

October

2022

Breakfast Menu

National Oatmeal Day

October 29th is National Oatmeal Day. Oatmeal is a great breakfast option that supports a healthy heart! It is great cold, hot, with nuts, fruit, and many other items can be added to create your favorite flavors.

*Milk offered daily with each meal



Monday	Tuesday	Wednesday	Thursday	Friday
3 Scooters Cereal Orange Apple Cherry Juice	4 WG Oatmeal Round Apple Craisins	5 Vanilla Bunches of Oats Orange Pineapple Cup	6 Blueberry Pancakes Banana Raisins	7 Blueberry Bread Sunflower Seeds Pear Applesauce
10 NO School	11 Cinnamon Raisin Bagel Apple Craisins	12 Scooters Cereal String Cheese Pear Pineapple	13 Maple Biscuit String Cheese Banana Raisins	14 Apple Cinnamon Bread Sunflower Seeds Pear Applesauce
17 Vanilla Bunches of Oats Orange Apple Cherry Juice	18 Apple Cinnamon Oatmeal Apple Craisins	19 English Muffin Avocado Orange Pineapple Cup	20 Turkey Bacon and Egg Croissant Banana Raisins	21 Banana Bread Hard Boiled Egg Pear Applesauce
24 Yogurt Graham Crackers Orange Apple Cherry Juice	25 Pancake & Turkey Breakfast Bites Apple Craisins	26 Rice Krispies Hard Boiled Egg Banana Pineapple Cup	27 Apple Cinnamon Oatmeal Round Pear Raisins	28 Apple Bread String Cheese Banana Applesauce
31 Scooters Cereal Orange Apple Cherry Juice				

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October

2022

Elementary Lunch Menu

National Taco Day – Oct. 4

National Apple Crunch Day – Oct. 11

National School Lunch Week – Oct. 10-14

Hispanic Heritage Month



Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Sandwich Baby Carrot Green Apples	4 Specialty Taco Corn Salad Pineapples	5 Buffalo Chicken Drumstick w/ Brown Rice Zucchini Applesauce Cup	6 Hamburger On Bun Lemon Chickpeas Honeydew Melon	7 Chicken and Waffles Broccoli Plum
10 NO SCHOOL (Columbus Day)	11 Bean and Cheese Tamale Cherry Tomatoes Pineapple Cup	12 Cheese Pizza Mixed Greens Whole Orange	13 Chicken Sandwich Black Bean Salad Apple Crunch	14 Turkey Hot Dog French Fries Banana
17 Cajun Drumstick w/ Cajun pasta Corn Applesauce	18 Chicken Fajitas Green Peppers and Onions Pineapple	19 Swedish Meatball w/ Egg Noodles Broccoli Melon	20 Grilled Cheese Sweet Potato Fries Pear	21 Turkey Sloppy Joe on Bun BBQ Bean Salad Orange
24 French Toast Sweet Potatoes Applesauce Cup	25 Totchos McCain tater tots Pineapple	26 Pita Dippers Snow Peas Whole Apples	27 Cheese Pizza Fresh Garden Salad Banana	28 Chicken Nuggets w/ Dinner Roll Lemon Chickpeas Grapes
31 BBQ Chicken Sandwich Baby Carrots Green Apples				Milk offered Daily

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October

2022

Lunch Menu

National Taco Day – Oct. 4

National Apple Crunch Day – Oct. 11

National School Lunch Week – Oct. 10-14

Hispanic Heritage Month



Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken Sandwich Mac and Cheese Baby Carrot Green Apples	Specialty Taco Specialty Vegetarian Taco Corn Salad Pineapples	Buffalo Chicken Drumstick w/ Brown Rice Grilled Cheese Zucchini Applesauce Cup	Hamburger On Bun Yogurt and Granola Lemon Chickpeas Honeydew Melon	Chicken and Waffles Turkey Ham and Cheese Wrap Broccoli Plum
NO SCHOOL (Columbus Day)	Bean and Cheese Tamale Ranch Chicken Wrap Cherry Tomatoes Pineapple Cup	Cheese Pizza Buffalo Chicken Salad Mixed Greens Whole Orange	Chicken Sandwich Chicken-less Tender Sandwich Black Bean Salad Apple Crunch	Turkey Hot Dog Veggie Nuggets French Fries Banana
Cajun Drumstick w/ Cajun pasta Pasta Salad Corn Applesauce	Chicken Fajitas Bean Fajita Green Peppers and Onions Pineapple	Swedish Meatball w/ Egg Noodles Taco Salad Broccoli Melon	Grilled Cheese Hot Turkey Ham and Cheese Croissant Sweet Potato Fries Pear	Turkey Sloppy Joe on Bun Mac and Cheese BBQ Bean Salad Orange
French Toast Wow Butter and Jelly Sweet Potatoes Applesauce Cup	Totchos Veggie Totchos McCain tater tots Pineapple	Pita Dippers Turkey Ham and Cheese Sandwich Snow Peas Whole Apples	Cheese Pizza Bagel and Cream Cheese Fresh Garden Salad Banana	Chicken Nuggets w/ Dinner Roll Chef Salad Lemon Chickpeas Grapes
BBQ Chicken Sandwich Mac and Cheese Baby Carrots Green Apples				Milk Served Daily

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Open Kitchens

(D-2027) 1% Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, Half Pint, 1% APRIL	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8
	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8

* Total includes one or more missing nutrient data.

(G-3523) Apple Cherry Juice	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Juice, Apple Cherry, APRIL	59.9999	59.7133	0	0	10	9.9522	13.9999	13.9331	0 *	0 *
	59.9999	59.7133	0	0	10	9.9522	13.9999	13.9331	0 *	0 *

* Total includes one or more missing nutrient data.

(G-3542) Apple Cinnamon Oatmeal Round	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Bag = 2 oz	Recipe	Bag = 2 oz	Recipe	Bag = 2 oz	Recipe	Bag = 2 oz	Recipe	Bag = 2 oz
Apple Cinnamon Oatmeal Round	269.9998	269.9998	12	12	239.9998	239.9998	38.9999	38.9999	5	5
	269.9998	269.9998	12	12	239.9998	239.9998	38.9999	38.9999	5	5

* Total includes one or more missing nutrient data.

(G-3213) Applesauce	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup
Applesauce, Unsweetened	42	47.6272	0.1	0.1134	2	2.268	11.27	12.78	0.17	0.1928
	42	47.6272	0.1	0.1134	2	2.268	11.27	12.78	0.17	0.1928

* Total includes one or more missing nutrient data.

(G-3426) Applesauce	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Applesauce, Cup APRIL	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5
	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5

* Total includes one or more missing nutrient data.

(G-3349) Bagel, IW	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bagel, WW 2 oz	146.9999	146.9999	1	1	212.9998	212.9998	33	33	6	6
	146.9999	146.9999	1	1	212.9998	212.9998	33	33	6	6

* Total includes one or more missing nutrient data.



(G-3124) Cinnamon Granola	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 Pack	Recipe	1 Pack	Recipe	1 Pack	Recipe	1 Pack	Recipe	1 Pack
Granola, WG, Cinnamon IW	110	110	4	4	60	60	15	15	2	2
	110	110	4	4	60	60	15	15	2	2

* Total includes one or more missing nutrient data.

(G-3422) Craisins	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Craisins, Packaged APRIL	110	110	0 *	0 *	0 *	0 *	27	27	0 *	0 *
	110	110	0 *	0 *	0 *	0 *	27	27	0 *	0 *

* Total includes one or more missing nutrient data.

(D-2009) Cream Cheese	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1 SERVING- Daycare	Each	Recipe	1 SERVING- Daycare	Each	Recipe	1 SERVING- Daycare	Each	Recipe	1 SERVING- Daycare	Each	Recipe	1 SERVING- Daycare	Each
ZZCream Cheese PC NEED NEW SET UP	101.2482	50.6241	101.2482	9.1124	4.5562	9.1124	101.2482	50.6241	101.2482	2.025	1.0125	2.025	2.025	1.0125	2.025
	101.2482	50.6241	101.2482	9.1124	4.5562	9.1124	101.2482	50.6241	101.2482	2.025	1.0125	2.025	2.025	1.0125	2.025

* Total includes one or more missing nutrient data.

(M-1044) EGG, HARD BOILED	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 egg	2 Each	EGG, EACH	Recipe	1/2 egg	2 Each	EGG, EACH	Recipe	1/2 egg	2 Each	EGG, EACH	Recipe	1/2 egg	2 Each	EGG, EACH	Recipe	1/2 egg	2 Each	EGG, EACH
ZZEgg, Hard Cooked, Peeled NEEDS NEW SET UP	77.5	38.75	155	77.5	5.305	2.6525	10.61	5.305	62	31	124	62	0.56	0.28	1.12	0.56	6.29	3.145	12.58	6.29
	77.5	38.75	155	77.5	5.305	2.6525	10.61	5.305	62	31	124	62	0.56	0.28	1.12	0.56	6.29	3.145	12.58	6.29

* Total includes one or more missing nutrient data.

(D-2007) FF Chocolate Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, FF Chocolate, Half Pint	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8
	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8

* Total includes one or more missing nutrient data.

(P-4104) Fresh Banana	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Banana, Fresh APRIL	110	130.9524	0 *	0 *	0 *	0 *	30	35.7142	1.0001	1.1906
	110	130.9524	0 *	0 *	0 *	0 *	30	35.7142	1.0001	1.1906

* Total includes one or more missing nutrient data.



(P-4038) Fresh Banana	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each
Fresh Banana	83.66	83.66	83.66	83.66	0.3102	0.3102	0.3102	0.3102	0.94	0.94	0.94	0.94	21.4696	21.4696	21.4696	21.4696	1.0246	1.0246	1.0246	1.0246
	83.66	83.66	83.66	83.66	0.3102	0.3102	0.3102	0.3102	0.94	0.94	0.94	0.94	21.4696	21.4696	21.4696	21.4696	1.0246	1.0246	1.0246	1.0246

* Total includes one or more missing nutrient data.

(P-4103) Fresh Orange	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Orange, Fresh Whole APRIL	69	64.2723	0.2001	0.1864	1.4	1.3041	17.9999	16.7666	1.3	1.211
	69	64.2723	0.2001	0.1864	1.4	1.3041	17.9999	16.7666	1.3	1.211

* Total includes one or more missing nutrient data.

(P-4101) Fresh Pear	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pear, Fresh Whole APRIL	57	77.5642	0.14	0.1905	1	1.3608	15.23	20.7246	0.36	0.4899
	57	77.5642	0.14	0.1905	1	1.3608	15.23	20.7246	0.36	0.4899

* Total includes one or more missing nutrient data.

(P-4108) Fresh Red Apple	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Apple, Fresh Red APRIL	72	72.4761	0.23	0.2316	0.9999	1.0066	19.06	19.186	0.36	0.3624
	72	72.4761	0.23	0.2316	0.9999	1.0066	19.06	19.186	0.36	0.3624

* Total includes one or more missing nutrient data.

(G-3166) Honey Bunches Vanilla Cereal	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK
Honey Bunches Of Vanilla NEEDS NEW SET UP	220	220	3	3	150	150	47	47	4	4
	220	220	3	3	150	150	47	47	4	4

* Total includes one or more missing nutrient data.

(G-3437) Honey Scooters Cereal	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Honey Scooters APRIL	110	110	1.5	1.5	170	170	22	22	3	3
	110	110	1.5	1.5	170	170	22	22	3	3

* Total includes one or more missing nutrient data.



(D-2026) Milk, 1%	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup
Milk, 1%	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082
	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082

* Total includes one or more missing nutrient data.

(G-3539) Muffin, Banana, WG 1OZ APRIL	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each	Recipe	1 EACH	2 Each
Muffin, Banana, WG 1OZ APRIL	160	79.5776	318.3102	4	1.9894	7.9577	100	49.736	198.9439	28	13.9261	55.7043	3	1.4921	5.9684
	160	79.5776	318.3102	4	1.9894	7.9577	100	49.736	198.9439	28	13.9261	55.7043	3	1.4921	5.9684

* Total includes one or more missing nutrient data.

(14) Oatmeal	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup
Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Quick Oats, Quaker Instant	321.4286	321.4286	160.7143	6.4286	6.4286	3.2143	241.0714	241.0714	120.5357	57.8571	57.8571	28.9286	12.8571	12.8571	6.4286
	321.4286	321.4286	160.7143	6.4286	6.4286	3.2143	241.0714	241.0714	120.5357	57.8571	57.8571	28.9286	12.8571	12.8571	6.4286

* Total includes one or more missing nutrient data.

(P-4052) Orange	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each
Orange, Fresh	47	42.3	42.3	0.12	0.108	0.108	0	0	0	11.75	10.575	10.575	0.94	0.846	0.846
	47	42.3	42.3	0.12	0.108	0.108	0	0	0	11.75	10.575	10.575	0.94	0.846	0.846

* Total includes one or more missing nutrient data.

(G-3541) Pancake & Turkey Sausage Bites	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 serving = 6 Bites	Recipe	1 serving = 6 Bites	Recipe	1 serving = 6 Bites	Recipe	1 serving = 6 Bites	Recipe	1 serving = 6 Bites
Pancake & Turkey Sausage Bites	255.9998	255.9998	5	5	585.9995	585.9995	37	37	16.9999	16.9999
	255.9998	255.9998	5	5	585.9995	585.9995	37	37	16.9999	16.9999

* Total includes one or more missing nutrient data.

(G-3053) PINEAPPLE FRUIT CUP	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZFruit Cup, Pineapple Tidbit NEEDS NEW SET UP	70	70	0	0	0	0	13	13	0	0
	70	70	0	0	0	0	13	13	0	0

* Total includes one or more missing nutrient data.



(G-3431) Raisins	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Raisins, Boxed APRIL	120	120	0 *	0 *	5	5	29	29	1	1
	120	120	0 *	0 *	5	5	29	29	1	1

* Total includes one or more missing nutrient data.

(G-3535) Rice Krispies, Cereal	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK	Recipe	1 BOWLPAK
Rice Krispies, Cereal	69.9999	69.9999	0	0	89.9999	89.9999	16	16	1	1
	69.9999	69.9999	0	0	89.9999	89.9999	16	16	1	1

* Total includes one or more missing nutrient data.

(sys-6) Skim Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, White, Skim Half Pint	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643
	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643

* Total includes one or more missing nutrient data.

(D-2031) String Cheese	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Cheese, String APRIL	80	80.9986	6	6.0749	200	202.4964	2	2.025	6	6.0749
	80	80.9986	6	6.0749	200	202.4964	2	2.025	6	6.0749

* Total includes one or more missing nutrient data.

(G-3432) Sunflower Seeds	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Seeds, Sunflower Roasted APRIL	170	170	14	14	110	110	6	6	6	6
	170	170	14	14	110	110	6	6	6	6

* Total includes one or more missing nutrient data.

(FG-5501) Turkey Bacon, Egg and Cheese Croissant	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Patty, Egg APRIL	70	70	6	6	110	110	1	1	3	3
Croissant, Sliced WG APRIL	199.9998	199.9998	11	11	239.9998	239.9998	27	27	5	5
Turkey Bacon	121.4978	121.4978	8.0998	8.0998	627.7389	627.7389	1.0125	1.0125	10.1248	10.1248
	391.4977	391.4977	25.0999	25.0999	977.7388	977.7388	29.0125	29.0125	18.1248	18.1248

* Total includes one or more missing nutrient data.



(G-3536) WG Biscuit	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
WG Biscuit	80	80	3	3	135	135	13	13	2	2
	80	80	3	3	135	135	13	13	2	2

* Total includes one or more missing nutrient data.

(G-3434) Whole Grain Apple Cinnamon Bread	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Bread, Apple Cinnamon APRIL	160	160	5	5	100	100	27	27	3	3
	160	160	5	5	100	100	27	27	3	3

* Total includes one or more missing nutrient data.

(G-3448) Whole Grain Blueberry Bread	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Bread, Blueberry APRIL	170	170	7	7	150	150	27	27	2	2
	170	170	7	7	150	150	27	27	2	2

* Total includes one or more missing nutrient data.

(G-3480) Whole Grain English Muffin	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 each	each	Recipe	1/2 each	each	Recipe	1/2 each	each	Recipe	1/2 each	each	Recipe	1/2 each	each
Muffin, English WG APRIL	130	65	130	1.5	0.75	1.5	200	100	200	24	12	24	6	3	6
	130	65	130	1.5	0.75	1.5	200	100	200	24	12	24	6	3	6

* Total includes one or more missing nutrient data.

(D-2032) Yogurt	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Yogurt, Strawberry 4oz APRIL	90	90	0 *	0 *	50	50	19	19	3	3
	90	90	0 *	0 *	50	50	19	19	3	3

* Total includes one or more missing nutrient data.

FILTERS

Name(s)	Value(s)
Date Range	(Start = 10/3/2022, End = 10/31/2022)
Menu Plans	(2 Day Hot Breakfast K-12)
Nutrients	(Calories, Total Carbohydrate, Total Fat, Protein, Sodium)



Open Kitchens

(D-2027) 1% Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, Half Pint, 1% APRIL	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8
	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8

* Total includes one or more missing nutrient data.

(G-3426) Applesauce	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Applesauce, Cup APRIL	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5
	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5

* Total includes one or more missing nutrient data.

(P-4098) Baby Carrots	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C
Carrots, Baby 1/2 Cup APRIL	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008	0 *	0 *	0 *
	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008	0 *	0 *	0 *

* Total includes one or more missing nutrient data.

(FG-5469) BBQ Chicken Sandwich	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Bun, Hamburger WG APRIL	160	160	2	2	250	250	28	28	6 *	6 *
ZZCheese, White American, Sliced, LOL	110	110	9	9	440	440	2	2	5 *	5 *
Chicken, Pulled, BBQ, APRIL	110	110	0.3333	0.3333	736.6667	736.6667	18	18	10 *	10 *
	380	380	11.3334	11.3334	1426.6668	1426.6668	48	48	21 *	21 *

* Total includes one or more missing nutrient data.

(FG-5383) Broccoli, Fresh	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C
Broccoli, Florets, Fresh	7.75	15.5	7.75	7.75	0.1	0.2	0.1	0.1	0 *	0 *	0 *	0 *	1.5	3	1.5	1.5	0 *	0 *	0 *	0 *
	7.75	15.5	7.75	7.75	0.1	0.2	0.1	0.1	0 *	0 *	0 *	0 *	1.5	3	1.5	1.5	0 *	0 *	0 *	0 *

* Total includes one or more missing nutrient data.

(FG-5493) Chicken and Waffle	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Waffle, WG, Bulk APRIL	89.6457	89.6457	2.9882	2.9882	134.4686	134.4686	13.9449	13.9449	1.9921	1.9921
Chicken Patty 110321	180	180	6	6	610	610	15	15	14	14
	269.6457	269.6457	8.9882	8.9882	744.4686	744.4686	28.9449	28.9449	15.9921	15.9921

* Total includes one or more missing nutrient data.



(M-1210) Chicken, Drumstick, Buffalo w Quinoa	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
ZZChicken Drumstick, 4oz Raw	8499.9992 *	170 *	500.0016 *	10 *	5250 *	105 *	0 *	0 *	1050 *	21 *
Sauce, Buffalo APRIL	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Red Quinoa/Brown Rice Blend	394.2182 *	7.8844 *	5.4783 *	0.1096 *	0 *	0 *	69.4815 *	1.3896 *	3.7757 *	0.0755 *
	8894.2174 *	177.8843 *	505.4799 *	10.1096 *	5250 *	105 *	69.4815 *	1.3896 *	1053.7757 *	21.0755 *

* Total includes one or more missing nutrient data.

(FG-5505) Corn Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup
Corn, Frozen APRIL	403.5937	10.0898	3.2388	0.081	20.6779	0.5169	97.1616	2.429	13.453	0.3363
Yogurt, Vanilla, Bulk, APRIL	435.8824	10.8971	0	0	268.2352	6.7059	93.8824	2.3471	16.7648	0.4191
Spice, Powder, Chili APRIL	9.4118	0.2353	0.4766	0.0119	95.6861	2.3922	1.6587	0.0415	0.4492	0.0112
Mayonnaise, bulk	3855.5354	96.3884	424.3924	10.6098	3600.3897	90.0097	3.2318	0.0808	5.4431	0.1361
Oil, Olive, Salad or Cooking	4773.6	119.34	540	13.5	10.8	0.27	0	0	0	0
Garlic, Fresh	84.4815	2.112	0.2835	0.0071	9.6388	0.241	18.7447	0.4686	3.6061	0.0902
	9562.5048	239.0626	968.3913	24.2098	4005.4277	100.1357	214.6793	5.367	39.7162	0.9929

* Total includes one or more missing nutrient data.

(D-2007) FF Chocolate Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, FF Chocolate, Half Pint	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8
	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8

* Total includes one or more missing nutrient data.

(P-4102) Fresh Green Apple	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each
Apple, Fresh Green APRIL	72	45.7043	72.4761	0.23	0.146	0.2316	0.9999	0.6347	1.0066	19.06	12.099	19.186	0.36	0.2285	0.3624
	72	45.7043	72.4761	0.23	0.146	0.2316	0.9999	0.6347	1.0066	19.06	12.099	19.186	0.36	0.2285	0.3624

* Total includes one or more missing nutrient data.

(P-4045) Fresh Plum	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each
Plum, Fresh	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155
	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155

* Total includes one or more missing nutrient data.

(FG-5479) Hamburger w/Bun	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger WG APRIL	160	160	2	2	250	250	28	28	6	6
Beef patty, Flame Grilled, APRIL	110	110	6	6	45	45	2	2	11	11
	270	270	8	8	295	295	30	30	17	17

* Total includes one or more missing nutrient data.

(P-4137) Honey Dew Melon	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Honey Dew Melon	36	40.8233	0.14	0.1588	18	20.4116	9.09	10.3079	0.54	0.6123
	36	40.8233	0.14	0.1588	18	20.4116	9.09	10.3079	0.54	0.6123

* Total includes one or more missing nutrient data.

(FG-5448) Lemon Chickpea Salad	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup
Juice, Lemon, Realemon	114.24	5.0215	2.5108	8.16	0.4704	0.0207	0.0103	0.0336	174.72	7.68	3.84	12.48	38.0352	1.6719	0.8359	2.7168	3.1584	0.1388	0.0694	0.2256
Garbanzos, Canned, LS APRIL	4334.6386	190.5336	95.2668	309.617	86.3809	3.797	1.8985	6.1701	7671.3747	337.2033	168.6016	547.9553	702.5857	30.8829	15.4414	50.1847	219.8504	9.6638	4.8319	15.7036
	4448.8785	195.5551	97.7775	317.777	86.8513	3.8176	1.9088	6.2037	7846.0947	344.8833	172.4416	560.4353	740.6209	32.5548	16.2774	52.9015	223.0088	9.8026	4.9013	15.9292

* Total includes one or more missing nutrient data.

(D-2026) Milk, 1%	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup
Milk, 1%	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082
	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082

* Total includes one or more missing nutrient data.

(G-3053) PINEAPPLE FRUIT CUP	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZFruit Cup, Pineapple Tidbit NEEDS NEW SET UP	70	70	0	0	0	0	13	13	0	0
	70	70	0	0	0	0	13	13	0	0

* Total includes one or more missing nutrient data.

(G-3193) Ranch Dressing	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET
ZZDressing, Ranch, PC NEED NEW SET UP	15	11.25	0	0	125	93.75	2	1.5	0	0
	15	11.25	0	0	125	93.75	2	1.5	0	0

* Total includes one or more missing nutrient data.

(G-3398) Salsa Cup	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cup, Salsa 1/4 Cup APRIL	15	14.834	0 *	0 *	100	98.8936	3	2.9668	1	0.9889
	15	14.834	0 *	0 *	100	98.8936	3	2.9668	1	0.9889

* Total includes one or more missing nutrient data.

(sys-6) Skim Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, White, Skim Half Pint	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643
	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643

* Total includes one or more missing nutrient data.



(FG-5506) Specialty Taco	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tortilla, Whole Wheat, 8inch, APRIL	120 *	120 *	2.5 *	2.5 *	340 *	340 *	20 *	20 *	4 *	4 *
Sauce, Chipotle Tabasco	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Beef Crumble, 30# Adv Pierre APRIL	109.4191 *	109.4191 *	6.963 *	6.963 *	119.3663 *	119.3663 *	0 *	0 *	9.9472 *	9.9472 *
	229.4192 *	229.4192 *	9.463 *	9.463 *	459.3663 *	459.3663 *	20 *	20 *	13.9472 *	13.9472 *

* Total includes one or more missing nutrient data.

(FG-5422) Steamed Zucchini	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup
Zucchini, Frozen APRIL	17	22.1693	11.0847	24.0971	0.13	0.1695	0.0848	0.1843	2	2.6082	1.3041	2.835	3.58	4.6686	2.3343	5.0746	1.16	1.5127	0.7564	1.6443
	17	22.1693	11.0847	24.0971	0.13	0.1695	0.0848	0.1843	2	2.6082	1.3041	2.835	3.58	4.6686	2.3343	5.0746	1.16	1.5127	0.7564	1.6443

* Total includes one or more missing nutrient data.

(G-3513) WG Tortilla	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Tortilla, Whole Wheat, 8inch, APRIL	120	120	2.5	2.5	340	340	20	20	4	4
	120	120	2.5	2.5	340	340	20	20	4	4

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 10/3/2022, End = 10/7/2022)
Menu Plans	(SINGLE ENTRÉE HOT LUNCH W/ MILK 2022-2023)
Nutrients	(Calories, Total Carbohydrate, Total Fat, Protein, Sodium)



Open Kitchens

(D-2027) 1% Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, Half Pint, 1% APRIL	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8
	100	100	2.5	2.5	119.9998	119.9998	11.0001	11.0001	8	8

* Total includes one or more missing nutrient data.

(FG-5094) All American Grilled Cheese, COMPONENT	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZCheese, Yellow American, Sliced, LOL	219.996	219.996	17.9984	17.9984	539.9968	539.9968	3.9984	3.9984	9.996	9.996
Bread, Sandwich, WG	140	140	2	2	220	220	28	28	6	6
	359.996	359.996	19.9984	19.9984	759.9968	759.9968	31.9984	31.9984	15.996	15.996

* Total includes one or more missing nutrient data.

(G-3426) Applesauce	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	each	Recipe	each	Recipe	each	Recipe	each	Recipe	each
Applesauce, Cup APRIL	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5
	35.0001	35.0001	0 *	0 *	5	5	10.3	10.3	0.5	0.5

* Total includes one or more missing nutrient data.

(P-4098) Baby Carrots	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C	Recipe	1/2 cup	3/4 C
Carrots, Baby 1/2 Cup APRIL	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008	0 *	0 *	0 *
	30	30	60.0342	0 *	0 *	0 *	65	65	130.0742	7	7	14.008	0 *	0 *	0 *

* Total includes one or more missing nutrient data.

(FG-5469) BBQ Chicken Sandwich	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Bun, Hamburger WG APRIL	160	160	2	2	250	250	28	28	6 *	6 *
ZZCheese, White American, Sliced, LOL	110	110	9	9	440	440	2	2	5 *	5 *
Chicken, Pulled, BBQ, APRIL	110	110	0.3333	0.3333	736.6667	736.6667	18	18	10 *	10 *
	380	380	11.3334	11.3334	1426.6668	1426.6668	48	48	21 *	21 *

* Total includes one or more missing nutrient data.

(FG-5383) Broccoli, Fresh	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C	Recipe	1/2 cup	1/4 cup	3/4 C
Broccoli, Florets, Fresh	7.75	15.5	7.75	7.75	0.1	0.2	0.1	0.1	0 *	0 *	0 *	0 *	1.5	3	1.5	1.5	0 *	0 *	0 *	0 *
	7.75	15.5	7.75	7.75	0.1	0.2	0.1	0.1	0 *	0 *	0 *	0 *	1.5	3	1.5	1.5	0 *	0 *	0 *	0 *

* Total includes one or more missing nutrient data.



(FG-5243) Brown Rice	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop	Recipe	1 CUP	1/2 cup	1/2 cup Serving, cooked, No. 8 scoop
Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Rice, Brown, Long Grain, Raw, APRIL	5421.8466	216.8739	54.2185	108.4369	47.8398	1.9136	0.4784	0.9568	0	0	0	0	1148.1556	45.9262	11.4816	22.9631	127.5723	5.1029	1.2757	2.5514
	5421.8466	216.8739	54.2185	108.4369	47.8398	1.9136	0.4784	0.9568	0	0	0	0	1148.1556	45.9262	11.4816	22.9631	127.5723	5.1029	1.2757	2.5514

* Total includes one or more missing nutrient data.

(FG-5493) Chicken and Waffle	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Waffle, WG, Bulk APRIL	89.6457	89.6457	2.9882	2.9882	134.4686	134.4686	13.9449	13.9449	1.9921	1.9921
Chicken Patty 110321	180	180	6	6	610	610	15	15	14	14
	269.6457	269.6457	8.9882	8.9882	744.4686	744.4686	28.9449	28.9449	15.9921	15.9921

* Total includes one or more missing nutrient data.

(M-1208) Chicken, Drumstick, Buffalo	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
ZZChicken Drumstick, 4oz Raw	8499.9992	170	500.0016	10	5250	105	0	0	1050 *	21 *
Spice, Jerk Seasoning	95	1.9	0	0	3610	72.2	19	0.38	0 *	0 *
	8594.9992	171.9	500.0016	10	8860	177.2	19	0.38	1050 *	21 *

* Total includes one or more missing nutrient data.

(FG-5505) Corn Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup	Recipe	3/4 cup
Corn, Frozen APRIL	403.5937	10.0898	3.2388	0.081	20.6779	0.5169	97.1616	2.429	13.453	0.3363
Yogurt, Vanilla, Bulk, APRIL	435.8824	10.8971	0	0	268.2352	6.7059	93.8824	2.3471	16.7648	0.4191
Spice, Powder, Chili APRIL	9.4118	0.2353	0.4766	0.0119	95.6861	2.3922	1.6587	0.0415	0.4492	0.0112
Mayonnaise, bulk	3855.5354	96.3884	424.3924	10.6098	3600.3897	90.0097	3.2318	0.0808	5.4431	0.1361
Oil, Olive, Salad or Cooking	4773.6	119.34	540	13.5	10.8	0.27	0	0	0	0
Garlic, Fresh	84.4815	2.112	0.2835	0.0071	9.6388	0.241	18.7447	0.4686	3.6061	0.0902
	9562.5048	239.0626	968.3913	24.2098	4005.4277	100.1357	214.6793	5.367	39.7162	0.9929

* Total includes one or more missing nutrient data.

(D-2007) FF Chocolate Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, FF Chocolate, Half Pint	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8
	109.9999	109.9999	0	0	179.9998	179.9998	20	20	8	8

* Total includes one or more missing nutrient data.

(P-4102) Fresh Green Apple	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Protein (g)		
	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each	Recipe	1/2 Cup	Each
Apple, Fresh Green APRIL	72	45.7043	72.4761	0.23	0.146	0.2316	0.9999	0.6347	1.0066	19.06	12.099	19.186	0.36	0.2285	0.3624
	72	45.7043	72.4761	0.23	0.146	0.2316	0.9999	0.6347	1.0066	19.06	12.099	19.186	0.36	0.2285	0.3624

* Total includes one or more missing nutrient data.



(P-4045) Fresh Plum	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each	Recipe	1 CUP	1/2 cup	Each
Plum, Fresh	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155
	75.9	75.9	37.95	75.9	0.462	0.462	0.231	0.462	0	0	0	0	18.843	18.843	9.4215	18.843	1.155	1.155	0.5775	1.155

* Total includes one or more missing nutrient data.

(FG-5479) Hamburger w/Bun	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger WG APRIL	160	160	2	2	250	250	28	28	6	6
Beef patty, Flame Grilled, APRIL	110	110	6	6	45	45	2	2	11	11
	270	270	8	8	295	295	30	30	17	17

* Total includes one or more missing nutrient data.

(P-4137) Honey Dew Melon	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Honey Dew Melon	36	40.8233	0.14	0.1588	18	20.4116	9.09	10.3079	0.54	0.6123
	36	40.8233	0.14	0.1588	18	20.4116	9.09	10.3079	0.54	0.6123

* Total includes one or more missing nutrient data.

(FG-5448) Lemon Chickpea Salad	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup	Recipe	1/2 cup Serving	1/4 cup Serving	3/4 cup
Juice, Lemon, Realemon	114.24	5.0215	2.5108	8.16	0.4704	0.0207	0.0103	0.0336	174.72	7.68	3.84	12.48	38.0352	1.6719	0.8359	2.7168	3.1584	0.1388	0.0694	0.2256
Garbanzos, Canned, LS APRIL	4334.6386	190.5336	95.2668	309.617	86.3809	3.797	1.8985	6.1701	7671.3747	337.2033	168.6016	547.9553	702.5857	30.8829	15.4414	50.1847	219.8504	9.6638	4.8319	15.7036
	4448.8785	195.5551	97.7775	317.777	86.8513	3.8176	1.9088	6.2037	7846.0947	344.8833	172.4416	560.4353	740.6209	32.5548	16.2774	52.9015	223.0088	9.8026	4.9013	15.9292

* Total includes one or more missing nutrient data.

(FG-5473) Mac and Cheese	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	serving			Recipe	serving			Recipe	serving			Recipe	serving			Recipe	serving		
Pasta, Elbow, WG, Cooked, APRIL	99.7903	99.7903			0.8306	0.8306			1.701	1.701			20.8	20.8			3.9321	3.9321		
Cheese, Cheddar, Shredded APRIL	114.4101	114.4101			9.1115	9.1115			182.2448	182.2448			0	0			7.0874	7.0874		
Sauce, Cheese, Cheddar, APRIL	129.9257	129.9257			9.9943	9.9943			549.6859	549.6859			4.9971	4.9971			6.996	6.996		
	344.1261	344.1261			19.9365	19.9365			733.6316	733.6316			25.7972	25.7972			18.0155	18.0155		

* Total includes one or more missing nutrient data.

(D-2026) Milk, 1%	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup	Recipe	1 CUP	1/2 cup	3/4 cup
Milk, 1%	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082
	110.0001	110.0001	55	82.6123	2.5	2.5	1.25	1.8775	140.0001	140.0001	70.0001	105.1429	12.9999	12.9999	6.5	9.7632	8	8	4	6.0082

* Total includes one or more missing nutrient data.

(G-3053) PINEAPPLE FRUIT CUP	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
ZZFruit Cup, Pineapple Tidbit NEEDS NEW SET UP	70	70	0	0	0	0	13	13	0	0
	70	70	0	0	0	0	13	13	0	0

* Total includes one or more missing nutrient data.

(FG-5499) Protein Kit - Yogurt/String Cheese	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Muffin, Banana, WG 10Z APRIL	79.5776	79.5776	1.9894 *	1.9894 *	49.736	49.736	13.9261	13.9261	1.4921	1.4921
Cheese, String APRIL	80.9986	80.9986	6.0749 *	6.0749 *	202.4964	202.4964	2.025	2.025	6.0749	6.0749
Granola, WG, Cinnamon IW	110	110	4 *	4 *	60	60	15	15	2	2
Yogurt, Strawberry 4oz APRIL	90	90	0 *	0 *	50	50	19	19	3	3
	360.5761	360.5761	12.0643 *	12.0643 *	362.2324	362.2324	49.9511	49.9511	12.567	12.567

* Total includes one or more missing nutrient data.

(G-3193) Ranch Dressing	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET	Recipe	1 PACKET
ZZDressing, Ranch, PC NEED NEW SET UP	15	11.25	0	0	125	93.75	2	1.5	0	0
	15	11.25	0	0	125	93.75	2	1.5	0	0

* Total includes one or more missing nutrient data.

(G-3398) Salsa Cup	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cup, Salsa 1/4 Cup APRIL	15	14.834	0 *	0 *	100	98.8936	3	2.9668	1	0.9889
	15	14.834	0 *	0 *	100	98.8936	3	2.9668	1	0.9889

* Total includes one or more missing nutrient data.

(sys-6) Skim Milk	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton	Recipe	Carton
Milk, White, Skim Half Pint	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643
	77.1106	77.1106	0.1814	0.1814	95.2543	95.2543	11.2491	11.2491	7.643	7.643

* Total includes one or more missing nutrient data.

(FG-5506) Specialty Taco	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tortilla, Whole Wheat, 8inch, APRIL	120 *	120 *	2.5 *	2.5 *	340 *	340 *	20 *	20 *	4 *	4 *
Sauce, Chipotle Tabasco	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Beef Crumble, 30# Adv Pierre APRIL	109.4191 *	109.4191 *	6.963 *	6.963 *	119.3663 *	119.3663 *	0 *	0 *	9.9472 *	9.9472 *
	229.4192 *	229.4192 *	9.463 *	9.463 *	459.3663 *	459.3663 *	20 *	20 *	13.9472 *	13.9472 *

* Total includes one or more missing nutrient data.



(FG-5422) Steamed Zucchini	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Protein (g)			
	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup	Recipe	1/2 Cup	1/4 Cup	3/4 cup
Zucchini, Frozen APRIL	17	22.1693	11.0847	24.0971	0.13	0.1695	0.0848	0.1843	2	2.6082	1.3041	2.835	3.58	4.6686	2.3343	5.0746	1.16	1.5127	0.7564	1.6443
	17	22.1693	11.0847	24.0971	0.13	0.1695	0.0848	0.1843	2	2.6082	1.3041	2.835	3.58	4.6686	2.3343	5.0746	1.16	1.5127	0.7564	1.6443

* Total includes one or more missing nutrient data.

(FG-5428) Turkey Ham & Cheese Wrap	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	Each, Wrap	Recipe	Each, Wrap	Recipe	Each, Wrap	Recipe	Each, Wrap	Recipe	Each, Wrap
Cheese, American, Sliced, APRIL	2879.9998	120	216.0003	9	10800.0003	450	48.0003	2	144.0002	6
Tortilla, Flour, Ultra Grain, 6", APRIL WESTERN	2160	90	59.9998	2.5	1800	75	360	15	48.0002	2
Turkey Ham, Log APRIL	1327.3094	55.3046	60.3326	2.5139	5791.8944	241.3289	12.0665	0.5028	168.9303	7.0388
	6367.3092	265.3046	336.3327	14.0139	18391.8947	766.3289	420.0668	17.5028	360.9307	15.0388

* Total includes one or more missing nutrient data.

(FG-5504) Vegetarian Taco	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Tortilla, Whole Wheat, 8inch, APRIL	120 *	120 *	2.5 *	2.5 *	340 *	340 *	20 *	20 *	4 *	4 *
Sauce, Chipotle Tabasco	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Beans, Black APRIL	56.699 *	56.699 *	0.2181 *	0.2181 *	157.0126 *	157.0126 *	10.0314 *	10.0314 *	3.4891 *	3.4891 *
	176.699 *	176.699 *	2.7181 *	2.7181 *	497.0126 *	497.0126 *	30.0313 *	30.0313 *	7.4891 *	7.4891 *

* Total includes one or more missing nutrient data.

(G-3513) WG Tortilla	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Protein (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
Tortilla, Whole Wheat, 8inch, APRIL	120	120	2.5	2.5	340	340	20	20	4	4
	120	120	2.5	2.5	340	340	20	20	4	4

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 10/3/2022, End = 10/7/2022)
Menu Plans	(Middle 2 Entree Hot Menu)
Nutrients	(Calories, Total Carbohydrate, Total Fat, Protein, Sodium)