

# Menu Calendar Report - September, 2017

Generated on: 8/31/2017 10:02:09 AM by McKensie Montgomery

Site: Caprock Elem  
 Meal Type: Lunch  
 Site Group: The Clubhouse  
 Menu Line: CH-Main Event

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28 Aug</b>	<b>29 Aug</b>	<b>30 Aug</b>	<b>31 Aug</b>	<b>1 Sep</b>
Baked Ziti (31.53 g) Chicken Caesar Wrap (46.16 g) Chicken Rings, Elementary (15.17 g) Grilled Cheese Sandwich, whole grain bread, American cheese (32.40 g) Salad , Super K-5 (14.86 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Diced Mixed Fruit Cups, Frz, 4.6 oz commodity (16.96 g) Orange, fresh, whole, ends cut (11.28 g) Broccoli: Blanched (3.02 g) Carrots,Baby, raw (5.84 g) Mashed Potatoes, Excel (16.18 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Breadstick, Cheese Stuffed Sticks, Maxstix (37.44 g) Mexican Lasagna (47.17 g) Salad, BBQ Chicken, Elementary (54.78 g) Sandwich, Ham and Cheese (30.20 g) Shepherd's Pie (24.38 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Spanish Rice (7.11 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Pears, canned, diced, Canned, #10 (18.42 g) Watermelon (11.41 g) Beans, Charros Beans (15.58 g) Cucumber Coins (1.89 g) Salad Mix, Tossed (2.10 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Cheeseburger (32.01 g) Fish & Chips (32.74 g) Hamburger (25.23 g) Wrap and Yogurt (54.67 g) Chicken, Shake & Bake (12.96 g) Popeye Spinach Salad (5.32 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Fruit Cup, Peach, 4.75 oz frozen (23.00 g) Orange, fresh, whole, unpeeled (11.28 g) Fresh Celery Sticks (1.92 g) Potato spirals, McCain (13.00 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ketchup, Low-Sodium, PC, Heinz (3.00 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g) Tartar Sauce PC (1.00 g)	Fruit Cheese & Yogurt Plate (44.93 g) Pork Stroganoff (25.55 g) Turkey Cranberry Flatbread (6.19 g) Turkey Frank, Hot Dog (18.75 g) Chicken Teriyaki - using Fajita (8.07 g) Graham Crackers, MJM 3ct package (15.00 g) Rice, Fried, brown rice, w/scrambled egg (27.52 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Applesauce Cup, 4.6 oz, Commodity (14.31 g) Bananas, fresh (26.95 g) Orange, fresh, whole, unpeeled (11.28 g) Mixed Fresh Vegetables (2.15 g) Roasted Green Beans (4.74 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ketchup, Low-Sodium, PC, Heinz (3.00 g) Mustard, PC Heinz (0.92 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Chicken Caesar Salad, Elementary (14.58 g) Frito Chili Pie (65.60 g) Pizza, Cheese K-6 (34.75 g) Pizza, Pepperoni K-6 (35.00 g) Wrap, Popcorn Chicken (57.09 g) Fish w/ Creole Sauce (23.80 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Rice Pilaf (44.57 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Green Grapes (16.42 g) Red Seedless Grapes (16.42 g) Corn, Frozen, Cooked (16.49 g) Salad Mix, Romaine/Spinach (2.23 g) Tomato & Cucumber Salad (3.12 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)
<b>4 Sep</b>	<b>5 Sep</b>	<b>6 Sep</b>	<b>7 Sep</b>	<b>8 Sep</b>
	Chicken Enchilada Bake (38.67 g) Chicken Rings, Elementary (15.17 g) Sandwich, Ham and Cheese (30.20 g) Spaghetti w/ Meatballs (29.63 g) Spinach Pear Crunch Salad - Elementary (40.05 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple Juice, 4 oz (14.00 g)	American Sub; Richs Sub Roll (9.86 g) Beef Lasagna, Scratch (29.45 g) Breakfast Plate (16.18 g) Cheeseburger (32.01 g) Hamburger (25.23 g) Popcorn Chicken Salad K-8 (15.17 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g)	Cheeseburger Mac & Cheese (29.97 g) Chili Hot Dog (18.77 g) Fiesta Frito Wrap (65.85 g) Grilled Cheese Sandwich, whole grain bread, American cheese (32.40 g) Salad, Turkey Chef, K-8 (9.54 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g)	Chicken BLT Salad (28.51 g) Crispy Chicken Wrap (55.39 g) Parmesan Breaded Fish (4.20 g) Pizza, Cheese K-6 (34.75 g) Pizza, Pepperoni K-6 (35.00 g) Tamales,Beef WG, Chili & Chip (420.50 g) Rice Pilaf (44.57 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Orange, fresh, whole, ends cut (11.28 g)

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	5 Sep	6 Sep	7 Sep	8 Sep
	Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Diced Mixed Fruit Cups, Frz, 4.6 oz commodity (16.96 g) Juice, Orange 4 oz (12.00 g) Orange, fresh, whole, ends cut (11.28 g) Broccoli: Blanched (3.02 g) Carrots,Baby, raw (5.84 g) Mashed Potatoes, Excel (16.18 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%)) (11.88 g) Ketchup, Low-Sodium, PC, Heinz (3.00 g) Peppered Fat Free Gravy (5.20 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Fruit Cup, Peach, 4.75 oz frozen (23.00 g) Orange, fresh, whole, unpeeled (11.28 g) Fresh Celery Sticks (1.92 g) potato wedges, 8 cut, McCain (16.76 g) Salad Mix, Tossed (2.10 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%)) (11.88 g)	Applesauce Cup, 4.6 oz, Commodity (14.31 g) Bananas, fresh (26.95 g) Orange, fresh, whole, unpeeled (11.28 g) Mixed Fresh Vegetables (2.15 g) Roasted Green Beans (4.74 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%)) (11.88 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Corn, Frozen, Cooked (16.49 g) Salad Mix, Romaine/Spinach (2.23 g) Tomato & Cucumber Salad (3.12 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%)) (11.88 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g) Tartar Sauce PC (1.00 g)
11 Sep	12 Sep	13 Sep	14 Sep	15 Sep
Chicken Enchilada (36.45 g) Chicken Rings, Elementary (15.17 g) Garden Salad, Elem (8.23 g) Pulled Pork Sandwich (31.00 g) Turkey Bacon Wrap (48.78 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Apples Sliced Fresh 2 oz, Commodity (7.00 g) Bananas, fresh (26.95 g) Diced Mixed Fruit Cups, Frz, 4.6 oz commodity (16.96 g) Orange, fresh, whole, ends cut (11.28 g) Broccoli: Blanched (3.02 g) Carrots,Baby, raw (5.84 g) Mashed Potatoes, Excel (16.18 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)	Breadstick, Cheese Stuffed Sticks, Maxstix (37.44 g) Chicken Potato Bowl: K12 (67.12 g) Pinwheel, Turkey & Swiss Cheese (52.03 g) Salad, Turkey Chef, K-8 (9.54 g) Chicken Cilantro Lime (11.77 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Rice, Cilantro Lime (57.09 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Pears, canned, diced, Canned, #10 (18.42 g) Watermelon (11.41 g) Beans, Charros Beans (15.58 g) Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)	Cheeseburger (32.01 g) Hamburger (25.23 g) Spinach Pear Crunch Salad - Elementary (40.05 g) Taco Loco Salad (65.78 g) Wrap and Yogurt (54.67 g) Macaroni and Cheese, Bowtie, JTM (23.31 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Fruit Cup, Peach, 4.75 oz frozen (23.00 g) Orange, fresh, whole, ends cut (11.28 g) Celery, Sticks, fresh, trimmed 1/2-inch by 4-inch, ready-to-serve (1.92 g) Potato spirals, McCain (13.00 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)	Breaded Steak Finger (14.39 g) Chicken Parmesan (14.12 g) Mini Corn Dogs (29.62 g) Salad, Fun Minnie Mouse (13.46 g) Wrap, Chicken Craisin Salad (49.97 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Toast w/ Margarine (14.18 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Applesauce Cup, 4.6 oz, Commodity (14.31 g) Bananas, fresh (26.95 g) Orange, fresh, whole, ends cut (11.28 g) Mixed Fresh Vegetables (2.15 g) Roasted Green Beans (4.74 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)	Broccoli and Cheese Baked Potato (4.53 g) Chicken Caesar Salad, Elementary (14.58 g) Fish Sandwich (47.00 g) Pizza, Cheese K-6 (34.75 g) Pizza, Pepperoni K-6 (35.00 g) Turkey Ham & Cheese in Pita Pocket (28.85 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Green Grapes (16.42 g) Orange, fresh, whole, ends cut (11.28 g) Red Seedless Grapes (16.42 g) Corn, Frozen, Cooked (16.49 g) Salad Mix, Romaine/Spinach (2.23 g) Tomato & Cucumber Salad (3.12 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%)) (11.88 g)

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11 Sep	12 Sep	13 Sep	14 Sep	15 Sep
Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ketchup, Low-Sodium, PC, Heinz (3.00 g) Peppered Fat Free Gravy (5.20 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g)	Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ketchup, Low-Sodium, PC, Heinz (3.00 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g)	Ranch Dressing, PC, Fat Free, Heinz (2.00 g) Tartar Sauce PC (1.00 g)
18 Sep	19 Sep	20 Sep	21 Sep	22 Sep
Beef and Cheese Nachos (0.78 g) Chicken Rings, Elementary (15.17 g) Parmesan Breaded Fish (4.20 g) Salad, Turkey Chef, K-8 (9.54 g) Sunbutter and Jelly Sandwich with Cheese Stick (47.78 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Rice Pilaf (44.57 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Apples Sliced Fresh 2 oz, Commodity (7.00 g) Bananas, fresh (26.95 g) Diced Mixed Fruit Cups, Frz, 4.6 oz commodity (16.96 g) Orange, fresh, whole, ends cut (11.28 g) Broccoli: Blanched (3.02 g) Carrots, Baby, raw (5.84 g) Mashed Potatoes, Excel (16.18 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ketchup, Low-Sodium, PC, Heinz (3.00 g) Peppered Fat Free Gravy (5.20 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Breadstick, Cheese Stuffed Sticks, Maxstix (37.44 g) Chicken Tetrizzini (24.91 g) Fruit Cheese & Yogurt Plate (44.93 g) Pulled Pork Taco (36.97 g) Sandwich, Ham and Cheese (30.20 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Crackers, Animal, WG, IW 1 oz (21.00 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Orange, fresh, whole, ends cut (11.28 g) Pears, canned, diced, Canned, #10 (18.42 g) Watermelon (11.41 g) Beans, Charros Beans (15.58 g) Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Breakfast Bowl (24.30 g) Cheeseburger (32.01 g) Chicken Pot Pie (38.21 g) Garden Salad, Elem (8.23 g) Hamburger (25.23 g) Turkey Combo Sub Sandwich, Richs sub roll (9.62 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Fruit Cup, Peach, 4.75 oz frozen (23.00 g) Orange, fresh, whole, ends cut (11.28 g) Fresh Celery Sticks (1.92 g) Potato spirals, McCain (13.00 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ketchup, Low-Sodium, PC, Heinz (3.00 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g)	Chicken and Waffles (70.76 g) Chicken Caesar Salad, Secondary (15.04 g) Crispy Chicken Wrap (55.39 g) Turkey Frank, Hot Dog (18.75 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Applesauce Cup, 4.6 oz, Commodity (14.31 g) Bananas, fresh (26.95 g) Orange, fresh, whole, ends cut (11.28 g) Mixed Fresh Vegetables (2.15 g) Roasted Green Beans (4.74 g) Salad Mix, Romaine/Spinach (2.23 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Ketchup, Low-Sodium, PC, Heinz (3.00 g) Mustard, PC Heinz (0.92 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g) Syrup, Pouch, Americana 1.5 oz (30.66 g)	Chicken Caesar Wrap (46.16 g) Chicken Fried Steak (3.82 g) Chicken Spaghetti (29.82 g) Pizza, Cheese K-6 (34.75 g) Pizza, Pepperoni K-6 (35.00 g) Turkey Bacon BLT Salad (15.29 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g) Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g) Bananas, fresh (26.95 g) Green Grapes (16.42 g) Orange, fresh, whole, ends cut (11.28 g) Red Seedless Grapes (16.42 g) Corn, Frozen, Cooked (16.49 g) Salad Mix, Romaine/Spinach (2.23 g) Tomato & Cucumber Salad (3.12 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Peppered Fat Free Gravy (5.20 g) Ranch Dressing, PC, Fat Free, Heinz (2.00 g)
25 Sep	26 Sep	27 Sep	28 Sep	29 Sep
Burrito, Smothered (48.33 g) Chicken Rings, Elementary (15.17 g) Salad, Peppi Pizza, Elementary (7.03 g) Sweet & Sour Chicken (31.35 g)	Breadstick, Cheese Stuffed Sticks, Maxstix (37.44 g) Pork, Sliders, BBQ (29.49 g) Quesadilla Fajita Chicken (45.91 g) Spinach Pear Crunch Salad - Elementary (40.05 g)	Cheeseburger (32.01 g) Fruit Cheese & Yogurt Plate (44.93 g) Hamburger (25.23 g) Nachos, Chicken & Cheese, Cheddar (13.85 g)	Corn Dog (30.00 g) Italian Wrap, , Zesty (49.16 g) Popcorn Chicken Salad K-8 (15.17 g) Potato w/ Chili (85.13 g)	Meatball Sub (19.77 g) Pizza, Cheese K-6 (34.75 g) Pizza, Pepperoni K-6 (35.00 g) Salad, Turkey Chef, K-8 (9.54 g)

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Turkey Bacon Wrap (48.78 g)	Wrap, Chicken Craisin Salad (49.97 g)	Pasta Alfredo Bake (48.49 g)	Taco Loco Salad (65.78 g)	Taco, Beef, Crunchy (13.49 g)
Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g)	Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g)	Turkey Apple Cheddar Pita Pocket (35.55 g)	Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g)	Turkey Combo Sub Sandwich, Richs sub roll (9.62 g)
Rice, Fried, brown rice, w/scrambled egg (27.52 g)	Apple Juice, 4 oz (14.00 g)	Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g)	Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g)	Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g)
Roll, Dinner, Dough, 2.5 oz. Rich's (27.91 g)	Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g)	Crackers, Animal, WG, IW 1 oz (21.00 g)	Apple Juice, 4 oz (14.00 g)	Apple Juice, 4 oz (14.00 g)
Apple Juice, 100%, 4 fl oz, Hiland (14.00 g)	Juice, Orange 4 oz (12.00 g)	Apple Juice, 4 oz (14.00 g)	Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g)	Apple; Fresh, whole, unpeeled, ready-to-serve, 163 ct (13.95 g)
Apples Sliced Fresh 2 oz, Commodity (7.00 g)	Orange, fresh, whole, ends cut (11.28 g)	Banana (26.95 g)	Applesauce Cup, 4.6 oz, Commodity (14.31 g)	Bananas, fresh (26.95 g)
Bananas, fresh (26.95 g)	Pears, canned, diced, Canned, #10 (18.42 g)	Crispy Whole Apple (12.69 g)	Bananas, fresh (26.95 g)	Green Grapes (16.42 g)
Diced Mixed Fruit Cups, Frz, 4.6 oz commodity (16.96 g)	Watermelon (11.41 g)	Fruit Cup, Peach, 4.75 oz frozen (23.00 g)	Juice, Orange 4 oz (12.00 g)	Juice, Orange 4 oz (12.00 g)
Juice, Orange 4 oz (12.00 g)	Beans, Charros Beans (15.58 g)	Orange Juice, 100% 4 fl oz	Orange, fresh, whole, unpeeled (11.28 g)	Orange, fresh, whole, unpeeled (11.28 g)
Orange, fresh, whole, ends cut (11.28 g)	Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g)	Orange, fresh, whole, unpeeled (11.28 g)	Mixed Fresh Vegetables (2.15 g)	Red Seedless Grapes (16.42 g)
Broccoli: Blanched (3.02 g)	Salad Mix, Romaine/Spinach (2.23 g)	Celery, Sticks, fresh, trimmed 1/2-inch by 4-inch, ready-to-serve (1.92 g)	Roasted Green Beans (4.74 g)	Corn, Frozen, Cooked (16.49 g)
Carrots,Baby, raw (5.84 g)	Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)	Potato spirals, McCain (13.00 g)	Salad Mix, Romaine/Spinach (2.23 g)	Salad Mix, Romaine/Spinach (2.23 g)
Mashed Potatoes, Excel (16.18 g)	Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g)	Salad Mix, Romaine/Spinach (2.23 g)	Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)	Tomato & Cucumber Salad (3.12 g)
Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)	Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)	Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g)	Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (24.00 g)
Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g)		Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g)	Ketchup, Low-Sodium, PC, Heinz (3.00 g)	Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g)
Ketchup, Low-Sodium, PC, Heinz (3.00 g)		Ketchup, Low-Sodium, PC, Heinz (3.00 g)	Mustard, PC Heinz (0.92 g)	Ranch Dressing, PC, Fat Free, Heinz (2.00 g)
Peppered Fat Free Gravy (5.20 g)		Mayonnaise, PC 12 gram (1.00 g)	Ranch Dressing, PC, Fat Free, Heinz (2.00 g)	
Ranch Dressing, PC, Fat Free, Heinz (2.00 g)		Mustard, PC Heinz (0.92 g)		
		Ranch Dressing, PC, Fat Free, Heinz (2.00 g)		

Carbohydrate values in grams follow the Menu Item name