

<b>Middle 2019-20</b>			
<b>Monday</b>			
Walking Taco meat 768230		3	3 oz scoop
Walking Taco Tostitos 865622		28	1 bag
Chicken Patty chicken 666531	35 carbs whole sand	16	1 pc
Chicken Patty bun 676151		19	
Flame Roasted Corn 163760		24	1/2 cup
Yogurt Lunch *** See additional sheet		61-77	1 pkg
Ham & Cheese on Croissant (ham 1, cheese 2, croissant 30)		33	1 sandwich
PB&J Uncrustable 516761		64	1 pc
Diced Peaches		12	1/2 cup
Apple Slices		7	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

Middle			
Tuesday			
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
Grilled Cheese Bread 204822	22 carbs sand	18	
Grilled Cheese Cheese 722360		4	4 slices
Peas/Carrots 119458		9	1/2 cup
Tomato Soup 101427		20	1/2 cup
Mandarin Orange Ckn Salad		45	1 salad
Turkey Wrap		22	1 sandwich
Garden Side Salad		10	1 cup
PB&J Uncrustable 516761		64	1 pkg
Pineapple Tidbits		14	1/2 cup
Strawberries/Kiwi		6-16	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

Middle			
Wednesday			
Calzone 135191		32	1 pc
Marinara Sauce Cup 677721		4	1 cup
Pulled Pork 498702	45 carbs whole sand	17	4 oz
Pulled Pork bun 276142		28	1 bun
Tater Tots		16	1/2 cup
California Blend 283780		5	1/2 cup
Chef Salad		36	1 salad
Ham & Cheese on Bread		37	1 sandwich
Veggies w/Hummus Cup		10	1 pkg
PB&J Uncrustable 516761		64	1 pkg
Mandarin Oranges		14	1/2 cup
Grapes		14	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

Middle			
Thursday			
Rotini Pasta 728590		24	8 oz scoop
Garlic Toast 277862		11	1 pc
Hot n Spicy Patty 327080	36 carbs whole sand	17	1 pc
Hot n Spicy Bun 327080		19	
Spinach 599417		3	1/2 cup
Parmesean Cheese 164259		0	
Taco Salad meat 768230		3	3 oz scoop
Turkey Sandwich on Bread		36	1 sandwich
Garden Side Salad		10	1 cup
PB&J Uncrustable 516761		64	1 pkg
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
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

Middle			
Friday			
Hand Tossed Pepperoni 537540		36	1 slice
Cheeseburger Meat 203260	21 carbs whole sand	0	1 patty
Cheeseburger Cheese 722360		1	1 slice
Cheeseburger bacon 834770		0	1 pc
Cheeseburger Bun 676151		19	1 bun
Fries 230962		20	1/2 cup
Broccoli 610902		4	1/2 cup
Yogurt Lunch *** See additional sheet		61-77	1 pkg
Turkey Club Wrap		22	1 sandwich
PB&J Uncrustable 516761		64	1 pkg
Frozen Fruit Cup		22	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup

<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

Middle 2019-20				
Monday				
4 Meat Pizza 731211			36	1 slice
Country Baked Steak 667202			18	1 pc
Roll 751701			13	1 roll
Mashed Potatoes 146581			14	1/2 cup
Gravy 552050			28	1 oz
Green Beans 221990			4	1/2 cup
Peach Slices			14	1/2 cup
Yogurt Lunch *** See additional sheet			61-77	1 pkg
Ham & Cheese on Croissant (ham 1, cheese 2, croissant 30)			33	1 sandwich
PB&J Uncrustable 516761			64	1 pc
Diced Peaches			12	1/2 cup
Apple Slices			7	1/2 cup
Fresh Veggies ** see below for individual			2-6	1/2 cup
<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
<b>Fresh Fruit</b>			taco sauce pkt	1
Apple	19		sweet sour pkt	7
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		caramel dip cup	18
Michigan Mix	6		parmesan pkt	0
Mix	7		margarine cup	0
Strawberries	7		hot sauce pkt	0
Sidekicks	22		cream cheese	1
			peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>		
celery	1		pbj gramwich	31
carrots	6			
tomatoes	3			
peppers	3			
cauliflower	3			
broccoli	6			

<b>Middle</b>					
<b>Tuesday</b>					
Spaghetti Noodles 221460		50 carbs whole entrée		41	1 cup
Spaghetti Sauce 573201				9	6 oz scoop
Twisted Breadstick				28	1 pc
Chicken Chunks 536790				16	5 pcs
California Blend 283780				5	1/2 cup
Mandarin Orange Ckn Salad				45	1 salad
Turkey Wrap				22	1 sandwich
Garden Side Salad				10	1 cup
PB&J Uncrustable 516761				64	1 pkg
Pineapple Tidbits				14	1/2 cup
Strawberries/Kiwi				6-16	1/2 cup
Fresh Veggies ** see below for individual				2-6	1/2 cup
<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
<b>Fresh Fruit</b>				taco sauce pkt	1
Apple	19			sweet sour pkt	7
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			caramel dip cup	18
Michigan Mix	6			parmesan pkt	0
Mix	7			margarine cup	0
Strawberries	7			hot sauce pkt	0
Sidekicks	22			cream cheese	1
				peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>			
celery	1			pbj gramwich	31
carrots	6				
tomatoes	3				
peppers	3				
cauliflower	3				
broccoli	6				

<b>Middle</b>			
<b>Wednesday</b>			
Soft Shell Taco Shell 882690		15	1 tortilla
Soft Shell Taco Meat 768230		3	3 oz scoop
Spanish Rice 555169		44	1/2 cup
Philly Beefsteak Sand meat 720861	31 carbs whole sand	3	3 oz scoop
Philly Beefsteak bun 276142		28	1 bun
Corn 285620		21	1/2 cup
Refried Beans 668341		29	1/2 cup
Chef Salad		36	1 salad
Ham & Cheese on Bread		37	1 sandwich
Veggies w/Hummus Cup		10	1 pkg
PB&J Uncrustable 516761		64	1 pkg
Mandarin Oranges		14	1/2 cup
Grapes		14	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		



<b>Middle</b>			
<b>Thursday</b>			
Breakfast Sand Egg	33 carbs whole sand	1	1 pc
Breakfast Sand Sausage 641783		1	1 patty
Breakfast Sand Cheese 722360		1	1 slice
Breakfast Sand Croissant 172172		30	1 pc
Mini Twin Burgers 641270		39	1 pkg
Hash Brown 201146		31	2 pcs
Taco Salad meat 768230		3	3 oz scoop
Turkey Sandwich on Bread		36	1 sandwich
Garden Side Salad		10	1 cup
PB&J Uncrustable 516761		64	1 pkg
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
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

Middle			
Friday			
Cheese Pizza 236591		43	1 slice
Mac & Cheese		18	4 oz
Mini corn dogs		22	4 pcs
Broccoli 610902		4	1/2 cup
Yogurt Lunch *** See additional sheet		61-77	1 pkg
Turkey Club Wrap		22	1 sandwich
PB&J Uncrustable 516761		64	1 pkg
Frozen Fruit Cup		22	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<b>Milk</b>			
Milk White Skim		13	
Milk White 1%		13	
Milk Chocolate Skim		20	
Milk Strawberry Skim		19	
Canned Fruit		Condiments	
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
Fresh Fruit		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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
Frozen Fruit		italian pkt	2
Blueberries	8	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
Fresh Vegetables		Other	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

**Middle 2019-20****Monday**

Walking Taco meat 768230			3	3 oz scoop
Walking Taco Doritos 865611			28	1 bag
Chicken Patty chicken 666531	35 carbs whole sand		16	1 pc
Chicken Patty bun 676151			19	
Flame Roasted Corn 163760			24	1/2 cup
Yogurt Lunch *** See additional sheet			61-77	1 pkg
Ham & Cheese on Croissant (ham 1, cheese 2, croissant 30)			33	1 sandwich
PB&J Uncrustable 516761			64	1 pc
Diced Peaches			12	1/2 cup
Apple Slices			7	1/2 cup
Fresh Veggies ** see below for individual			2-6	1/2 cup
<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
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<b>Fresh Fruit</b>			taco sauce pkt	1
Apple	19		sweet sour pkt	7
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		caramel dip cup	18
Michigan Mix	6		parmesan pkt	0
Mix	7		margarine cup	0
Strawberries	7		hot sauce pkt	0
Sidekicks	22		cream cheese	1
			peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>		
celery	1		pbj gramwich	31
carrots	6			
tomatoes	3			
peppers	3			
cauliflower	3			
broccoli	6			

Middle			
Tuesday			
Teriyaki Chicken 523722	49 carbs if all items	9 (chicken only)	3 oz scoop
Rice 146404		18	1/2 cup
Egg Roll 521450		22	1 pc
Grilled Cheese Bread 204822		18	
Grilled Cheese Cheese 722360		4	4 slices
Peas/Carrots 119458		9	1/2 cup
Tomato Soup 101427		20	1/2 cup
Mandarin Orange Ckn Salad		45	1 salad
Turkey Wrap		22	1 sandwich
Garden Side Salad		10	1 cup
PB&J Uncrustable 516761		64	1 pkg
Pineapple Tidbits		14	1/2 cup
Strawberries/Kiwi		6-16	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

<b>Middle</b>			
<b>Wednesday</b>			
Calzone		32	1 pc
Marinara Sauce Cup 677721		4	1 cup
Hot Dog 417350	20 carbs whole sandwic	1	1 pc
Hot Dog bun 517830		19	1 bun
Tater Tots 233404		16	1/2 cup
Baked Beans 520098		29	1/2 cup
Chef Salad		36	1 salad
Ham & Cheese on Bread		37	1 sandwich
Veggies w/Hummus Cup		10	1 pkg
PB&J Uncrustable 516761		64	1 pkg
Mandarin Oranges		14	1/2 cup
Grapes		14	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

Middle					
Thursday					
Rotini Pasta 728590				24	8 oz scoop
Garlic Toast 277862				11	1 pc
Hot n Spicy Patty 327080		35 carbs whole sand		17	1 pc
Hot n Spicy Bun 327080				19	
Spinach 599417				3	1/2 cup
Parmesean Cheese 164259				0	
Taco Salad meat 768230				3	3 oz scoop
Turkey Sandwich on Bread				36	1 sandwich
Garden Side Salad				10	1 cup
PB&J Uncrustable 516761				64	1 pkg
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
<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
<b>Fresh Fruit</b>				taco sauce pkt	1
Apple	19			sweet sour pkt	7
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			caramel dip cup	18
Michigan Mix	6			parmesan pkt	0
Mix	7			margarine cup	0
Strawberries	7			hot sauce pkt	0
Sidekicks	22			cream cheese	1
				peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>			
celery	1			pbj gramwich	31
carrots	6				
tomatoes	3				
peppers	3				
cauliflower	3				
broccoli	6				

<b>Middle</b>			
<b>Friday</b>			
Hand Tossed Pepperoni 537540			36 1 slice
Cheeseburger Meat 203260	21 carbs whole sand		0 1 patty
Cheeseburger Cheese 722360			2 1 slice
Cheeseburger bacon 834770			0 1 pc
Cheeseburger Bun 676151			19 1 bun
Fries 230962			20 1/2 cup
Broccoli 610902			4 1/2 cup
Yogurt Lunch *** See additional sheet			61-77 1 pkg
Turkey Club Wrap			22 1 sandwich
PB&J Uncrustable 516761			64 1 pkg
Frozen Fruit Cup			22 1/2 cup
Fresh Veggies ** see below for individual			2-6 1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple 19		sweet sour pkt	7
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		caramel dip cup	18
Michigan Mix 6		parmesan pkt	0
Mix 7		margarine cup	0
Strawberries 7		hot sauce pkt	0
Sidekicks 22		cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery 1		pbj gramwich	31
carrots 6			
tomatoes 3			
peppers 3			
cauliflower 3			
broccoli 6			

Middle 2019-20					
Monday					
4 Meat Pizza 731211				36	1 slice
Country Baked Steak 667202				18	1 pc
Roll 751701				13	1 roll
Mashed Potatoes 146581				14	1/2 cup
Gravy 552050				28	1 oz
Green Beans 221990				4	1/2 cup
Yogurt Lunch *** See additional sheet				61-77	1 pkg
Ham & Cheese on Croissant (ham 1, cheese 2, croissant 30)				33	1 sandwich
PB&J Uncrustable 516761				64	1 pc
Diced Peaches				12	1/2 cup
Apple Slices				7	1/2 cup
Fresh Veggies ** see below for individual				2-6	1/2 cup
<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	
<b>Fresh Fruit</b>		taco sauce pkt		1	
Apple	19	sweet sour pkt		7	
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	caramel dip cup		18	
Michigan Mix	6	parmesan pkt		0	
Mix	7	margarine cup		0	
Strawberries	7	hot sauce pkt		0	
Sidekicks	22	cream cheese		1	
		peppers (jalap or banana)		1	
<b>Fresh Vegetables</b>		<b>Other</b>			
celery	1	pbj gramwich		31	
carrots	6				
tomatoes	3				
peppers	3				
cauliflower	3				
broccoli	6				



<b>Middle</b>			
<b>Tuesday</b>			
Lasagna Roll 234041	38 total carbs prepared	29	1 pc
Marinara Sauce 592714		9	
Twisted Breadstick		28	1 pc
Chicken Tenders 533830		12	3 pcs
California Blend 283780		5	1/2 cup
Mandarin Orange Ckn Salad		45	1 salad
Turkey Wrap		22	1 sandwich
Garden Side Salad		10	1 cup
PB&J Uncrustable 516761		64	1 pkg
Pineapple Tidbits		14	1/2 cup
Strawberries/Kiwi		6-16	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

<b>Middle</b>			
<b>Wednesday</b>			
Soft Shell Taco Shell 882690		15	1 tortilla
Soft Shell Taco Meat 768230		3	3 oz scoop
Spanish Rice 555169		44	1/2 cup
Philly Beefsteak Sand meat 720861	31 carbs whole sand	3	3 oz scoop
Philly Beefsteak bun 276142		28	1 bun
Corn 285620		21	1/2 cup
Chef Salad		36	1 salad
Ham & Cheese on Bread		37	1 sandwich
Veggies w/Hummus Cup		10	1 pkg
PB&J Uncrustable 516761		64	1 pkg
Mandarin Oranges		14	1/2 cup
Grapes		14	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

Middle				
Thursday				
Breakfast Sand Egg	33 carbs whole sand		1	1 pc
Breakfast Sand Sausage 641783			1	1 patty
Breakfast Sand Cheese 722360			1	1 slice
Breakfast Sand Croissant 172172			30	1 pc
Mini Twin Burgers 641270			39	1 pkg
Hash Brown 201146			31	2 pcs
Taco Salad meat 768230			3	3 oz scoop
Turkey Sandwich on Bread			36	1 sandwich
Garden Side Salad			10	1 cup
PB&J Uncrustable 516761			64	1 pkg
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
<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
<b>Fresh Fruit</b>			taco sauce pkt	1
Apple	19		sweet sour pkt	7
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		caramel dip cup	18
Michigan Mix	6		parmesan pkt	0
Mix	7		margarine cup	0
Strawberries	7		hot sauce pkt	0
Sidekicks	22		cream cheese	1
			peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>		
celery	1	pbj gramwich		31
carrots	6			
tomatoes	3			
peppers	3			
cauliflower	3			
broccoli	6			

<b>Middle</b>			
<b>Friday</b>			
Cheese Pizza 236591		43	1 slice
Mac & Cheese		18	4 oz
Mini corn dogs		22	4 pcs
Broccoli 610902		4	1/2 cup
Yogurt Lunch *** See additional sheet		61-77	1 pkg
Turkey Club Wrap		22	1 sandwich
PB&J Uncrustable 516761		64	1 pkg
Frozen Fruit Cup		22	1/2 cup
Fresh Veggies ** see below for individual		2-6	1/2 cup
<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
<b>Fresh Fruit</b>		taco sauce pkt	1
Apple	19	sweet sour pkt	7
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	caramel dip cup	18
Michigan Mix	6	parmesan pkt	0
Mix	7	margarine cup	0
Strawberries	7	hot sauce pkt	0
Sidekicks	22	cream cheese	1
		peppers (jalap or banana)	1
<b>Fresh Vegetables</b>		<b>Other</b>	
celery	1	pbj gramwich	31
carrots	6		
tomatoes	3		
peppers	3		
cauliflower	3		
broccoli	6		

<b>Middle</b>	
<b>Master Breakfast List</b>	
Apple Cinn Toast 152504	45
Bacon Egg Cheese Sandwich	21
Benefit Bars	48
Breakfast on the Go Bag coco puffs 25, grahams 20, juice 15	60
Breakfast on the Go Bag cinn toast 22, crackers 20, juice 15	57
Breakfast on the Go Bag scooters 23, crackers 20, juice 15	58
Banana Muffin 262362	31
Blueberry Muffin 263270	30
Cereal Bowl	44-47
Cinn Glazed Pancake 642230	35
Cinn Glazed French Toast	26
Egg/Cheese on English Muffin	24
Frudel, Apple 838340	36
Frudel, Cherry 838350	37
Ham Egg Cheese Biscuit	31
Jumpstarts Breakfast Bag apple jacks 18, crackers 16, juice 15	49
Jumpstarts Breakfast Bag frosted flakes 9, crackers 16, juice 15	40
Mini Cinnis 894291	39
Pancake Wrap Maple 497202	18
Pancake Wrap Blueberry 497182	18
Sausage Biscuit 451650	25
Sausage Gravy Pizza	25
Sausage Link	0
Sausage Egg Cheese Slider	20
Tornado	21
UBR 129001	44
Yogurt Assorted lite or regular ** see label	11 through 19
Yogurt GO BIG pouch	18
Yogurt Greek	19
<b>Breakfast Sides</b>	
Applesauce cup	15
Apple slices	7
Applesauce	13
Banana	27
Craisins	28
Juice	14
Raisins	31
Orange Wedges	0
Cinnamon Chex cereal (allergy kids)	22









