

All Grades

MONDAY, MAY 24, 2021

TUESDAY, MAY 25, 2020

WEDNESDAY, MAY 26, 2020

9:55 AM/4/2021

(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 Chocolate	19	1557	Milk Chocolate	19	1557	Milk Chocolate	19	1557						
OPTION #1	Baked Chicken	0	1960	Turkey Keilbasa (meat only)	3	1796	Roast Turkey Breast & Cheese IW	27	1986						
GRAIN 1	Roll	13	1890	Hotdog Bun	26	1010									
OPTION # 2	Mac and Cheese	27	1983	Breaded Chicken Fillet (fillet only)	15	1380									
GRAIN 2	Roll	13	1890	Hamburger Bun	26	1082									
OPTION # 3 VEGETARIAN	PBJ	34	1048	Yogurt Plate (Yogurt 19 CHO; Cheese Stick 1)	20	1344	PBJ	34	1048						
GRAIN 3				Granola (43 CHO 2 oz) and Pretzels (23 CHO 1 pack)		1865: 1141									
VEGGIES	English Peas	10	1296	Mashed Potatoes	17	1298	Vegetable Juice	14	1982						
VEGGIES	Carrots	9	1292	Baked Beans	27	AC77	Baby Carrots IW	5	1682						
FRUIT	Apple	25	1380	Pear	19	1895	Tangerine	12	1061						

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	Cinnamon Flakes	24	1092	Mini Pancake	36	1331	Poptart (38 CHO) or Mini Waffles (38 CHO)	38	1108 or 1343						
M/MA	Cheese	1	1765												
FRUIT	Apple Juice	14	1321	Orange Juice	13	1324	Grape Juice	13	1323						
FRUIT	Tangerine	12	1061	Frozen Strawberry Cup	22	1466	Apple	25	1380						