

SEPTEMBER

GREAT HEARTS IRVING LOWER LHC - LIGHTHOUSE COLD

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
	TURKEY & CHEESE SANDWICH ^ Hummus Cup Fresh Baby Carrots (2) Blended Fruit Juice Mixed Fruit Cup Light Mayonnaise Choice of Milk Tortilla Chips ^	VANILLA YOGURT Mozzarella Cheese Stick Tropical Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Orange Sliced Apples Cherry Loaf ^ Choice of Milk	Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Orange Juice Light Italian Dressing Cheddar Sun Chips ^ Choice of Milk DELI SUB SANDWICH ^ Italian Corn Salad	TURKEY HAM & CHEESE SANDWICH ^ Fresh Broccoli Light Ranch Dressing Sun Splash Veggie Juice Diced Peaches Fresh Banana Mustard Choice of Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
TURKEY BOLOGNA SANDWICH ^ Italian Corn Salad Fresh Baby Carrots Light Ranch Dressing Applesauce Cup Blended Fruit Juice Light Mayonnaise Snickerdoodle Cookie ^ Choice of Milk	Sun Splash Veggie Juice Cauliflower Light Ranch Dressing Diced Peaches Orange Juice Mustard Pretzels ^ Choice of Milk TURKEY HAM & CHEESE SANDWICH ^	DELI SUB SANDWICH ^ Hummus Cup Fresh Baby Carrots (2) Fresh Pear Grape Juice Light Italian Dressing Choice of Milk	STRAWBERRY YOGURT Mozzarella Cheese Stick Tropical Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Apple Corn Muffin Choice of Milk	TURKEY & CHEESE SANDWICH ^ Romaine Lettuce Fresh Broccoli Light Ranch Dressing Blended Fruit Juice Pineapple Tidbits Light Mayonnaise Cheddar Sun Chips ^ Choice of Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
TURKEY HAM & CHEESE SANDWICH ^ Hummus Cup Fresh Baby Carrots (2) Blended Fruit Juice Mixed Fruit Cup Mustard Choice of Milk	VANILLA YOGURT Mozzarella Cheese Stick Tropical Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Orange Sliced Apples Cherry Loaf ^ Choice of Milk	TURKEY & CHEESE SANDWICH ^ Romaine Lettuce Cauliflower Light French Dressing Fresh Pear Apple-Cranberry Juice Light Mayonnaise Snickerdoodle Cookie ^ Choice of Milk	Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Orange Juice Mustard Chocolate Cookie ^ Choice of Milk TURKEY BOLOGNA SANDWICH ^ Italian Corn Salad	DELI SUB SANDWICH ^ Fresh Broccoli Light Ranch Dressing Sun Splash Veggie Juice Diced Peaches Fresh Banana Light Italian Dressing Choice of Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
TURKEY & CHEESE SANDWICH ^ Hummus Cup Fresh Baby Carrots (2) Blended Fruit Juice Mixed Fruit Cup Light Mayonnaise Choice of Milk Tortilla Chips ^	TURKEY BOLOGNA SANDWICH ^ Romaine Lettuce Cauliflower Light French Dressing Fresh Pear Orange Juice Light Mayonnaise Choice of Milk	VANILLA YOGURT Mozzarella Cheese Stick Tropical Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Orange Sliced Apples Cherry Loaf ^ Choice of Milk	DELI SUB SANDWICH ^ Italian Corn Salad Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Orange Juice Light Italian Dressing Cheddar Sun Chips ^ Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Fresh Broccoli Light Ranch Dressing Sun Splash Veggie Juice Diced Peaches Fresh Banana Mustard Choice of Milk
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
TURKEY BOLOGNA SANDWICH ^ Italian Corn Salad Fresh Baby Carrots Light Ranch Dressing Applesauce Cup Blended Fruit Juice Light Mayonnaise Snickerdoodle Cookie ^ Choice of Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Nutritional Information: GREAT HEARTS IRVING LOWER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-03-2019	TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
	Hummus Cup	298	16	2	0	0	402	31	10	0	11	34	51	66	2	MMA:2oz V:1/2c L
	Fresh Baby Carrots (2)	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
09-04-2019	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Cherry Loaf ^	301	9	1	0	0	385	54	2	26	4	34	0	71	1	G/B:2sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-05-2019	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S	
09-06-2019	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
	Fresh Broccoli	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: GREAT HEARTS IRVING LOWER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-09-2019	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Snickerdoodle Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-10-2019	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Cauliflower	9	0	0	0	0	11	2	1	1	1	0	18	8	0	
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Pretzels ^	80	2	0	0	0	200	15	2	0	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
09-11-2019	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Hummus Cup	298	16	2	0	0	402	31	10	0	11	34	51	66	2	MMA:2oz V:1/2c L
	Fresh Baby Carrots (2)	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-12-2019	STRAWBERRY YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Corn Muffin	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-13-2019	TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Fresh Broccoli	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-16-2019	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
	Hummus Cup	298	16	2	0	0	402	31	10	0	11	34	51	66	2	MMA:2oz V:1/2c L
	Fresh Baby Carrots (2)	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-17-2019	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Cherry Loaf ^	301	9	1	0	0	385	54	2	26	4	34	0	71	1	G/B:2sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
09-18-2019	TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cauliflower	9	0	0	0	0	11	2	1	1	1	0	18	8	0	
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Snickerdoodle Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

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Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-19-2019	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
09-20-2019	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Fresh Broccoli	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-23-2019	TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
	Hummus Cup	298	16	2	0	0	402	31	10	0	11	34	51	66	2	MMA:2oz V:1/2c L
	Fresh Baby Carrots (2)	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
09-24-2019	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cauliflower	9	0	0	0	0	11	2	1	1	1	0	18	8	0	
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: GREAT HEARTS IRVING LOWER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-25-2019	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Mozzarella Cheese Stick	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Cherry Loaf ^	301	9	1	0	0	385	54	2	26	4	34	0	71	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-26-2019	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-27-2019	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
	Fresh Broccoli	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-30-2019	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Italian Corn Salad	162	6	1	0	1	222	26	3	4	6	143	48	23	0	V:1/2c S
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Snickerdoodle Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-03-2019	TURKEY & CHEESE SANDWICH ^	X						X	X
	Hummus Cup								
	Fresh Baby Carrots (2)								
	Blended Fruit Juice								
	Mixed Fruit Cup								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
	Tortilla Chips ^								
09-04-2019	VANILLA YOGURT	X							
	Mozzarella Cheese Stick	X							
	Tropical Veggie Juice								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Orange								
	Sliced Apples								
	Cherry Loaf ^								X
Choice of Milk	X								
09-05-2019	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Orange Juice								
	Light Italian Dressing							X	
	Cheddar Sun Chips ^	X							X
	Choice of Milk	X							
	DELI SUB SANDWICH ^	X						X	X
Italian Corn Salad	X						X		
09-06-2019	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Sun Splash Veggie Juice								
	Diced Peaches								
	Fresh Banana								
	Mustard								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-09-2019	TURKEY BOLOGNA SANDWICH^							X	X
	Italian Corn Salad	X						X	
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Applesauce Cup								
	Blended Fruit Juice								
	Light Mayonnaise			X				X	
	Snickerdoodle Cookie ^							X	X
Choice of Milk	X								
09-10-2019	Sun Splash Veggie Juice								
	Cauliflower								
	Light Ranch Dressing	X	X					X	
	Diced Peaches								
	Orange Juice								
	Mustard								
	Pretzels ^								X
	Choice of Milk	X							
TURKEY HAM & CHEESE SANDWICH ^	X						X	X	
09-11-2019	DELI SUB SANDWICH ^	X						X	X
	Hummus Cup								
	Fresh Baby Carrots (2)								
	Fresh Pear								
	Grape Juice								
	Light Italian Dressing							X	
	Choice of Milk	X							
09-12-2019	STRAWBERRY YOGURT	X							
	Mozzarella Cheese Stick	X							
	Tropical Veggie Juice								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Apple								
	Corn Muffin								X
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-13-2019	TURKEY & CHEESE SANDWICH ^	X						X	X
	Romaine Lettuce								
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Blended Fruit Juice								
	Pineapple Tidbits								
	Light Mayonnaise		X					X	
	Cheddar Sun Chips ^	X							X
Choice of Milk	X								
09-16-2019	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Hummus Cup								
	Fresh Baby Carrots (2)								
	Blended Fruit Juice								
	Mixed Fruit Cup								
	Mustard								
	Choice of Milk	X							
09-17-2019	VANILLA YOGURT	X							
	Mozzarella Cheese Stick	X							
	Tropical Veggie Juice								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Orange								
	Sliced Apples								
	Cherry Loaf ^								X
Choice of Milk	X								
09-18-2019	TURKEY & CHEESE SANDWICH ^	X						X	X
	Romaine Lettuce								
	Cauliflower								
	Light French Dressing							X	
	Fresh Pear								
	Apple-Cranberry Juice								
	Light Mayonnaise		X					X	
	Snickerdoodle Cookie ^							X	X
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-19-2019	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Orange Juice								
	Mustard								
	Chocolate Cookie ^							X	X
	Choice of Milk	X							
	TURKEY BOLOGNA SANDWICH^							X	X
Italian Corn Salad	X						X		
09-20-2019	DELI SUB SANDWICH ^	X						X	X
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Sun Splash Veggie Juice								
	Diced Peaches								
	Fresh Banana								
	Light Italian Dressing							X	
Choice of Milk	X								
09-23-2019	TURKEY & CHEESE SANDWICH ^	X						X	X
	Hummus Cup								
	Fresh Baby Carrots (2)								
	Blended Fruit Juice								
	Mixed Fruit Cup								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
Tortilla Chips ^									
09-24-2019	TURKEY BOLOGNA SANDWICH^							X	X
	Romaine Lettuce								
	Cauliflower								
	Light French Dressing							X	
	Fresh Pear								
	Orange Juice								
	Light Mayonnaise		X					X	
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-25-2019	VANILLA YOGURT	X							
	Mozzarella Cheese Stick	X							
	Tropical Veggie Juice								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Fresh Orange								
	Sliced Apples								
	Cherry Loaf ^								X
	Choice of Milk	X							
09-26-2019	DELI SUB SANDWICH ^	X						X	X
	Italian Corn Salad	X						X	
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Orange Juice								
	Light Italian Dressing							X	
	Cheddar Sun Chips ^	X							X
	Choice of Milk	X							
09-27-2019	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Sun Splash Veggie Juice								
	Diced Peaches								
	Fresh Banana								
	Mustard								
	Choice of Milk	X							
09-30-2019	TURKEY BOLOGNA SANDWICH^							X	X
	Italian Corn Salad	X						X	
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Applesauce Cup								
	Blended Fruit Juice								
	Light Mayonnaise		X					X	
	Snickerdoodle Cookie ^							X	X
Choice of Milk	X								