 * Milk, Eggs	RICE, BROWN LONG GRAIN PARBOILED TWP Carbs: 32	HUMMUS, PLAIN TUB REF TWP Carbs: 5	Assorted Fresh Fruit
---	---	---	---	---
Assorted Fresh Fruit	--- Milk ---	Assorted Fresh Fruit	Assorted Fresh Fruit	Romaine Boats Carbs: 8 * Wheat
---	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	---	---	---
--- Milk ---	Milk, Strawberry, Fat Free Carbs: 34	--- Milk ---	--- Milk ---	--- 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, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Strawberry, Fat Free Carbs: 34	Milk, Lactose Free and Low Fat 1% Carbs: 12 * Milk	Milk, Strawberry, Fat Free Carbs: 34	Milk, Strawberry, Fat Free Carbs: 34	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, 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, 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, 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	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk
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Monday	Tuesday	Wednesday	Thursday	Friday
-- Snack Items --	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
Garlic Bread Carbs: 15 * Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---	Jake's Pizza * Milk, Soybeans, Wheat ---
--- Entrees ---	Tacos Carbs: 67 * Wheat ---	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, Wheat ---	Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, Wheat ---
Turkey Hoagie MS/HS Carbs: 44 * Milk, Soybeans, 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 ---	Cheese Hoagie MS/HS Carbs: 43 * Soybeans, 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 ---	Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---
Rainbow Chopped Salad Carbs: 96 * Milk, Soybeans, Eggs, Wheat ---	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Pancakes, Whole Grain or Whole Grain-Rich Carbs: 39 * Milk, Soybeans, Eggs, Wheat ---	Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---
Chicken Caesar Wrap Carbs: 52 * Milk, Fish, Soybeans, Eggs, Wheat ---	Tacos Carbs: 25 ---	Chicken Patty Carbs: 39 * Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---
Cheesy Penne Pasta Marinara MS/HS Carbs: 69 ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Chicken Patty Carbs: 39 * Soybeans, Wheat ---
Italian Hoagie MS/HS Carbs: 51 * Milk, Soybeans, Wheat ---	Chicken Patty Carbs: 39 * Soybeans, Wheat ---	Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---	Chicken Patty Carbs: 39 * Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---
Chicken Patty Carbs: 39 * Soybeans, Wheat ---	Spicy Chicken Patty HS Carbs: 41 * Soybeans, Wheat ---	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP Carbs: 64 * Peanuts, Wheat ---	Spicy Chicken Patty HS 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 ---	Hot Turkey Sandwich HS Carbs: 65 * 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 ---
Roasted Pear Salad with Chicken and Cheddar Carbs: 48 * Milk, Soybeans, Eggs, Wheat ---				

Monday	Tuesday	Wednesday	Thursday	Friday
--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---	--- Entrees ---
SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP <i>Carbs: 64</i> * Peanuts, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP <i>Carbs: 64</i> * Peanuts, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 51</i> * Milk, Soybeans, Eggs, Wheat	SMUCKER 5.3 OZ UNCRUSTABLE PEANUT BUTTER AND GRAPE TWP <i>Carbs: 64</i> * Peanuts, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 51</i> * Milk, Soybeans, Eggs, Wheat
Buffalo Chicken Cheese Steak <i>Carbs: 51</i> * Milk, Soybeans, Eggs, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 51</i> * Milk, Soybeans, Eggs, Wheat	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Buffalo Chicken Cheese Steak <i>Carbs: 51</i> * Milk, Soybeans, Eggs, Wheat	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	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Cheeseburger <i>Carbs: 27</i> * Soybeans, Wheat	Chicken Patty HS 9/10 w/Kaiser <i>Carbs: 36</i> * Soybeans, Wheat	Cheeseburger <i>Carbs: 27</i> * Soybeans, Wheat
Cheeseburger <i>Carbs: 27</i> * Soybeans, Wheat	Cheeseburger <i>Carbs: 27</i> * Soybeans, Wheat	--- Sides ---	Cheeseburger <i>Carbs: 27</i> * Soybeans, Wheat	--- Sides ---
--- Sides ---	--- Sides ---	CRANBERRY SAUCE, JELLIED CANNED <i>Carbs: 14</i>	--- Sides ---	Carrots & Celery <i>Carbs: 8</i>
Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
Peanut Butter and Graham Cracker <i>Carbs: 12</i> * Peanuts, Soybeans, Wheat	Peanut Butter and Graham Cracker <i>Carbs: 12</i> * Peanuts, Soybeans, Wheat	Peanut Butter and Graham Cracker <i>Carbs: 12</i> * Peanuts, Soybeans, Wheat	Peanut Butter and Graham Cracker <i>Carbs: 12</i> * Peanuts, Soybeans, Wheat	Roasted Chickpeas HS <i>Carbs: 32</i>
Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	Carrots, Raw, Sticks <i>Carbs: 6</i>	Whole Grain Christmas Tree Cookie <i>Carbs: 11</i> * Soybeans, Eggs	Peanut Butter and Graham Cracker <i>Carbs: 12</i> * Peanuts, Soybeans, Wheat
ORANGE, MANDARIN WHOLE IN LIGHT-SYRUP CANNED TWP <i>Carbs: 23</i>	Black Bean and Corn Salad <i>Carbs: 37</i>	BEAN, GREEN CUT FROZEN TWP <i>Carbs: 5</i>	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>
Tossed Salad <i>Carbs: 6</i>	CORN, KERNEL YELLOW FROZEN <i>Carbs: 42</i>	Carrots, Baby, Fresh, Individually Wrapped <i>Carbs: 6</i>	POTATO, DICED 5/8" SKINLESS RUSSET (HS) <i>Carbs: 16</i>	Romaine Boats <i>Carbs: 8</i> * Wheat
Cranberries, Dried <i>Carbs: 25</i>	PEACH, DICED IN PEAR JUICE CANNED TWP <i>Carbs: 16</i>	HUMMUS, PLAIN TUB REF TWP <i>Carbs: 5</i>	Baked Apples <i>Carbs: 19</i> * Soybeans	Strawberry, pear, and orange salad <i>Carbs: 25</i>
	RICE, BROWN LONG GRAIN PARBOILED TWP <i>Carbs: 32</i>	Assorted Fresh Fruit	Apple Slice, Unsweetened, Canned	HUMMUS, PLAIN TUB REF TWP <i>Carbs: 5</i>
				Assorted Fresh Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<p>--- Sides ---</p> <p>Sauteed Zucchini and Cherry Tomatoes Carbs: 4 * Milk, Eggs ---</p> <p>HUMMUS, PLAIN TUB REF TWP Carbs: 5 ---</p> <p>Assorted Fresh Fruit ---</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>--- Sides ---</p> <p>HUMMUS, PLAIN TUB REF TWP Carbs: 5 ---</p> <p>Assorted Fresh Fruit ---</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>--- Sides ---</p> <p>POTATO, MASHED SKINLESS WHITE TFF BOIL IN BAG REF Carbs: 19 * 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>--- Sides ---</p> <p>SAUSAGE, TURKEY PATTY 1.17 OZ 2.5" SEASONED CKD FZN TWP Carbs: 2 ---</p> <p>HUMMUS, PLAIN TUB REF TWP Carbs: 5 ---</p> <p>Assorted Fresh Fruit ---</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>--- 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>