



WEEKLY MENU DETAILS : 18-19 lunch wk2

Item Description	# Students	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B(oz)	WG Rich	Dessert	Milk	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*
MONDAY: 18-19 lunch wk2 mon															
ENTREE 1															
BBQ SAUCE - CUPS 0.75OZ	400	1.000 Each	25.000	0.000	260.000	7.000									
CHICKEN TENDERS - BREADED SEASONED WG FC	400	3.000 Each	0.000	0.000	0.000	0.000	2.000 oz	1.000 oz	YES						
WG Dinner Roll	400	1.000 Each	80.000	0.000	130.000	15.000		1.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Coleslaw	500	0.500 Cups	166.000	1.250	313.000	23.000						0.500 cups O			
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
POTATOES - FRIES WAFFLE CUTS SEASONED	500	2.180 Ounces	120.000	1.500	260.000	14.000						0.500 cups S			
ENTREE 2															
Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				



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MONDAY: 18-19 lunch wk2 mon																	
ENTREE 2																	
Coleslaw	500	0.500 Cups	166.000	1.250	313.000	23.000						0.500 cups	O				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
POTATOES - FRIES WAFFLE C RISSCUTS SEASONED	500	2.180 Ounces	120.000	1.500	260.000	14.000						0.500 cups	S				
TUESDAY: 18-19 lunch wk2 tues																	
ENTREE 1																	
Beef Tacos	375	2.000 Each	360.000	6.000	820.000	35.000	2.750 oz	2.000 oz	YES			0.125 cups	O				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP
Milk Carton Recipe 60% fa t free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup						
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
Beans - Refried	500	0.500 Cups	118.000	0.000	583.700	19.840						0.500 cups	BP				
ENTREE 2																	
Alternate Sandwich	125	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES								
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP



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TUESDAY: 18-19 lunch wk2 tues

ENTREE 2

Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit		
Beans - Refried	500	0.500 Cups	118.000	0.000	583.700	19.840						0.500 cups	BP		

WEDNESDAY: 18-19 lunch wk2 wed

ENTREE 1

CORN DOGS - TURKEY WG 4OZ	400	1.000 Each	280.000	3.500	660.000	31.000	2.000 oz	2.000 oz	YES						
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit		
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
PEAS - GREEN IQF BULK	500	0.500 Cups	70.000	0.000	0.000	13.000						0.500 cups	S		
POTATOES - TATER TOTS TATER PUFFS ROUNDS PARK PREMIUM	500	2.520 Ounces	140.000	2.000	280.000	18.000						0.500 cups	S		
Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						



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WEDNESDAY: 18-19 lunch wk2 wed

ENTREE 2

Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
PEAS - GREEN IQF BULK	500	0.500 Cups	70.000	0.000	0.000	13.000						0.500 cups S			
POTATOES - TATER TOTS TATER PUFFS ROUNDS PARK PREMIUM	500	2.520 Ounces	140.000	2.000	280.000	18.000						0.500 cups S			

THURSDAY: 18-19 lunch wk2 thur

ENTREE 1

WG Dinner Roll	425	1.000 Each	80.000	0.000	130.000	15.000		1.000 oz	YES						
CHEESE - CHEDDAR MILD SHREDDED	425	0.125 Cups	55.000	3.000	95.000	0.500	0.500 oz								
CHICKEN - POPCORN BREADED BREADED NUGGETS WG 0.3OZ	425	10.000 Each	178.000	0.400	383.420	13.840	2.000 oz	1.000 oz	YES						
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	



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THURSDAY: 18-19 lunch wk2 thur															
ENTREE 1															
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
POTATOES - MASHED EXTRA RICH POTATO PEARLS	500	0.500 Cups	70.000	0.000	15.000	15.000						0.500 cups	S		
Gravy Mix - Chicken	500	0.250 Cups	15.000	0.000	240.000	3.000									
CORN - CUT DAILY PICK IQF	500	0.500 Cups	90.000	0.000	0.000	19.000						0.500 cups	S		
ENTREE 2															
Alternate Sandwich	75	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit		
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups RO 0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
POTATOES - MASHED EXTRA RICH POTATO PEARLS	500	0.500 Cups	70.000	0.000	15.000	15.000						0.500 cups	S		
Gravy Mix - Chicken	500	0.250 Cups	15.000	0.000	240.000	3.000									
CORN - CUT DAILY PICK IQF	500	0.500 Cups	90.000	0.000	0.000	19.000						0.500 cups	S		



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FRIDAY: 18-19 lunch wk2 Fri

ENTREE 1

Pep Pizza Slices	250	1.000 Each	440.000	10.000	620.000	35.000	2.000 oz	2.000 oz	YES			0.125 cups	RO				
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup						
VEGETABLE BLEND CALIFORNIA NORMANDY FROZEN	500	3.000 Ounces	30.000	0.000	30.000	4.000						0.500 cups	O				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				

ENTREE 2

Cheese Pizza Slices	150	1.000 Each	370.000	8.000	370.000	35.000	2.000 oz	2.000 oz	YES			0.125 cups	RO				
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup						
VEGETABLE BLEND CALIFORNIA NORMANDY FROZEN	500	3.000 Ounces	30.000	0.000	30.000	4.000						0.500 cups	O				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				

ENTREE 3



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FRIDAY: 18-19 lunch wk2 Fri														
ENTREE 3														
Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES					
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup			
VEGETABLE BLEND CALIFORNIA NORMANDY FROZEN	500	3.000 Ounces	30.000	0.000	30.000	4.000						0.500 cups O		
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit		