

2021-2022

Updated 5/13/2021

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
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Week 1 Day 1

Chicken Nuggets WGR	5 Ea.	281831	2	1 (8g)	216	12	2	0	370	13	2	1
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Sweet Potato Puffs	8 each	872570			130	3	0	0	200	20	2	7
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
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Week 1 Day 2

Glazed Fr Tst WGR	1 each	646262	1	2 (58g)	248.4	8.3	1.9	0.1	365.9	35	1	10
Sausage Link	1 each	211788	0.7		65	10	3	0	450	1	0	0
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Hashbrown Starz	8 each	233101			140	8	1	0	260	16	2	0
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
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Week 1 Day 3

Mac and Cheese WG	6 oz	609121	2	1	290	15	8	0.5	760	26	2	3
Soft Pretzel	1 each	607940		1	70	0.5	0	0	40	14	1	0
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Mixed Veggies	1/2 Cup	170615			20	0	0	0	25	5	1	2
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 1 Day 4												
Taco w/ Chips WG	1 each	SR 04	2	1.25	270	12.75	5	0	502	19.5	2	0
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Refried Beans	1/2 Cup	2933962			72	2	0.5	0	490	16	4	0
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 1 Day 5												
Stuff Crust Pizza WGR	1 serv.	198952	2	2 (17g)	290	8	2.5	0	600	38	3	5
Cheez-it	1 each	282422			100	3.5	1	0	150	14	1	0
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Dk. Green Salad	1 Cup	Produce			10	0	0	0	0	1	1	0
Ranch Dressing	1 each	261432			10	0	0	0	125	2	0	0
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 2 Day 1												
Breaded Chicken Sandwic	1each	SR #11	2	2	140	2	0.5	0	160	27	5	4
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Peas	4oz	283760			60	0	0	0	0	12	4	4
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 2 Day 2												
Cheeseburger WG	1 each	SR 18	2	2(57g)	335	15.5	6.5	0.5	595	30	6	5.5
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Sweet Potato Puffs	3 oz.	538311			150	7	0.5	0	230	21	2	5
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	4 total				97	6.04	0.96	0.04	440.04	10.8	0.2	6
Assorted Veggie	1/4 cup				5.38	0.05	0	0	33.38	1.14	0.38	0.45
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 2 Day 3												
Hot Dog	1 Ea.	305286	1.5		140	13	4	0	460	1	0	1
Hot Dog Bun WGR	1 Ea.	517830		1.5 (21g)	110	1.5	0	0	120	20	4	3
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Baked Beans	6 oz.	SR # 1-06			143.2	0	0	0	586.76	31.9	6	15.6
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	3 total				72.75	4.53	0.72	0.03	330.03	8.1	0.15	4.5
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 2 Day 4												
Mashed Potato Bowl	1 each	SR # 05	2	0.5	313	14.5	7.5	0	740	24.5	1	1.5
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Corn	2 oz				70	0.5	0	0	0	16	2	3
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch
Week 2 Day 5

	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Cheese Pizza	1 each	437430	2	2	260	8	3	0	660	32	6	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Dk. Green Salad	1 Cup	Produce			10	0	0	0	0	1	1	0
Ranch Dressing	1 each	261432			10	0	0	0	125	2	0	0
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch
Week 3 Day 1

	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Chicken Nuggets WGR	5 Ea.	281831	2	1 (8g)	216	12	2	0	370	13	2	1
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Carrots	4 oz	285750			30	0	0	0	45	7	3	4
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	3 total				72.75	4.53	0.72	0.03	330.03	8.1	0.15	4.5
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch
Week 3 Day 2

	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Boxed Salad	1 each	SR 73/SR 101			443.08	24	4.25	0	570.66	36.8	6.68	5.63
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Mixed Veggie	4oz	Mix what you have corn, peas, carrots			50	0	0	0	15	11	3	4
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 3 Day 3												
Corn Dog	1 each	620220	2	2	240	8	3	0	390	30	5	5
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Edamame	1/2 Cup	147270			120	6	0.5	0	5	9	4	3
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	3 total				72.75	4.53	0.72	0.03	330.03	8.1	0.15	4.5
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 3 Day 4												
Soft Taco	1 Each	SR # 03	2	1.5	260	8.28	6	0	220.83	22	3.5	2.5
Soft Pretzel	1 each	607940		1	70	0.5	0	0	40	14	1	0
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Black Beans	1/2 Cup	SR #01			129.5	2.75	1.5	0	441	18	5	2.75
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 3 Day 5												
Pepperoni Pizza	1 each	437440	2	2	260	9	3	0	720	32	6	4
Fruit Snacks	1 each	108310			70	0	0	0	35	21	5	9
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Dk. Green Salad	1 Cup	Produce			10	0	0	0	0	1	1	0
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	4.7	0.76	0.08	140.26	3.72	0.1	2
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch
Week 4 Day 1

	SERV. SIZE	RECIPE #	MEAT	BREAD	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
		GFS #	SERV.	SERV.								

Chicken Poppers	11 each	327120	2	1	230	13	2.5	0	350	14	3	1
Soft Pretzel	1 each	607940		1	70	0.5	0	0	40	14	1	0
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Green Beans	1/2 Cup	SR-08			20.5	0.5	0	0	521	4.5	2	0.5
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch
Week 4 Day 2

	SERV. SIZE	RECIPE #	MEAT	BREAD	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
		GFS #	SERV.	SERV.								

Bosco Sticks WGR	2 Ea.	235411	2	2 (16g)	300	10	5	0	440	34	4	2
Bosco Sauce	1/4 cup	130834			15	0	0	0	260	4	0	2
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Emoji Smile												
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	1 total				24.25	1.51	0.24	0.01	110.01	2.7	0.05	1.5
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch
Week 4 Day 3

	SERV. SIZE	RECIPE #	MEAT	BREAD	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
		GFS #	SERV.	SERV.								

Baked Potato Bar	1 each	SR # 53	1	1	392	12.2	7.1	0	619	63.5	9.1	4.5
Roll	1 each	222178		1	60	0.5	0.5	0	104	11.5	2	3
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Broccoli	1/2 Cup											
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 4 Day 4												
Cheeseburger WG	1 each	SR 18	2	2(5/7g)	335	15.5	6.5	0.5	595	30	6	5.5
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Peas	1/2 Cup	283760			62	0	0	0	58	11	4	4
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 4 Day 5												
Breakfast Pizza	1 each	160432	1	1.5	210	7	2	0	350	27	3	5
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Dark Green Salad	1 Cup	Produce			10	0	0	0	0	1	1	0
Ranch Dressing	1 each	261432			10	0	0	0	125	0	0	0
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE # GFS #	MEAT SERV.	BREAD SERV.	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
Week 5 Day 1												
Grilled Chicken Sandwich	1each	SR # 02	2	2	240	7	2.5	0	320	27	5	4
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
Boxed Salad / IT pasta	1 each	SR 73/SR 101			443.08	24	4.25	0	570.66	36.8	6.68	5.63
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Wedge Fries	1/2 Cup	506613			120	4.5	1	0	410	18	2	1
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3

Lunch SER.V. SIZE RECIPE # MEAT BREAD KCAL FAT SAT/FAT TRANS SODIUM CARBS FIBER SUGAR

Week 5 Day 2

Tangerine Chicken WG	3.96 oz.	791710	2	0.5	190	4	1	0	380	25	2	13
Rice	1/2 Cup	108251		1	166	1	0	0	3	37	1	0
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Broccoli	1/2 Cup	119237			28	0	0	0	16	6	3	1
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Fortune Cookie	1 Ea.	591173			37	0	0	0	0	8	0	4
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch SER.V. SIZE RECIPE # MEAT BREAD KCAL FAT SAT/FAT TRANS SODIUM CARBS FIBER SUGAR

Week 5 Day 3

Toast Cheese	1 Each	SR # 034	2	2	400	20	10	0	240	36	4	8
Pizza	1 Each	585921	2	2	280	9	3	0	480	37	4	4
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Carrots	1/2 Cup	285750/50390			45	0	0	0	53	10.5	4	5
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch SER.V. SIZE RECIPE # MEAT BREAD KCAL FAT SAT/FAT TRANS SODIUM CARBS FIBER SUGAR

Week 5 Day 4

Turkey Sub	1 Each	SR # 7	2	2	279	4.5	3	0	759	33.5	3	4.5
Yogurt Power Pack	1 each	SR # 54	2	1	325	7.71	4	0	500	42	2.5	20
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Baked Beans	6 oz.	1-06			143.2	0	0	0	586.76	31.9	6	15.6
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	3 total				72.75	4.53	0.72	0.03	330.03	8.1	0.15	4.5
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16

Lunch	SERV. SIZE	RECIPE #	MEAT	BREAD	KCAL	FAT	SAT/FAT	TRANS	SODIUM	CARBS	FIBER	SUGAR
GFS #	SERV.	SERV.	SERV.	SERV.								

Week 5 Day 5												
Cheese Pizza	1 each	437430	2	2	260	8	3	0	660	32	6	4
Elf Grahams	1 each	123171			120	4	1	0	125	21	2	7
PB&J WG/Cheese	1 each	SR #134	2	2	460	20.5	18	0	645	52	5	18
Dark Green Salad	1 Cup	Produce			10	0	0	0	0	1	1	0
Assorted Fruit	1/2 Cup				74.73	0	0	0	4.75	18.41	1.9	13.36
Assorted Condiments	2 total				48.5	3.02	0.48	0.02	220.02	5.4	0.1	3
Milk	1 Cup			0	110	2.5	1.5	0	130	12	0	16