

All Grades

MONDAY, MAY 10, 2021

TUESDAY, MAY 11, 2021

WEDNESDAY, MAY 12, 2021

THURSDAY, MAY 13, 2021

FRIDAY, MAY 14, 2021

(Meal Pattern: SSO)

MEAL COMPONENT	ITEM	CHO (G)	ITEM NO.	ITEM	CHO (G)	ITEM NO.	ITEM	CHO (G)	ITEM NO.	ITEM	CHO (G)	ITEM NO.	ITEM	CHO (G)	ITEM NO.
	Milk 1%	13	1555	Milk 1%	13	1555	Milk 1%	13	1555	Milk 1%	13	1555	Milk 1%	13	1555
	Milk Chocolate	19	1557	Milk Chocolate	19	1557	Milk Chocolate	19	1557	Milk Chocolate	19	1557	Milk Chocolate	19	1557
OPTION # 1	Oven Fried Chicken	10	1959	Salisbury Steak	3	1689	Turkey Ham and Cheese Sandwich IW	27	1987	Turkey Kielbasa Dog	3	1796	Tangerine Chicken	25	1979
GRAIN 1	Roll	13	1890	Roll	13	1890				Hotdog Bun	26	1010	Brown Rice	23	1142
OPTION # 2	Cheeseburger	2	1950	Chicken Tenders (3)	14	1829							Individual Turkey Pepperoni Pizza	31	2007
GRAIN 2	Hamburger	26	1082	Dutch Waffle	43	1342									
OPTION # 3 VEGETARIAN	Mac and Cheese	27	1983	Yogurt Parfait (Yogurt only)	20	1437; 1756	PBJ	34	1048	Yogurt Plate (Yogurt 19 CHO; Cheese Stick 1)	20	1437; 1756	Individual Cheese Pizza	31	2009
GRAIN 3	Roll	13	1890	Granola (43 CHO 2 oz) and Pretzels (23 CHO 1 pack)		1865; 1141				Granola (43 CHO 2 oz) and Pretzels (23 CHO 1 pack)		1865 or 1501			
VEGGIES	English Peas	10	1296	Steamed Broccoli	8	1050	Vegetable Juice	14	1982	Baked Beans	27	AC77	Side Salad	4	1055
VEGGIES	Carrots	9	1292	Mashed Potatoes	17	1298	Baby Carrots IW	5	1682	Vertical Veggies	7	1296	Buttered Corn	15	1701
FRUIT	Frozen Strawberry Cup	22	1466	Oranges	15	1834	Frozen Peach Cup	19	1718	Frozen Strawberry Cup	22	1466	Mixed fruit	18	1120

Breakfast

MEAL COMPONENT	ITEM	CHO (G)	ITEM NO.	ITEM	CHO (G)	ITEM NO.	ITEM	CHO (G)	ITEM NO.	ITEM	CHO (G)	ITEM NO.	ITEM	CHO (G)	ITEM NO.
GRAIN	Mini Pancake	36	1331	Cheerios	23	1888	Blueberry Muffin	26	1326	Breakfast Pizza	30	1333	Cinnamon Flakes	24	1888
M/MA				Strawberry Yogurt	19	1437	Cheese	1	1765						
FRUIT	Orange Juice	13	1324	Grape Juice	13	1323	Orange Juice	13	1324	Apple Juice	14	1320	Grape Juice	13	1323
FRUIT	Apple	25	1380	Frozen Peach Cup	19	1718	Apple	25	1380	Fresh Pears	1/2 cup	1780	Tangerine	12	1061