

LUNCH K-5

| Wed - 04/01/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|-----------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| SOCKEYE SALMON FILLET     | 6 OZ         | 180  | 43        | 100     | 0.50    | 0.72    | 10.01    | 625      | 4.50     | 15.01   | 1.00   | 13.01   | 1.75    |
| ROLLS, ROUND WHEAT DIN    | 1 EACH       | 110  | 0         | 200     | 1.00    | 1.08    | 60.00    | 0        | 0.00     | 3.00    | 20.00  | 2.00    | 0.00    |
| RICE, BROWN LONG, QUICK   | 1/2 cup      | 108  | 0         | 5       | 1.80    | 0.41    | 10.00    | 0        | 0.00     | 2.52    | 22.39  | 0.88    | 0.18    |
| CORN, CANNED, WHOLE-KE    | 1/2 cup      | 86   | 0         | 175     | 1.60    | 0.71    | 4.00     | 66       | 7.00     | 2.15    | 15.24  | 0.82    | 0.13    |
| JUICE CUP, VARIETY        | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| TARTAR SAUCE, scratch     | 1 OZ         | 77   | 5         | 148     | 0.29    | 0.05    | 8.03     | 1        | 2.34     | 0.29    | 6.62   | 5.22    | 0.62    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Thu - 04/02/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| VEGETARIAN CHILI: 1/2     | 1/2 c        | 90   | 0         | 442     | 3.42    | 1.70    | 50.22    | 306      | 23.54    | 3.28    | 13.47  | 3.53    | 0.31    |
| STRING CHEESE             | 2 OZ         | 182  | 40        | 192     | *N/A*   | *N/A*   | 506.24   | 810      | *N/A*    | 14.17   | *N/A*  | 14.17   | 10.12   |
| WINTER MIX: 1/2 C         | 3/4 C        | 50   | 0         | 50      | 4.00    | 0.72    | 40.02    | 400      | 72.04    | 4.00    | 8.00   | 0.00    | 0.00    |
| POTATO JOJO               | 3.0          | 146  | *N/A*     | 256     | 2.90    | 5.22    | 50.00    | *N/A*    | 1.20     | 2.32    | 12.06  | 7.12    | 1.90    |
| JUICE CUP, VARIETY        | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| KETCHUP: 3                | PKG          | 10   | 0         | 86      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Fri - 04/03/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| CORN PUPS, WHOLE GRAIN    | 6 ea         | 300  | 37        | 675     | 4.50    | 1.62    | 119.86   | 0        | 0.00     | 10.50   | 32.99  | 13.50   | 3.75    |
| RICE, BROWN LONG, QUICK   | 1/2 cup      | 108  | 0         | 5       | 1.80    | 0.41    | 10.00    | 0        | 0.00     | 2.52    | 22.39  | 0.88    | 0.18    |
| BROCCOLI, FLORETS, FROZ   | 1 CUP        | 53   | 0         | 40      | 42.60   | 0.00    | 40.00    | 130      | 63.60    | 2.60    | 8.00   | 0.00    | 0.00    |
| PINEAPPLE CHUNKS          | 1/2 CUP      | 73   | 0         | 1       | 0.98    | 0.34    | 17.08    | 46       | 11.59    | 0.51    | 18.15  | 0.10    | 0.01    |
| STRAWBERRY CUP            | 1 EACH       | 108  | 0         | 4       | 2.13    | 0.67    | 12.44    | 28       | 46.93    | 0.60    | 29.38  | 0.15    | 0.01    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Mon - 04/06/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| BRO PORK RIBWICH          | 1 EACH       | 405  | 46        | 870     | 3.90    | 3.08    | 89.00    | 138      | 31.08    | 16.60   | 38.00  | 20.50   | 6.00    |
| MANDARIN ORANGE SEGM      | 5 CUP        | 90   | 0         | 0       | 1.00    | 0.00    | 20.00    | 214      | 6.00     | 0.50    | 21.00  | 0.00    | 0.00    |
| CORN, CANNED, WHOLE-KE    | 1/2 cup      | 86   | 0         | 175     | 1.60    | 0.71    | 4.00     | 66       | 7.00     | 2.15    | 15.24  | 0.82    | 0.13    |
| JUICE CUP, VARIETY        | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Tue - 04/07/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| CHICKEN NUGGETS, WG 5     | 5 ea         | 180  | 46        | 585     | 1.00    | 2.00    | 38.08    | 142      | 1.00     | 14.03   | 13.03  | 9.82    | 2.00    |
| ROLLS, ROUND WHEAT DIN    | 1 EACH       | 110  | 0         | 200     | 1.00    | 1.08    | 60.00    | 0        | 0.00     | 3.00    | 20.00  | 2.00    | 0.00    |
| POTATOES, MASHED INSTA    | 1/2 C        | 140  | 0         | 500     | 2.00    | 0.72    | 40.00    | 100      | 2.40     | 4.00    | 28.00  | 1.90    | 0.00    |
| GRAVY MIX, CHICKEN INSTA  | 1 OZ         | 12   | 2         | 150     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.50    | 2.00   | 0.52    | 0.00    |
| CARROTS, RAW BABY EL      | 4 OZ         | 10   | 0         | 22      | 0.82    | 0.25    | 9.07     | 3909     | 0.74     | 0.18    | 2.34   | 0.04    | 0.01    |
| JUICE WH FRUIT CUP FZ, O  | 1 EACH       | 70   | 0         | 5       | 3.00    | 0.36    | 80.00    | 500      | 60.00    | 0.00    | 18.00  | 0.00    | 0.00    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| SALAD DRESSING, RANCH     | 1.5 OZ       | 101  | 16        | 170     | 0.00    | 0.00    | 28.24    | 47       | 0.11     | 0.85    | 2.73   | 9.27    | 0.89    |
| Wed - 04/08/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| BEEF, CHICKEN FRIED, FIN  | 4 EACH       | 307  | 35        | 324     | 2.50    | 4.14    | 390.00   | 900      | 0.00     | 4.70    | 19.50  | 18.70   | 4.70    |
| RICE, BROWN LONG, QUICK   | 1/2 cup      | 108  | 0         | 5       | 1.80    | 0.41    | 10.00    | 0        | 0.00     | 2.52    | 22.39  | 0.88    | 0.18    |
| BROCCOLI, FLORETS, FROZ   | 1 CUP        | 53   | 0         | 40      | 42.60   | 0.00    | 40.00    | 130      | 63.60    | 2.60    | 8.00   | 0.00    | 0.00    |
| PEARS, SLICED: 1/2 C      | 1/2 C        | 80   | 0         | 5       | 2.00    | 0.36    | 0.00     | 0        | 1.20     | 0.00    | 20.00  | 0.00    | 0.00    |
| STRAWBERRY CUP            | 1 EACH       | 108  | 0         | 4       | 2.13    | 0.67    | 12.44    | 28       | 46.93    | 0.60    | 29.38  | 0.15    | 0.01    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Thu - 04/09/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| MANWICH SLOPPY JOE'S K.   | 3 OZ         | 297  | 22        | 800     | 4.51    | 3.47    | 55.69    | 280      | 32.00    | 13.31   | 34.67  | 11.87   | 3.62    |
| SPINACH SALAD             | 1.5 CUP      | 69   | 4         | 207     | 0.90    | 1.19    | 92.85    | 4264     | 34.51    | 2.86    | 8.99   | 2.30    | 0.81    |
| BEANS, BAKED ORIGINAL: 1/ | 1/2 C        | 140  | 0         | 550     | 5.00    | 1.80    | 40.00    | 0        | 0.00     | 6.00    | 29.00  | 1.00    | 0.00    |
| FRUIT MIXED, LIGHT: 1/2 C | 1/2 C        | 72   | 0         | 8       | 1.40    | 0.40    | 7.50     | 132      | 2.40     | 0.80    | 18.80  | 0.00    | 0.00    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| SALAD DRESSING, RANCH     | 1.5 OZ       | 101  | 16        | 170     | 0.00    | 0.00    | 28.24    | 47       | 0.11     | 0.85    | 2.73   | 9.27    | 0.89    |
| DRESSING, FF CALIFORNIA   | PACKET       | 45   | 0         | 260     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.00    | 11.00  | 0.00    | 0.00    |
| DRESSING, FF ITALIAN PAC  | PACKET       | 25   | 0         | 370     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.00    | 5.00   | 0.00    | 0.00    |
| Fri - 04/10/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| BEEF TERIYAKI WONDERBI    | 1 EACH       | 269  | 0         | 755     | 0.00    | 3.26    | 0.00     | 76       | 0.05     | 24.52   | 10.20  | 14.25   | 5.70    |
| GREEN BEANS, CUT: K-5     | 50 CUP       | 25   | 0         | 270     | 1.00    | 0.36    | 0.00     | 200      | 0.00     | 0.00    | 5.00   | 0.00    | 0.00    |
| PEACHES, LIGHT SYRUP: 1/  | 4 OZ         | 70   | 0         | 10      | 0.00    | 0.00    | 0.00     | 300      | 1.20     | 0.00    | 17.00  | 0.00    | 0.00    |
| JUICE CUP, VARIETY        | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Mon - 04/13/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| PIZZA 4X6 TONY'S          | SLICE        | 300  | 25        | 580     | 4.00    | 1.80    | 250.00   | 300      | *N/A*    | 16.00   | 35.00  | 11.00   | 5.00    |
| GREEN BEANS, CUT: K-5     | 50 CUP       | 25   | 0         | 270     | 1.00    | 0.36    | 0.00     | 200      | 0.00     | 0.00    | 5.00   | 0.00    | 0.00    |
| MANDARIN ORANGE SEGM      | 5 cup        | 90   | 0         | 0       | 1.00    | 0.00    | 20.00    | 214      | 6.00     | 0.50    | 21.00  | 0.00    | 0.00    |
| JUICE CUP, VARIETY        | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Tue - 04/14/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| BEEF & GRAVY              | SERVING      | 285  | 80        | 490     | *0.00   | 2.18    | *0.00    | *0       | *0.00    | 22.00   | *0.00  | 16.00   | 8.00    |
| ROLLS, ROUND WHEAT DIN    | 1 EACH       | 110  | 0         | 200     | 1.00    | 1.08    | 60.00    | 0        | 0.00     | 3.00    | 20.00  | 2.00    | 0.00    |
| POTATOES, MASHED INSTA    | 1/2 C        | 140  | 0         | 500     | 2.00    | 0.72    | 40.00    | 100      | 2.40     | 4.00    | 28.00  | 1.90    | 0.00    |
| GRAVY, BROWN              | 2 OZ         | 25   | 0         | 410     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.00    | 0.00   | 0.00    | 0.00    |
| CARROTS, RAW BABY EL      | 4 OZ         | 10   | 0         | 22      | 0.82    | 0.25    | 9.07     | 3909     | 0.74     | 0.18    | 2.34   | 0.04    | 0.01    |
| JUICE WH FRUIT CUP FZ, O  | 1 EACH       | 70   | 0         | 5       | 3.00    | 0.36    | 80.00    | 500      | 60.00    | 0.00    | 18.00  | 0.00    | 0.00    |
| SALAD DRESSING, RANCH     | 1.5 OZ       | 101  | 16        | 170     | 0.00    | 0.00    | 28.24    | 47       | 0.11     | 0.85    | 2.73   | 9.27    | 0.89    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Wed - 04/15/2015          | Portion Size | Cals | Mg Cholat | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| CHICKEN POPCORN           | SERV 3 85 OZ | 289  | 38        | 301     | 1.23    | 1.81    | 25.08    | 125      | 0.00     | 15.05   | 17.56  | 17.56   | 3.14    |
| 4 BERRY BLEND FROZEN F    | 4 OZ         | 67   | *N/A*     | *N/A*   | 0.56    | 0.56    | 18.20    | 81       | 28.16    | 0.81    | 13.77  | *N/A*   | *N/A*   |
| BEANS, BAKED ORIGINAL: 1/ | 1/2 C        | 140  | 0         | 550     | 5.00    | 1.80    | 40.00    | 0        | 0.00     | 6.00    | 29.00  | 1.00    | 0.00    |
| CARROTS, RAW BABY EL      | 4 OZ         | 10   | 0         | 22      | 0.82    | 0.25    | 9.07     | 3909     | 0.74     | 0.18    | 2.34   | 0.04    | 0.01    |
| SALAD DRESSING, RANCH     | 1.5 OZ       | 101  | 16        | 170     | 0.00    | 0.00    | 28.24    | 47       | 0.11     | 0.85    | 2.73   | 9.27    | 0.89    |
| MILK, DARIGOLD WHITE 1%   | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF    | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |

| Thu - 04/16/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|-----------|---------|---------|---------|----------|----------|----------|---------|--------|---------|---------|
| Fish Salad Minis           | 4 oz         | 278  | 20        | 427     | 3.08    | 1.60    | 6.65     | 245      | 0.41     | 8.43    | 37.34  | 9.36    | 0.85    |
| POTATO, TATER TOTS: 12     | 12 EACH      | 179  | 0         | 387     | 2.98    | 0.00    | 0.00     | 0        | 1.79     | 2.98    | 20.83  | 8.93    | 1.49    |
| SALAD, ROMAINE: 1.5C NO    | 1.5 CUP      | 55   | 0         | 26      | 2.82    | 1.06    | 43.50    | 12183    | 56.65    | 1.52    | 12.52  | 0.35    | 0.05    |
| JUICE CUP, VARIETY         | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| COOKIE, CHOCOLATE CHIP     | 1 EACH       | 110  | 6         | 140     | 0.00    | 0.72    | 0.00     | 0        | 0.00     | 1.00    | 16.00  | 3.50    | 1.00    |
| SALAD DRESSING, RANCH      | 1.5 OZ       | 101  | 16        | 170     | 0.00    | 0.00    | 28.24    | 47       | 0.11     | 0.85    | 2.73   | 9.27    | 0.89    |
| DRESSING, FF CALIFORNIA    | PACKET       | 45   | 0         | 260     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.00    | 11.00  | 0.00    | 0.00    |
| DRESSING, FF ITALIAN PAC   | PACKET       | 25   | 0         | 370     | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.00    | 5.00   | 0.00    | 0.00    |
| Fri - 04/17/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| Cindys Fiesta Bowl         | 2 oz         | 338  | 87        | 1090    | 4.01    | 4.68    | 350.73   | 800      | 0.00     | 27.51   | 23.26  | 15.83   | 7.38    |
| CORN, CANNED, WHOLE-KE     | 1/2 cup      | 66   | 0         | 175     | 1.80    | 0.71    | 4.00     | 65       | 7.00     | 2.15    | 15.24  | 0.62    | 0.13    |
| BANANAS,RAW FRESH          | 1 EACH       | 90   | 0         | 1       | 2.63    | 0.28    | 5.05     | 65       | 8.79     | 1.10    | 23.07  | 0.33    | 0.11    |
| PEACHES, LIGHT SYRUP: 1/   | 4 OZ         | 70   | 0         | 10      | 0.00    | 0.00    | 0.00     | 300      | 1.20     | 0.00    | 17.00  | 0.00    | 0.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Mon - 04/20/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| CHICKEN BREAST FILLET, B   | 1 EACH       | 332  | 40        | 822     | 2.67    | 2.68    | 55.55    | 0        | 23.06    | 19.44   | 39.88  | 9.67    | 2.00    |
| POTATO, SWEET KK FRIES     | 12 OZ        | 120  | *N/A*     | 135     | *N/A*   | *N/A*   | *N/A*    | *N/A*    | *N/A*    | *N/A*   | 10.00  | 2.00    | 2.00    |
| APPLESAUCE, UNSWEETEN      | 1.5 CUP      | 60   | 0         | 10      | 2.00    | 1.44    | 0.00     | 0        | 2.40     | 0.00    | 15.00  | 0.00    | 0.00    |
| JUICE WH FRUIT CUP FZ MI   | 1 EACH       | 70   | 0         | 5       | 3.00    | 0.36    | 80.00    | 300      | 60.00    | 0.00    | 18.00  | 0.00    | 0.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Tue - 04/21/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| RAVIOLI, BEEF W/WHEAT M    | 1 EACH       | 250  | 30        | 690     | 5.00    | 2.70    | 20.00    | 200      | 0.00     | 16.00   | 30.00  | 8.00    | 3.50    |
| BREAD STICK WG BROWN       | STICK        | 90   | 0         | 170     | 1.00    | 0.72    | 20.00    | 0        | 0.00     | 2.00    | 14.00  | 2.50    | 0.00    |
| CORN, CANNED, WHOLE-KE     | 1/2 cup      | 66   | 0         | 175     | 1.80    | 0.71    | 4.00     | 65       | 7.00     | 2.15    | 15.24  | 0.62    | 0.13    |
| STRAWBERRIES,FRZ,UNSW      | 1.5 CUP      | 39   | 0         | 2       | 2.32    | 0.83    | 17.68    | 50       | 45.53    | 0.48    | 10.09  | 0.12    | 0.01    |
| CARROTS, RAW BABY EL       | 4 OZ         | 101  | 0         | 22      | 0.82    | 0.25    | 9.07     | 3909     | 0.74     | 0.18    | 2.34   | 0.04    | 0.01    |
| SALAD DRESSING, RANCH      | 1.5 OZ       | 101  | 16        | 170     | 0.00    | 0.00    | 28.24    | 47       | 0.11     | 0.85    | 2.73   | 9.27    | 0.89    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Wed - 04/22/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| POLLOCK NUGGETS: 4 EA      | 1 EACH       | 227  | 13        | 387     | 1.33    | 0.96    | 26.68    | 0        | 0.00     | 13.34   | 18.68  | 10.67   | 0.67    |
| ROLLS, ROUND WHEAT DIN     | 1 EACH       | 110  | 0         | 200     | 1.00    | 1.08    | 80.00    | 0        | 0.00     | 3.00    | 20.00  | 2.00    | 0.00    |
| NOODLES, CHOW MEIN: 4      | 4 OZ         | 170  | 0         | 290     | 2.00    | 1.44    | 20.00    | 3000     | 3.60     | 4.00    | 35.00  | 1.50    | 0.00    |
| GREEN BEANS, CUT-K-5       | 50 CUP       | 25   | 0         | 270     | 1.00    | 0.36    | 0.00     | 200      | 0.00     | 0.00    | 5.00   | 0.00    | 0.00    |
| JUICE CUP, VARIETY         | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| TARTAR SAUCE: scratch      | 1 OZ         | 77   | 6         | 148     | 0.29    | 0.05    | 8.03     | 1        | 2.34     | 0.29    | 6.52   | 6.22    | 0.62    |
| Thu - 04/23/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| TACO BEEF & BEAN K-8 GR    | 2 EACH       | 287  | 29        | 643     | 4.23    | 2.31    | 176.33   | 352      | 3.13     | 14.50   | 24.25  | 14.93   | 5.98    |
| REFRIED BEANS, TRADITIO    | 1/2 C        | 100  | 0         | 525     | 8.00    | 2.70    | 40.00    | 0        | 1.20     | 6.00    | 18.00  | 0.00    | 0.00    |
| ORANGES,FRESH              | 1 EACH       | 45   | 0         | 0       | 2.30    | 0.10    | 38.40    | 218      | 51.07    | 0.92    | 11.25  | 0.12    | 0.02    |
| JUICE CUP, VARIETY         | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| LETTUCE & TOMATO: 1 leaf,2 | 1 1/2 slc    | 6    | 0         | 2       | 0.42    | 0.10    | 3.90     | 275      | 3.95     | 0.31    | 1.32   | 0.07    | 0.01    |
| CHEESE, CHEDDAR REDUC      | 1 OZ         | 77   | 20        | 210     | 0.00    | 0.00    | 150.00   | 300      | 0.00     | 6.00    | 2.00   | 5.00    | 2.00    |
| Fri - 04/24/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| PIZZA 4X6 TONY'S           | SLICE        | 300  | 25        | 580     | 4.00    | 1.80    | 250.00   | 300      | *N/A*    | 18.00   | 35.00  | 11.00   | 5.00    |
| BROCCOLI, FLORETS, FROZ    | 1 CUP        | 53   | 0         | 40      | 42.60   | 0.00    | 40.00    | 130      | 63.60    | 2.60    | 8.00   | 0.00    | 0.00    |
| STRAWBERRY CUP             | 1 EACH       | 108  | 0         | 4       | 2.13    | 0.67    | 12.44    | 28       | 46.93    | 0.60    | 29.38  | 0.15    | 0.01    |
| POTATO, CRINKLE CUT: 3 O   | 3 OZ         | 180  | 0         | 45      | 3.00    | 1.08    | 0.00     | 0        | 9.00     | 3.00    | 26.50  | 6.75    | 2.25    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| KETCHUP:3                  | PKG          | 10   | 0         | 80      | 0.00    | 0.00    | 0.00     | 0        | 0.00     | 0.00    | 2.00   | 0.00    | 0.00    |
| Mon - 04/27/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| CHICKEN PATTY BREADED      | 1 EACH       | 350  | 46        | 834     | 4.00    | 3.80    | 75.00    | 140      | 31.00    | 19.00   | 41.00  | 14.00   | 2.00    |
| CARROTS, RAW BABY EL       | 4 OZ         | 101  | 0         | 22      | 0.82    | 0.25    | 9.07     | 3909     | 0.74     | 0.18    | 2.34   | 0.04    | 0.01    |
| GREEN BEANS, CUT-K-5       | 50 CUP       | 25   | 0         | 270     | 1.00    | 0.36    | 0.00     | 200      | 0.00     | 0.00    | 5.00   | 0.00    | 0.00    |
| JUICE CUP, VARIETY         | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| SALAD DRESSING, RANCH      | 1.5 OZ       | 101  | 16        | 170     | 0.00    | 0.00    | 28.24    | 47       | 0.11     | 0.85    | 2.73   | 9.27    | 0.89    |
| Tue - 04/28/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| SLIDERS                    | 2 EACH       | 524  | 80        | 699     | 2.00    | 4.32    | *1067.50 | *2625    | *0.00    | 31.75   | *41.87 | 22.50   | 9.56    |
| POTATO JO-JO               | 3 OZ         | 146  | *N/A*     | 256     | 2.90    | 5.22    | 50.00    | *N/A*    | 1.20     | 2.32    | 12.06  | 7.12    | 1.90    |
| EDAMAME SUCCOTASH          | 3 OZ         | 100  | *N/A*     | 10      | 5.00    | *N/A*   | 40.00    | 300      | *N/A*    | 7.00    | 10.00  | 3.00    | 0.50    |
| JUICE CUP, VARIETY         | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| LETTUCE & TOMATO: 1 leaf,2 | 1 1/2 slc    | 6    | 0         | 2       | 0.42    | 0.10    | 3.90     | 275      | 3.95     | 0.31    | 1.32   | 0.07    | 0.01    |
| Wed - 04/29/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| PORK NUGGETS               | 90           | 200  | 35        | 560     | 1.00    | 1.44    | 40.00    | 200      | 1.20     | 12.00   | 8.00   | 13.00   | 4.50    |
| WINTER MIX - 1/2 C         | 3/4 C        | 50   | 0         | 5       | 4.00    | 0.72    | 40.00    | 400      | 72.04    | 4.00    | 8.00   | 0.00    | 0.00    |
| RICE, BROWN LONG, QUICK    | 1/2 cup      | 108  | 0         | 5       | 1.80    | 0.41    | 10.00    | 0        | 0.00     | 2.52    | 22.39  | 0.88    | 0.18    |
| STRAWBERRIES,FRZ,UNSW      | 1.5 CUP      | 39   | 0         | 2       | 2.32    | 0.83    | 17.68    | 50       | 45.53    | 0.48    | 10.09  | 0.12    | 0.01    |
| COOKIE, CHOCOLATE CHIP     | 1 EACH       | 110  | 5         | 140     | 0.00    | 0.72    | 0.00     | 0        | 0.00     | 1.00    | 18.00  | 3.50    | 1.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |
| MILK, DARIGOLD CHOC FF     | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| Thu - 04/30/2015           | Portion Size | Cals | Mg Cholst | Mg Sodm | G Fiber | Mg Iron | Mg Calcm | IU Vit-A | Mg Vit-C | G Protn | G Carb | G T-Fat | G S-Fat |
| VEGETARIAN CHI LI: 1/2     | 1/2 c        | 90   | 0         | 442     | 3.42    | 1.70    | 50.22    | 306      | 23.54    | 3.28    | 13.47  | 3.53    | 0.31    |
| STRING CHEESE              | 2 OZ         | 182  | 40        | 192     | *N/A*   | *N/A*   | 506.24   | 810      | *N/A*    | 14.17   | *N/A*  | 14.17   | 10.02   |
| APPLES,FRESH,W/SKIN        | 1 EACH       | 77   | 0         | 1       | 3.58    | 0.18    | 8.94     | 80       | 6.85     | 0.39    | 20.58  | 0.25    | 0.00    |
| WINTER MIX - 1/2 C         | 1/2 C        | 33   | 0         | 33      | 2.87    | 0.48    | 26.68    | 267      | 48.03    | 2.67    | 5.34   | 0.00    | 0.00    |
| JUICE CUP, VARIETY         | 1 EACH       | 50   | 0         | 0       | 0.00    | 0.00    | 5.00     | 0        | 60.00    | 0.07    | 13.50  | 0.00    | 0.00    |
| MILK DARIGOLD CHOC FF      | HALF PINT    | 140  | 5         | 190     | 0.00    | 0.36    | 300.00   | 500      | 1.20     | 8.00    | 28.00  | 0.00    | 0.00    |
| MILK DARIGOLD WHITE 1%     | HALF PINT    | 110  | 15        | 130     | 0.00    | 0.00    | 300.00   | 500      | 1.20     | 9.00    | 13.00  | 2.50    | 1.50    |