

Menu Calendar Report - January, 2018

Generated on: 1/4/2018 9:11:17 AM by Susan Cox

Site: Junior High School
 Meal Type: Lunch
 Site Group: Did You Know Café
 Menu Line: DYK-Honor Roll Bar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Jan	2 Jan	3 Jan	4 Jan	5 Jan
			Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Grilled Chicken Sandwich (31.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Crispy Whole Apple (12.69 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Country Style Potato Wedges, regular (15.05 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) Three Cheese Toaster (29.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Potato Fry (18.00 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)
8 Jan	9 Jan	10 Jan	11 Jan	12 Jan
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Corn Dog (30.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Pulled Pork Sandwich, Brookwood Pork (31.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g)	Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) American Cheese Slice Provolone Cheese Slice; Schreiber Swiss-American Cheese Slice; Schreiber (0.50 g) 100% Apple Juice (14.00 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Chicken Fried Steak Sandwich, Hamburger Roll (50.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Cowboy Steak Sandwich (39.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g)

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Apple Whole: 125 ct (MS/HS)	Apple Whole: 125 ct (MS/HS)	Apple Whole: 125 ct (MS/HS)	Apple Whole: 125 ct (MS/HS)	Apple Whole: 125 ct (MS/HS)
Banana (26.95 g)	Banana (26.95 g)	Applesauce (14.89 g)	Banana (26.95 g)	Banana (26.95 g)
Fresh Whole Oranges (11.28 g)	Diced Peaches (15.54 g)	Banana (26.95 g)	Chilled Bartlett Pears (12.75 g)	Fresh Whole Oranges (11.28 g)
Pineapple Tidbits (18.73 g)	Fresh Whole Oranges (11.28 g)	Fresh Whole Oranges (11.28 g)	Fresh Whole Oranges (11.28 g)	Mixed Fruit (15.22 g)
Fresh Baby Carrots (5.84 g)	Baked Beans, vegetarian (44.03 g)	Fresh Baby Carrots (5.84 g)	Caesar Side Salad (5.52 g)	Fresh Celery Sticks (1.92 g)
Garden Side Salad (3.96 g)	Caesar Side Salad (5.52 g)	Garden Side Salad (3.96 g)	Country Style Potato Wedges, regular (15.05 g)	Garden Side Salad (3.96 g)
Potato Tater Tots (14.09 g)	Fresh Broccoli Florets (2.12 g)	Potato Fry (18.00 g)	Fresh Broccoli Florets (2.12 g)	Potato Fry (18.00 g)
Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)
While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	While 1% Milk (13.00 g)	While 1% Milk (13.00 g)
White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)
Ketchup	Dill Pickle Chips	Barbecue Honey Sauce (18.96 g)	Dill Pickle Chips	Dill Pickle Chips
Light Mayo (2.00 g)	Jalapeno Peppers	Buffalo Ranch Dressing (1.69 g)	Jalapeno Peppers	Jalapeno Peppers
Ranch Dressing, Low Fat (3.53 g)	Kansas City Barbecue Sauce (7.50 g)	Caramelized Onions (9.67 g)	Kansas City Barbecue Sauce (7.50 g)	Kansas City Barbecue Sauce (7.50 g)
Yellow Mustard	Ketchup	Chipotle Lime Mayonnaise (3.36 g)	Ketchup	Ketchup
	Light Mayo (2.00 g)	Dill Pickle Chips	Light Mayo (2.00 g)	Light Mayo (2.00 g)
	Ranch Dressing, Low Fat (3.53 g)	Jalapeno Peppers	Ranch Dressing, Low Fat (3.53 g)	Ranch Dressing, Low Fat (3.53 g)
	Shredded Lettuce (0.54 g)	Kansas City Barbecue Sauce (7.50 g)	Shredded Lettuce (0.54 g)	Shredded Lettuce (0.54 g)
	Sliced Red Tomatoes (1.46 g)	Ketchup	Sliced Red Tomatoes (1.46 g)	Sliced Red Tomatoes (1.46 g)
	Yellow Mustard	Light Mayo (2.00 g)	Yellow Mustard	Yellow Mustard
	Yellow Onion (2.00 g)	Ranch Dressing, Low Fat (3.53 g)	Yellow Onion (2.00 g)	Yellow Onion (2.00 g)
		Sauteed Peppers (6.21 g)		
		Yellow Mustard		
		Yellow Onion (2.00 g)		
15 Jan	16 Jan	17 Jan	18 Jan	19 Jan
	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g)	Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g)
	Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g)	Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g)	Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g)	Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g)
	Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g)	Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g)	Grilled Chicken Sandwich (31.00 g)	Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g)
	Sandwich, Memphis Meltdown (36.32 g)	American Cheese Slice	Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g)	Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g)
	Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g)	Provolone Cheese Slice; Schreiber	Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g)	Three Cheese Toaster (29.00 g)
	100% Apple Juice (14.00 g)	Swiss-American Cheese Slice; Schreiber (0.50 g)	100% Apple Juice (14.00 g)	100% Apple Juice (14.00 g)
	Apple Whole: 125 ct (MS/HS)	100% Apple Juice (14.00 g)	Apple Whole: 125 ct (MS/HS)	Apple Whole: 125 ct (MS/HS)
	Banana (26.95 g)	Apple Whole: 125 ct (MS/HS)	Banana (26.95 g)	Banana (26.95 g)
	Diced Peaches (15.54 g)	Applesauce (14.89 g)	Chilled Bartlett Pears (12.75 g)	Fresh Whole Oranges (11.28 g)
	Fresh Whole Oranges (11.28 g)	Banana (26.95 g)	Fresh Whole Oranges (11.28 g)	Mixed Fruit (15.22 g)
	Baked Beans, vegetarian (44.03 g)	Fresh Whole Oranges (11.28 g)	Caesar Side Salad (5.52 g)	Fresh Celery Sticks (1.92 g)
	Caesar Side Salad (5.52 g)	Fresh Baby Carrots (5.84 g)	Country Style Potato Wedges, regular (15.05 g)	Garden Side Salad (3.96 g)
	Fresh Broccoli Florets (2.12 g)	Garden Side Salad (3.96 g)	Fresh Broccoli Florets (2.12 g)	Potato Fry (18.00 g)
	Chocolate Skim Milk (20.00 g)	Potato Fry (18.00 g)	Chocolate Skim Milk (20.00 g)	Chocolate Skim Milk (20.00 g)
		Chocolate Skim Milk (20.00 g)		

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	16 Jan	17 Jan	18 Jan	19 Jan
	While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	While 1% Milk (13.00 g) White Skim Milk (13.00 g) Barbecue Honey Sauce (18.96 g) Buffalo Ranch Dressing (1.69 g) Caramelized Onions (9.67 g) Chipotle Lime Mayonnaise (3.36 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g) Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Sauteed Peppers (6.21 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)
22 Jan	23 Jan	24 Jan	25 Jan	26 Jan
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Corn Dog (30.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Potato Tater Tots (14.09 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Jalapeno Peppers Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Pulled Pork Sandwich, Brookwood Pork (31.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Baked Beans, vegetarian (44.03 g) Caesar Side Salad (2.76 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Ketchup (10.00 g) Light Mayo (2.00 g)	Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) American Cheese Slice Provolone Cheese Slice; Schreiber Swiss-American Cheese Slice; Schreiber (0.50 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Potato Fry (18.00 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Barbecue Honey Sauce (18.96 g) Buffalo Ranch Dressing (1.69 g) Caramelized Onions (9.67 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Chicken Fried Steak Sandwich (44.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Country Style Potato Wedges, regular (15.05 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Cowboy Steak Sandwich (39.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Potato Fry (18.00 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g) Ketchup (10.00 g)

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Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	Chipotle Lime Mayonnaise (3.36 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g) Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Sauteed Peppers (6.21 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)
29 Jan	30 Jan	31 Jan	1 Feb	2 Feb
Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Chili Cheese Hotdog (49.93 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Potato Tater Tots (14.09 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g) Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Patty Melt (33.42 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Baked Beans, vegetarian (44.03 g) Caesar Side Salad (2.76 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) American Cheese Slice Provolone Cheese Slice; Schreiber Swiss-American Cheese Slice; Schreiber (0.50 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Potato Fry (18.00 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Barbecue Honey Sauce (18.96 g) Buffalo Ranch Dressing (1.69 g) Caramelized Onions (9.67 g) Chipotle Lime Mayonnaise (3.36 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g) Ketchup (10.00 g)	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Grilled Chicken Sandwich (31.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Country Style Potato Wedges, regular (15.05 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g) Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard	Cheeseburger, 2.4 oz beef, soy, mushroom patty, American cheese, hamburger roll, RECIPE (34.00 g) Chicken Burger, Tyson breaded patty, hamburger roll, RECIPE (47.00 g) Hamburger, 2.4 oz beef, soy, mushroom patty, hamburger roll, RECIPE (34.00 g) Spicy Chicken Burger, Tyson patty, hamburger roll, RECIPE (48.00 g) Three Cheese Toaster (29.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Potato Fry (18.00 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Dill Pickle Chips Jalapeno Peppers Kansas City Barbecue Sauce (7.50 g) Ketchup (10.00 g) Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard

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29 Jan	31 Jan	1 Feb	2 Feb
Yellow Onion (2.00 g)	Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Sauteed Peppers (6.21 g) Shredded Lettuce (0.54 g) Sliced Red Tomatoes (1.46 g) Yellow Mustard Yellow Onion (2.00 g)	Yellow Onion (2.00 g)	Yellow Onion (2.00 g)

Carbohydrate values in grams follow the Menu Item name