

High School 2019-20		
Fiesta Line		
Taco Meat	2	3 oz
Doritos	28	1 bag
Scoops	19	1 bag
Bean & Cheese Chalupa	42	2 pcs
Soft Shell Taco 9"	29	1 tortilla
Chicken Fajita Meat	2	3 oz
Chicken Quesadilla	37	1 pc
Crispito	40	1 pc
Burrito Beef Cheese	38	1 pc
Tornado	44	2 pcs
Cheese Cup	15	1 pc
Milk		
Milk White Skim	13	
Milk White 1%	13	
Milk Chocolate Skim	20	
Milk Strawberry Skim	19	
Canned Fruit		Hot Veggies
Diced Peaches	13	Condiments
Pineapple	10	Au Gratin
Mandarin Oranges	12	22
Frozen Fruit Mix	7	bbq cup
		10
		Black Beans
		23
		honey must cup
		6
		Broccoli
		5
		ketchup pkt
		2
		Calif Blend
		5
		mustard pkt
		1
		Corn
		21
		mayo pkt
		2
		Fries
		20
		taco sauce pkt
		1
Fresh Fruit		Green Beans
Apple	19	4
Apple Slices	7	sweet sour pkt
Banana	27	7
Grapes	14	Mash Potatoes
Kiwi	10	14
Orange	16	tartar sauce
Strawberries	6	0
		Refried Beans
		29
		sour cream
		3
		Spanish Rice
		44
		pickles
		0
		ranch pkt
		2
		ranch cup
		5
		buffalo ranch cup
		3
		french pkt
		3
		italian pkt
		2
Frozen Fruit		Other
Blueberries	8	
Michigan Mix	6	pbj gramwich
Mix	7	31
Strawberries	7	Fresh Vegetables
Sidekicks	22	celery
		1
		carrots
		6
		tomatoes
		3
Yogurt Lunch Combo		peppers
See additional sheet	61-77	3
PB&J Uncrustable		cauliflower
PB&J Uncrustable	64	3
		broccoli
		6

High School 2019-20		
Fresh Market Line		
Turkey Cheese Sandwich or Turkey Club Sandwich	37	1 sandwich
Grilled Chicken Ranch Wrap	41	1 sandwich
Chef Salad	26	1 salad
Yogurt Lunch Combo	61-77	1 bag
PB & J	64	1 sandwich
Hummus/Guracamole Combo	50	1 bag
Garden Side Salad	10	1 cup
Flatbread Pizza	36	1 pc
Steak & Cheese Wrap	22	1 sandwich
Spinach Salad	63	1 salad
Celery & Peanut Butter	8	
Grilled Cheese	40	1 sandwich
Italian Sub	31	1 sandwich
Kale/Cole Slaw	18/17	
Buffalo Chicken Wrap	55	1 sandwich
Philly Steak Salad	28	1 sandwich
Milk		
Milk White Skim	13	
Milk White 1%	13	
Milk Chocolate Skim	20	
Milk Strawberry Skim	19	
Canned Fruit		Hot Veggies
Diced Peaches 13	Au Gratin 22	Condiments
Pineapple 10	Black Beans 23	bbq cup 10
Mandarin Oranges 12	Broccoli 5	honey must cup 6
Frozen Fruit Mix 7	Calif Blend 5	ketchup pkt 2
	Corn 21	mustard pkt 1
	Fries 20	mayo pkt 2
Fresh Fruit	Green Beans 4	taco sauce pkt 1
Apple 19	Mash Potatoes 14	sweet sour pkt 7
Apple Slices 7	Refried Beans 29	tartar sauce 0
Banana 27	Spanish Rice 44	sour cream 3
Grapes 14		pickles 0
Kiwi 10		ranch pkt 2
Orange 16		ranch cup 5
Strawberries 6		buffalo ranch cup 3
Frozen Fruit		french pkt 3
Blueberries 8		italian pkt 2
Michigan Mix 6		Other
Mix 7		pbj gramwich 31
Strawberries 7		Fresh Vegetables
Sidekicks 22		celery 1
Yogurt Lunch Combo		carrots 6
See additional sheet 61-77		tomatoes 3
PB&J Uncrustable		peppers 3
PB&J Uncrustable 64		cauliflower 3
		broccoli 6

High School 2019-20				
Breakfast				
Apple Cinnamon French Toast			45	
Bacon Egg Cheese Biscuit			28	
Breakfast Bar			44-48	
Burrito Cheese Meat Bean			25	
Cereal Bowl			44-47	
Cinnamon Glazed Pancake			35	
Donuts			41	
Egg Cheese Sandwich			19	
Frudel			37	
Mini Cinnis			39	
Pancake on a Stick			18	
Poptarts			76	
Sausage Biscuit			25	
Sausage Egg Slider			22	
Sausage Gravy Pizza			25	
UBR			44	
Yogurt/Muffin Combo			61	
Milk				
Milk White Skim			13	
Milk White 1%			13	
Milk Chocolate Skim			20	
Milk Strawberry Skim			19	
Canned Fruit		Breakfast Sides		
Diced Peaches	13	Applesauce cup	15	
Pineapple	10	Apple slices	7	
Mandarin Oranges	12	Banana	27	
Frozen Fruit Mix	7	Craisins	28	
		Juice/Fruitables	14	
		Mixzees dried fruit	30	
Fresh Fruit		Raisins	31	
Apple	19	Cinnamon Chex cereal (allergy kids)		22
Apple Slices	7			
Banana	27			
Grapes	14			
Kiwi	10			
Orange	16			
Strawberries	6			
Frozen Fruit				
Blueberries	8	Other		
Michigan Mix	6	pbj gramwich		31
Mix	7	Fresh Vegetables		
Strawberries	7	celery		1
Sidekicks	22	carrots		6
Yogurt Lunch Combo		tomatoes		3
See additional sheet	61-77	peppers		3
PB&J Uncrustable		cauliflower		3
PB&J Uncrustable	64	broccoli		6

High School 2019-20			
Homestyle Line			
Sweet n Sour Chicken	89 carbs if all items	27 (chicken only)	4 oz scoop
Teriyaki Chicken 523722	49 carbs if all items	9 (chicken only)	3 oz scoop
Egg Roll		22	1 pc
Rice 146404		40	6 oz
Lo Mein Noodles		74	5 oz
Stir Fry Veggies		6	
Chicken Leg		6	1 pc
Country Fired Steak		18	1 pc
Biscuit		27	1 pc
Gravy		28	1 oz
Spaghetti w/meatballs (meatballs 11)		56	1 cup noodles
Chicken Parm (chicken, marinara, noodles)		70	
Garlic Bread		11	1 pc
Breakfast Sandwich		33	1 pc
Rotini Pasta		24	8 oz
Fish & Chips FISH		35	1 pc
Fries		20	1/2 cup
Milk			
Milk White Skim		13	
Milk White 1%		13	
Milk Chocolate Skim		20	
Milk Strawberry Skim		19	
Canned Fruit		Hot Veggies	Condiments
Diced Peaches 13	Au Gratin 22	bbq cup	10
Pineapple 10	Black Beans 23	honey must cup	6
Mandarin Oranges 12	Broccoli 5	ketchup pkt	2
Frozen Fruit Mix 7	Calif Blend 5	mustard pkt	1
	Corn 21	mayo pkt	2
	Fries 20	taco sauce pkt	1
Fresh Fruit	Green Beans 4	sweet sour pkt	7
Apple 19	Mash Potatoes 14	tartar sauce	0
Apple Slices 7	Refried Beans 29	sour cream	3
Banana 27	Spanish Rice 44	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		Other	
Michigan Mix 6		pbj gramwich	31
Mix 7		Fresh Vegetables	
Strawberries 7		celery	1
Sidekicks 22		carrots	6
Yogurt Lunch Combo		tomatoes	3
See additional sheet 61-77		peppers	3
PB&J Uncrustable		cauliflower	3
PB&J Uncrustable 64		broccoli	6

