

**Elementary 2019-20****Monday**

Cereal Bowl		44-47	1 bowl
Fruitables Juice		14	1 pc
Craisins		28	1 pkg
Chicken Chunks 536790		16	5 pcs
Biscuit 631902		27	1 pc
Green Beans 221990		4	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Ranch dressing (pump or pc)		5	1 pc
Diced Peaches		12	1/2 cup
Apple Slices		7	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg

**Elementary****Tuesday**

Cinn Glazed Pancake 642230		35	1 pkg
Applesauce Cup 699180		15	1 cup
Fruitables Juice *see list		14	1 pkg
Hot Dog 417350	20 carbs whole sand	1	1 hot dog
Bun 517830		19	1 bun
Smile Potatoes 228818		20	1/2 cup
Baked Beans 520098		29	1/2 cup
Romaine Salad		10	1 cup
Pineapple Tidbits		14	1/2 cup
Strawberries/Kiwi		6-16	1/2 cup
Ham & Cheese - bread 204822	37 carbs whole sand	36	1 sandwich
Ham & Cheese - meat 556121		0	6 slices
Ham & Cheese - cheese 722360		1	1 slice
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Fresh Veggies ** see below for individual		2-6	1/2 cup

<b>Elementary</b>			
<b>Wednesday</b>			
Benefit Bar		48	1 pc
Raisins 544426		31	1 box
Orange Juice		14	1/2 cup
Sweet n Sour Chicken	89 carbs if all items	27 (chicken only)	4 oz scoop
Rice 146404		40	6 oz
Egg Roll 521450		22	1 pc
Peas/Carrots 119458		9	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Mandarin Oranges		14	1/2 cup
Grapes		14	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Yogurt Lunch *** See additional sheet		61-77	1 pkg
<b>Elementary</b>			
<b>Thursday</b>			
Pancake Wrap 497202		18	1 pc
Mixzees		30	1 bag
Fruitables Juice *see list		14	1 pkg
Cheese Pizza		35	1 pc
California Blend 283780		5	1/2 cup
Romaine Salad		10	1 cup
Frozen Fruit Mix		15	1/2 cup
Orange Slices/Wedges		16	1/2 cup
Ham & Cheese - bread 204822	37 carbs whole sand	36	1 sandwich
Ham & Cheese - meat 556121		0	6 slices
Ham & Cheese - cheese 722360		1	1 slice
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Fresh Veggies ** see below for individual		2-6	1/2 cup
<b>Elementary</b>			
<b>Friday</b>			
UBR 129001		44	1 pc
Apple Slices 473171		7	1 bag
Orange Juice		14	1/2 cup
Mini Corn Dogs		33	6 pcs
Broccoli w/cheese 610902		3	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Frozen Fruit Cup		22	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Yogurt Lunch *** See additional sheet		61-77	1 pkg

<b>Elementary</b>			
<b>Monday</b>			
Jumpstarts Breakfast Bag apple jacks 18, crackers 16, juice 15	49	49	1 bag
Jumpstarts Breakfast Bag frosted flakes 9, crackers 16, juice 15	40	40	1 bag
Craisins 636402 or 531681	28		1 pkg
Mini Twin Cheeseburgers 641270	39		1 pkg
Fries 230962	20		1/2 cup
Green Beans 221990	4		1/2 cup
Fresh Veggies ** see below for individual	2-6		1/2 cup
Diced Peaches	12		1/2 cup
Apple Slices	7		1/2 cup
Turkey Sandwich - bread 204822	36	36 carbs whole sand	1 sandwich
Turkey Sandwich - meat 689541	0		4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761	64		1 pkg
<b>Elementary</b>			
<b>Tuesday</b>			
Sausage Biscuit 451650	25		1 pc
Applesauce cup 699180	15		1 cup
Fruitables Juice *see list	14		1 pkg
Chicken Tenders 533830	12		3 pcs
Roll 751701	13		1 roll
Baked Beans 520098	29		1/2 cup
Corn 285620	21		1/2 cup
Romaine Salad	10		1 cup
Pineapple Tidbits	14		1/2 cup
Strawberries/Kiwi	6-16		1/2 cup
Ham & Cheese - bread 204822	36	37 carbs whole sand	1 sandwich
Ham & Cheese - meat 556121	0		6 slices
Ham & Cheese - cheese 722360	1		1 slice
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761	64		1 pkg
Fresh Veggies ** see below for individual	2-6		1/2 cup
<b>Elementary</b>			
<b>Wednesday</b>			
Benefit Bar	48		1 pc
Raisins 544426	31		1 box
Orange Juice	14		1/2 cup
Country Baked Steak 667202	18		1 pc
Mashed Potatoes 146581	14		1/2 cup

Gravy 552050		10	1 oz
Peas 285660		12	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Mandarin Oranges		14	1/2 cup
Grapes		14	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Yogurt Lunch *** See additional sheet		61-77	1 pkg
<b>Elementary 2019-20</b>			
<b>Thursday</b>			
Apple Cinn Toast 152504		45	1 pc
Mixzees		30	1 bag
Fruitables Juice *see list		14	1 pkg
Rotini Pasta 728590		24	8 oz scoop
Twisted Breadstick 644051		28	1 pc
Sicilian Blend 164070		6	1/2 cup
Romaine Salad		10	1 cup
Frozen Fruit Mix		15	1/2 cup
Orange Slices/Wedges		16	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Ham & Cheese - bread 204822	37 carbs whole sand	36	1 sandwich
Ham & Cheese - meat 556121		0	6 slices
Ham & Cheese - cheese 722360		1	1 slice
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
<b>Elementary</b>			
<b>Friday</b>			
Blueberry Muffin		30	1 pkg
Go Big Yogurt		18	1 pkg
Apple Slices		7	1 pkg
Orange Juice		14	1/2 cup
Calzone 135191		32	1 pc
Marinara Cup 67721		4	1 pc
Capri Blend 610841		4	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Frozen Fruit Cup		22	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg

Yogurt Lunch *** See additional sheet	61-77	1 pkg
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<b>Elementary</b>			
<b>Monday</b>			
Cereal Bowl		44-47	1 bowl
Fruitables Juice		14	1 pc
Craisins		28	1 pkg
Chicken Sandwich -chicken 281622	35 carbs whole sand	16	1 sandwich
Bun 676151		19	
Green Beans 221990		4	1/2 cup
Mashed Potatoes 146581		14	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Diced Peaches		12	1/2 cup
Apple Slices		7	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
<b>Elementary</b>			
<b>Tuesday</b>			
Cinn Glazed Pancake 642230		35	1 pkg
Applesauce Cup 699180		15	1 cup
Fruitables Juice *see list		14	1 pkg
Sloppy Joe 564790		10	1/2 cup
Scoops 696871	sloppy joe/scoops 29	19	1 pkg
Bun 676151	sloppy joe on bun 29	19	
Glazed Carrots 359020		7	1/2 cup
Romaine Salad		10	1 cup
Pineapple Tidbits		14	1/2 cup
Strawberries/Kiwi		6-16	1/2 cup
Ham & Cheese - bread 204822	37 carbs whole sand	36	1 sandwich
Ham & Cheese - meat 556121		0	6 slices
Ham & Cheese - cheese 722360		1	1 slice
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Fresh Veggies ** see below for individual		2-6	1/2 cup
<b>Elementary 2019-20</b>			
<b>Wednesday</b>			
Benefit Bar		48	1 pc
Raisins 544426		31	1 box
Orange Juice		14	1/2 cup
Popcorn Chicken 666232		17	10 pcs
Roll 751701		13	1 roll

Corn 285620		21	1/2 cup
Refried Beans w/cheese 668341		29	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Mandarin Oranges		14	1/2 cup
Grapes		14	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Yogurt Lunch *** See additional sheet		61-77	1 pkg

## Elementary

### Thursday

Blueberry Pancake Wrap 497182		18	1 pc
Mixzees		30	1 bag
Fruitables Juice *see list		14	1 pkg
Pepperoni Pizza		35	1 pc
California Blend 283780		5	1/2 cup
Romaine Salad		10	1 cup
Frozen Fruit Mix		15	1/2 cup
Orange Slices/Wedges		16	1/2 cup
Ham & Cheese - bread 204822	37 carbs whole sand	36	1 sandwich
Ham & Cheese - meat 556121		0	6 slices
Ham & Cheese - cheese 722360		1	1 slice
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Fresh Veggies ** see below for individual		2-6	1/2 cup

## Elementary

### Friday

UBR 129001		44	1 pc
Apple Slices 473171		7	1 bag
Orange Juice		14	1/2 cup
Corn Dog 620220		30	1 pc
Broccoli w/cheese 610902		3	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Frozen Fruit Cup		22	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Yogurt Lunch *** See additional sheet		61-77	1 pkg

**Elementary 2019-20****Monday**

Jumpstarts Breakfast Bag apple jacks 18, crackers 16, juice 15	49	49	1 bag
Jumpstarts Breakfast Bag frosted flakes 9, crackers 16, juice 15	40	40	1 bag
Craisins 636402 or 531681	28		1 pkg
Hamburger 226851	hamburger carbs 20	1	1 sandwich
Bun 676151	19		
Cheese Slice (optional) 722360	cheeseburger carbs 21	1	1 slice
Fries 230962	20		1/2 cup
Green Beans 221990	4		1/2 cup
Fresh Veggies ** see below for individual	2-6		1/2 cup
Diced Peaches	12		1/2 cup
Apple Slices	7		1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541	0		4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761	64		1 pkg

**Elementary****Tuesday**

Sausage Biscuit 451650	25		1 pc
Applesauce Cup 699180	15		1 cup
Fruitables Juice *see list	14		1 pkg
Breakfast Sandwich Omelette	29 whole sandwich	1	1 pc
Breakfast Sandwich Sausage	0		1 pc
Breakfast Sandwich Cheese	1		1 slice
Breakfast Sandwich Croissant	27		1 pc
Emoticon Smile Potatoes	18		5 pcs
Romaine Salad	10		1 cup
Pineapple Tidbits	14		1/2 cup
Strawberries/Kiwi	6-16		1/2 cup
Ham & Cheese - bread 204822	37 carbs whole sand	36	1 sandwich
Ham & Cheese - meat 556121	0		6 slices
Ham & Cheese - cheese 722360	1		1 slice
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761	64		1 pkg
Fresh Veggies ** see below for individual	2-6		1/2 cup

**Elementary****Wednesday**

Benefit Bar	48		1 pc
Raisins 544426	31		1 box



Apple Juice		21	1/2 cup
Rotini Pasta 728590		24	8 oz scoop
Garlic Toast 277862		11	1 pc
California Blend 283780		5	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
Mandarin Oranges		14	1/2 cup
Grapes		14	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Yogurt Lunch *** See additional sheet		61-77	1 pkg

## Elementary

### Thursday

Apple Cinn Toast 152504		45	1 pc
Mixzees		30	1 bag
Fruitables Juice *see list		14	1/2 cup
Nachos-Chips		25	1 pkg
Nachos - Meat 768230		3	3 oz scoop
Nachos - Cheese 526160		15	1 pkg
Nachos - Salsa 677802		2	1 pkg
Corn 285620		21	1/2 cup
Refried Beans w/cheese 668341		29	1/2 cup
Romaine Salad		10	1 cup
Frozen Fruit Mix		15	1/2 cup
Orange Slices/Wedges		16	1/2 cup
Ham & Cheese - bread 204822	37 carbs whole sand	36	1 sandwich
Ham & Cheese - meat 556121		0	6 slices
Ham & Cheese - cheese 722360		1	1 slice
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Fresh Veggies ** see below for individual		2-6	1/2 cup

## Elementary

### Friday

Banana Muffin		31	1 pkg
Go Big Yogurt		18	1 pkg
Apple Slices		7	1 pkg
Orange Juice		14	1/2 cup
Mac & Cheese		28	6 oz
Roll		13	1 pc
Broccoli		3	1/2 cup
California Blend 283780		5	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup

Frozen Fruit Cup		22	1/2 cup
Turkey Sandwich - bread 204822	36 carbs whole sand	36	1 sandwich
Turkey Sandwich - meat 689541		0	4 slices
Leaf Lettuce (optional)			1 slice
PB&J Uncrustable 516761		64	1 pkg
Yogurt Lunch *** See additional sheet		61-77	1 pkg

<b>Milk</b>			
Milk White Skim		13	
Milk White 1%		13	
Milk Chocolate Skim		20	
Milk Strawberry Skim		19	
<b>Canned Fruit</b>		<b>Condiments</b>	
Diced Peaches	13	bbq cup	10
Pineapple	10	honey must cup	6
Mandarin Oranges	12	ketchup pkt	2
Frozen Fruit Mix	7	mustard pkt	1
		mayo pkt	2
		taco sauce pkt	1
<b>Fresh Fruit</b>		sweet sour pkt	7
Apple	19	tartar sauce	0
Apple Slices	7	sour cream	3
Banana	27	pickles	0
Grapes	14	ranch pkt	2
Kiwi	10	ranch cup	5
Orange	16	buffalo ranch cup	3
Strawberries	6	french pkt	3
<b>Frozen Fruit</b>		italian pkt	2
Blueberries	8	<b>Other</b>	
Michigan Mix	6	pbj gramwich	31
Mix	7	<b>Fresh Vegetables</b>	
Strawberries	7	celery	1
Sidekicks	22	carrots	6
		tomatoes	3
		peppers	3
		cauliflower	3
		broccoli	6