

All Grades

MONDAY, MAY 3, 2021

TUESDAY, MAY 4, 2020

WEDNESDAY, MAY 5, 2020

THURSDAY, MAY 6, 2020

FRIDAY, MAY 7, 2020

12:28 PM4/29/2021

(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	Baked Chicken	0	1960	Turkey Keilbasa (meat only)	3	1796	Roast Turkey Breast & Cheese IW	27	1986	General Tso (meat only)	22	1804	Chicken Wings(5)	2	1956
GRAIN 1	Roll	13	1890	Hotdog Bun	26	1010				Fried Rice	24	1296	Roll	13	1890
OPTION # 2	Mac and Cheese	27	1983	Breaded Chicken Fillet (fillet only)	15	1380				Hamburger	1	1950	Personal Pepperoni Pizza	31	2007
GRAIN 2	Roll	13	1890	Hamburger Bun	26	1082				Hamburger Bun	26	1082			
OPTION # 3 VEGETARIAN	PBJ	34	1048	Yogurt Parfait (Yogurt only)	20	1344	PBJ	34	1048	Yogurt Parfait (Yogurt only)	20	1344	Cheese Pizza	34	1668
GRAIN 3				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: 1141			
VEGGIES	English Peas	10	1296	Mashed Potatoes	17	1298	Vegetable Juice	14	1982	Hashrounds	15	1952	Vertical Veggies	7	1296
VEGGIES	Carrots	9	1292	Baked Beans	27	AC77	Baby Carrots IW	5	1682	Steamed Broccoli	8	1050	Potato Wedges	24	1955
FRUIT	Apple	25	1380	Pear	19	1895	Tangerine	12	1061	Mix Fruit	18	1120	Frozen Peach Cup	19	1718

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	1108	Biscuit	24	1310	Mini Waffle	38	1343
M/MA	Cheese	1	1765							Chicken Sausage	0.5				
FRUIT	Apple Juice	14	1321	Orange Juice	13	1324	Grape Juice	13	1323	Orange Juice	13	1324	Grape Juice	13	1323
FRUIT	Tangerine	12	1061	Frozen Strawberry Cup	22	1466	Apple	25	1380	Frozen Strawberry Cup	22	1466	Apple	25	1380