

K - 5 LUNCH

| Mon - 01/09/2017 | Portion Size | G Carb |
|--------------------------|--------------|--------|
| MACARONI & CHEESE: 1/2 | 1/2 CUP | 18.32 |
| BREADSTICKS, WHOLE G | BREADSTICK | 21.00 |
| CARROTS, SWEETENED | 1/2 CUP | 21.10 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, GRAPES, RE | 1 EACH | 15.00 |
| SALAD BAR, MIXD FRUIT C | 1 EACH | 17.00 |
| SALAD BAR, SPINACHSAL | 1 CUP | 5.92 |
| SALAD BAR, BROCCOLI F | 1/4 CUP | 0.89 |
| SALAD BAR, CARROTEENI | 1.6 OZ BAG | 4.03 |
| SALAD BAR, CORN, 1/4 cup | 1/4 CUP | 9.62 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Tue - 01/10/2017 | Portion Size | G Carb |
|-------------------------|----------------|--------|
| BEEF TACO, 2 M, 1.5G | 1 EACH | 23.76 |
| CORN, FRZ, YELLOW | 1/2 CUP | 19.93 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| SALAD BAR, STRAWBERRI | 1/4 CUP | 2.76 |
| SALAD BAR, APPLESAUCE | 1 EACH | 22.00 |
| LETTUCE, SHREDDED | 1/4 CUP | 0.47 |
| SALAD BAR, CELERY STIC | 1.6 OZ PACKAGE | 1.60 |
| SALAD BAR, CHERRY TOM | 3 TOMATOES | 1.99 |
| SALAD BAR, SALSA CUP, 3 | 1 EACH | 5.86 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Wed - 01/11/2017 | Portion Size | G Carb |
|---------------------------|--------------|--------|
| CHICKEN, POPCORN, WG, | 8 EACH | 10.18 |
| WW DINNER ROLL, 1G | 1 Each | 13.00 |
| MASHED POTATOES W/ B | 1/2 CUP | 18.00 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, GRAPES, RE | 1 EACH | 15.00 |
| SALAD BAR, PEACH CUP | BOWL | 19.00 |
| SALAD BAR, CARROT, STI | 1 CUP | 11.05 |
| SALAD BAR, CAULIFLWR | 1/2 CUP | 2.66 |
| SALAD BAR, JICAMA, SLI, 1 | 1/4 CUP | 2.44 |
| SALAD BAR, KIDNEY BEAN | 1/4 CUP | 14.50 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Thu - 01/12/2017 | Portion Size | G Carb |
|------------------------|----------------|--------|
| PIZZA, PRIMO PEPPORONI | SLICE | 35.96 |
| PIZZA, PRIMO CHEESE | SLICE | 36.00 |
| BROCCOLI & CHEESE SAU | 1/2 CUP | 7.04 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| BANANA, MEDIUM | 1 EACH | 30.00 |
| SALAD BAR, APPLESAUCE | 1 EACH | 22.00 |
| SALAD BAR, SPINACHSAL | 1 CUP | 5.92 |
| SALAD BAR, CELERY STIC | 1.6 OZ PACKAGE | 1.60 |
| SALAD BAR, BROCCOLI F | 1/4 CUP | 0.89 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |

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| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Fri - 01/13/2017 | Portion Size | G Carb |
|------------------------|----------------|--------|
| TURKEY HOT DOG ON BU | 1 EACH | 21.00 |
| BAKED BEANS | 1/2 CUP | 32.00 |
| SALAD BAR, PEAR, FRESH | 1 EACH | 22.54 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| BANANA, MEDIUM | 1 EACH | 30.00 |
| SALAD BAR, PINEAPPLE C | 1 EACH | 15.00 |
| SALAD BAR, CELERY STIC | 1.6 OZ PACKAGE | 1.60 |
| SALAD BAR, CARROTEENI | 1.6 OZ BAG | 4.03 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK,1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |
| COOKIE, CARNIVAL | 1 EACH | 27.00 |
| KETCHUP, HEINZ, IND | 1 EACH | 3.00 |
| MUSTARD: individual PC | PC packet | 1.00 |

| Tue - 01/17/2017 | Portion Size | G Carb |
|-------------------------|--------------|--------|
| BURRITO, BEAN & CHEES | 1 EACH | 40.95 |
| CORN, SOUTHWEST | 1/2 CUP | 11.43 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| SALAD BAR, STRAWBERRI | 1/4 CUP | 2.76 |
| SALAD BAR, APPLESAUCE | 1 EACH | 22.00 |
| LETTUCE, SHREDDED | 1/4 CUP | 0.47 |
| SALAD BAR, CUCUMBER, | 1/4 CUP | 0.64 |
| SALAD BAR, PEPPERS, RE | 1/4 Cup | 1.86 |
| SALAD BAR, SALSA CUP, 3 | 1 EACH | 5.86 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK,1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Wed - 01/18/2017 | Portion Size | G Carb |
|------------------------|--------------|--------|
| CHICKEN NUGGETS, HOM | 5 NUGGETS | 12.00 |
| TATER TOTS:LS-MCCAIN | 1/2 cup | 14.00 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, GRAPES, RE | 1 EACH | 15.00 |
| SALAD BAR, TROP FRUIT | BOWL | 17.00 |
| SALAD BAR, CARROT, STI | 1 CUP | 11.05 |
| SALAD BAR, CAULIFLWR | 1/2 CUP | 2.66 |
| SALAD BAR, GREEN PEAS | 1/4 CUP | 7.28 |
| SALAD BAR, GOBONZO'S , | 1 EACH | 12.00 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK,1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |
| KETCHUP, HEINZ, IND | 1 EACH | 3.00 |
| BAR-B-QUE DUNK CUP | 1 CUP | 0.00 |

| Thu - 01/19/2017 | Portion Size | G Carb |
|------------------------|--------------|--------|
| PIZZA, PRIMO PEPPORONI | SLICE | 35.96 |
| PIZZA, PRIMO CHEESE | SLICE | 36.00 |
| BROCCOLI & CHEESE SAU | 1/2 CUP | 7.04 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| BANANA, MEDIUM | 1 EACH | 30.00 |
| SALAD BAR, APPLESAUCE | 1 EACH | 22.00 |
| SALAD BAR, SPINACHSAL | 1 CUP | 5.92 |
| SALAD BAR, CUCUMBER, | 1/4 CUP | 0.64 |

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|------------------------|-----------|-------|
| SALAD BAR, BROCCOLI F | 1/4 CUP | 0.89 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK,1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Fri - 01/20/2017 | Portion Size | G Carb |
|------------------------|----------------|--------|
| HAMBURGER ON BUN | 1 EACH | 31.00 |
| BAKED BEANS | 1/2 CUP | 32.00 |
| COOKIE, CARNIVAL | 1 EACH | 27.00 |
| SALAD BAR, PEAR, FRESH | 1 EACH | 22.54 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| SALAD BAR, PINEAPPLE C | 1 EACH | 15.00 |
| SALAD BAR, CELERY STIC | 1.6 OZ PACKAGE | 1.60 |
| SALAD BAR, CARROTEENI | 1.6 OZ BAG | 4.03 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK,1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |
| COOKIE, CHOCOLATE CHI | 1 cookie | 25.00 |
| KETCHUP, HEINZ, IND | 1 EACH | 3.00 |
| MUSTARD: individual PC | PC packet | 1.00 |

| Mon - 01/23/2017 | Portion Size | G Carb |
|--------------------------|--------------|--------|
| LIL BITES, HAM & CHEESE | 8 EACH | 30.11 |
| CORN, FRZ, YELLOW | 1/2 CUP | 19.93 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, GRAPES, RE | 1 EACH | 15.00 |
| SALAD BAR, MIXD FRUIT C | 1 EACH | 17.00 |
| SALAD BAR, SPINACHSAL | 1 CUP | 5.92 |
| SALAD BAR, BROCCOLI F | 1/4 CUP | 0.89 |
| SALAD BAR, CARROTEENI | 1.6 OZ BAG | 4.03 |
| SALAD BAR, CORN, 1/4 cup | 1/4 CUP | 9.62 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK,1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Tue - 01/24/2017 | Portion Size | G Carb |
|-------------------------|----------------|--------|
| NACHOS:K-8 | 1 SERVING | 21.43 |
| REFRIED BEANS | 1/2 CUP | 8.05 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| SALAD BAR, STRAWBERRI | 1/4 CUP | 2.76 |
| SALAD BAR, APPLESAUCE | 1 EACH | 22.00 |
| LETTUCE, SHREDDED | 1/4 CUP | 0.47 |
| SALAD BAR, CELERY STIC | 1.6 OZ PACKAGE | 1.60 |
| SALAD BAR, CHERRY TOM | 3 TOMATOES | 1.99 |
| SALAD BAR, SALSA CUP, 3 | 1 EACH | 5.86 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK,1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Wed - 01/25/2017 | Portion Size | G Carb |
|------------------------|--------------|--------|
| CHEESY BREADSTICK | 2 Each | 35.00 |
| BROCCOLI, STEAMED | 1/2 CUP | 3.92 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, GRAPES, RE | 1 EACH | 15.00 |
| SALAD BAR, PEACH CUP | BOWL | 19.00 |
| SALAD BAR, CARROT, STI | 1 CUP | 11.05 |
| SALAD BAR, CAULIFLWR | 1/2 CUP | 2.66 |

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|---------------------------|-----------|-------|
| SALAD BAR, JICAMA, SLI, 1 | 1/4 CUP | 2.44 |
| SALAD BAR, KIDNEY BEAN | 1/4 CUP | 14.50 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Thu - 01/26/2017 | Portion Size | G Carb |
|------------------------|----------------|--------|
| PIZZA, PRIMO PEPPORONI | SLICE | 35.96 |
| PIZZA, PRIMO CHEESE | SLICE | 36.00 |
| GREEN BEANS, SEASONE | 1/2 CUP | 5.95 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| BANANA, MEDIUM | 1 EACH | 30.00 |
| SALAD BAR, APPLESAUCE | 1 EACH | 22.00 |
| SALAD BAR, SPINACHSAL | 1 CUP | 5.92 |
| SALAD BAR, CELERY STIC | 1.6 OZ PACKAGE | 1.60 |
| SALAD BAR, BROCCOLI F | 1/4 CUP | 0.89 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Fri - 01/27/2017 | Portion Size | G Carb |
|------------------------|----------------|--------|
| MINI CORN DOGS, 1M, 1G | 4 EACH | 22.00 |
| FRIES, SEASONED, STIX | 1/2 CUP | 20.01 |
| SALAD BAR, PEAR, FRESH | 1 EACH | 22.54 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| BANANA, MEDIUM | 1 EACH | 30.00 |
| SALAD BAR, PINEAPPLE C | 1 EACH | 15.00 |
| SALAD BAR, CELERY STIC | 1.6 OZ PACKAGE | 1.60 |
| SALAD BAR, CARROTEENI | 1.6 OZ BAG | 4.03 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |
| KETCHUP, HEINZ, IND | 1 EACH | 3.00 |
| MUSTARD: individual PC | PC packet | 1.00 |
| ICE CREAM, VANILLA | 1 CUP | 11.00 |

| Mon - 01/30/2017 | Portion Size | G Carb |
|------------------------|--------------|--------|
| CHILI CHEESE TATOR TOT | Servings | 16.54 |
| CORNBREAD, SUPER STA | 1 EACH | 23.00 |
| CARROTS, SWEETENED | 1/2 CUP | 21.10 |
| SALAD BAR, APPLES, RED | 1 EACH | 15.71 |
| SALAD BAR, GRAPES, RE | 1 EACH | 15.00 |
| SALAD BAR, PINEAPPLE C | 1 CUP | 15.00 |
| SALAD BAR, SPINACHSAL | 1 CUP | 5.92 |
| SALAD BAR, BROCCOLI F | 1/4 CUP | 0.89 |
| SALAD BAR, CARROTEENI | 1.6 OZ BAG | 4.03 |
| SALAD BAR, BEAN, LIMA, | 1/4 CUP | 10.98 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

| Tue - 01/31/2017 | Portion Size | G Carb |
|-----------------------|--------------|--------|
| TAQUITO, CHICKEN | 2 EACH | 26.18 |
| CHEESE, SAUCE, CHEDDA | 1 OZ | 1.10 |
| REFRIED BEANS | 1/2 CUP | 8.05 |
| SALAD BAR, ORANGE WE | 3 WEDGES | 6.50 |
| SALAD BAR, STRAWBERRI | 1/4 CUP | 2.76 |

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|-------------------------|-----------|-------|
| SALAD BAR, APPLESAUCE | 1 EACH | 22.00 |
| LETTUCE, SHREDDED | 1/4 CUP | 0.47 |
| SALAD BAR, CUCUMBER, | 1/4 CUP | 0.64 |
| SALAD BAR, PEPPERS, RE | 1/4 Cup | 1.86 |
| SALAD BAR, SALSA CUP, 3 | 1 EACH | 5.86 |
| SALAD BAR, RANCH, LT C | 1 EACH | 2.84 |
| MILK, 1% LOWFAT | HALF PINT | 12.00 |
| MILK, FAT FREE CHOCOLA | HALF PINT | 26.00 |
| MILK, FAT FREE, STRAWB | HALF PINT | 25.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice.

Please consult a medical professional for assistance in planning for or treating medical conditions.