

All Grades

MONDAY, MAY 17, 2021				TUESDAY, MAY 18, 2021			WEDNESDAY, MAY 19, 2021			THURSDAY, MAY 20, 2021			FRIDAY, MAY 21, 2021		
(Meal Pattern; SSO)															
MEAL COMPONENT	ITEM	CHO (G)	ITEM #	ITEM	CHO (G)	ITEM #	ITEM	CHO (G)	ITEM #	ITEM	CHO (G)	ITEM #	ITEM	CHO (G)	ITEM #
	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	Chicken Wings(5)	2.5	1956	Chicken Fajita Nachos (meat and cheese only)	3	1704: 1754	Turkey Keilbasa (meat only)	3	1796	Chicken Tenders (3)	14	1829	Gen Tso	22	1804
GRAIN 1	Fried Rice	24	1296	Taco Shell Pieces	40	1145	Hotdog Bun	26	1010	Dutch Waffle	43	1342	Fried Rice	24	1296
OPTION # 2	Hamburger	2	1950							Individual Turkey Pepperoni Pizza	31	2006	BBQ Sandwich	17	1771
GRAIN 2	Hamburger Bun	26	1082										Hamburger Bun	26	1082
OPTION # 3 VEGETARIAN	Yogurt Plate (Strawberry Yogurt 19 CHO; Cherry Yogurt 15 ; Cheese Stick 1)	20	1437; 1756	Yogurt Plate (Strawberry Yogurt 19 CHO; Cherry Yogurt 15 ; Cheese Stick 1)	20	1755	PBJ	34	1048	Individual Cheese Pizza	31	2009	PBJ	34	1048
GRAIN 3	Granola (43 CHO 2 oz) and Pretzels (23 CHO 1 pack)		1141	Granola (43 CHO 2 oz) and Pretzels (23 CHO 1 pack)		1145									
VEGGIES	Vertical Veggies	7	1296	Shredded Lettuce & Tomato	2	1214; 1062	Baby Carrots IW	5	1682	Buttered Corn	15	1701	Carrots	9	1292
VEGGIES	Potato Wedges	24	1955	Salsa and Chips (5 chips 5 CHO)	15	1143	Baked Beans	27	AC77	Side Salad	4	1055	Steamed Broccoli	8	1050
FRUIT	Frozen Strawberry Cup	22	1466	Frozen Peach Cup	19	1718	Frozen Strawberry Cup	22	1466	Orange	1/2 cup	1834	Apple	25	1380

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	Cheerios	23	1888	Grit Bowl	21.5	1821;1828	Mini Pancake	36	1331	Cinnamon Flakes	24	1092	Blueberry Muffin	26	1326
M/MA	Strawberry Yogurt	19	1437	Sausage	0.5	1828				Cherry Yogurt	15	1436	Cheese	1	1765
FRUIT	Apple Juice	14	1320	Orange Juice	13	1324	Grape Juice	13	1323	Orange Juice	13	1324	Apple Juice	14	1320
FRUIT	Frozen Peach Cup	19	1718	Frozen Strawberry Cup	22	1466	Apple	25	1380	Frozen Strawberry Cup	22	1466	Frozen Peach Cup	19	1718