



WEEKLY MENU DETAILS : 18-19 lunch wk 5

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 wk5 mon																	
ENTREE 1																	
WG Hot Dog Bun	425	1.000 Each	160.000	0.000	270.000	31.000		2.000 oz	YES								
FRANKS - BEEF 6" 8:1 2OZ GRILLING FRANKS	425	1.000 Each	180.000	6.000	550.000	2.000	2.000 oz										
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 cups	BP
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 - TATER TOTS TATER PUFFS ROUNDS PARK PREMIUM	500	2.520 Ounces	140.000	2.000	280.000	18.000						0.500 cups	S				
BEANS - BAKED BEANS VEGETARIAN BEAN POT	500	0.500 Cups	130.000	0.000	550.000	29.000						0.500 cups	BP				
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 cups	BP
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 wk5 mon															
ENTREE 2															
POTATOES - TATER TOTS TATER PUFFS ROUNDS PARK PREMIUM	500	2.520 Ounces	140.000	2.000	280.000	18.000						0.500 cups S			
BEANS - BAKED BEANS VEGETARIAN BEAN POT	500	0.500 Cups	130.000	0.000	550.000	29.000						0.500 cups BP			
TUESDAY: 18-19 lunch wk5 tues															
ENTREE 1															
Walking Taco	425	1.000 Each	320.000	6.000	680.000	22.000	3.000 oz	1.000 oz	YES			0.125 cups RO	0.250 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% 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			
COOKIE - DOUGH CHOC CHIP SMART GRAIN	500	1.000 Ounces	110.000	1.000	105.000	18.000		1.000 oz	YES						
ENTREE 2															
Alternate Sandwich	75	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	
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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TUESDAY: 18-19 lunch wk5 tues																	
ENTREE 2																	
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
COOKIE - DOUGH CHOC CHIP SMART GRAIN	500	1.000 Ounces	110.000	1.000	105.000	18.000		1.000 oz	YES								
WEDNESDAY: 18-19 lunch wk5 wed																	
ENTREE 1																	
BREADSTICKS - GARLIC WHEAT WG 1.3OZ	400	1.000 Each	110.000	1.000	230.000	17.000		1.000 oz	YES								
Chicken Alfredo w/ Twist	400	1.000 Cups	340.000	7.000	290.000	28.000	2.250 oz	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 cups	BP
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				
BROCCOLI - CUTS IQF	500	0.500 Cups	15.000	0.000	10.000	2.000						0.500 cups	DG				
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 cups	BP



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WEDNESDAY: 18-19 lunch wk5 wed															
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		
BROCCOLI - CUTS IQF	500	0.500 Cups	15.000	0.000	10.000	2.000						0.500 cups	DG		
THURSDAY: 18-19 lunch wk 5 thu															
ENTREE 1															
BREAD - GARLIC KNOT WG	400	1.000 Each	170.000	1.500	270.000	23.000		2.000 oz	YES						
TURKEY - SHREDDED TURKEY & GRAVY (4 OZ)	400	4.000 Ounces	120.000	2.000	460.000	2.000	2.000 oz								
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				
CARROTS - SLICED CRINKLE CUT IQF	500	0.500 Cups	26.000	0.000	45.000	5.250						0.500 cups	RO		
POTATOES - MASHED EXTRA RICH POTATO PEARLS	500	0.500 Cups	70.000	0.000	15.000	15.000						0.500 cups	S		

ENTREE 2



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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*		
THURSDAY: 18-19 lunch wk 5 thu																	
ENTREE 2																	
Alternate Sandwich	100	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 cups	BP
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						
CARROTS - SLICED CRINKLE CUT IQF	500	0.500 Cups	26.000	0.000	45.000	5.250						0.500 cups	RO				
POTATOES - MASHED EXTRA RICH POTATO PEARLS	500	0.500 Cups	70.000	0.000	15.000	15.000						0.500 cups	S				
FRIDAY: 18-19 lunch wk5 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						
CORN - CUT DAILY PICK IQF	500	0.500 Cups	90.000	0.000	0.000	19.000						0.500 cups	S				
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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FRIDAY: 18-19 lunch wk5 fri																	
ENTREE 1																	
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						
CORN - CUT DAILY PICK IQF	500	0.500 Cups	90.000	0.000	0.000	19.000						0.500 cups	S				
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																	
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						
CORN - CUT DAILY PICK IQF	500	0.500 Cups	90.000	0.000	0.000	19.000						0.500 cups	S				
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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FRIDAY: 18-19 lunch wk5 fri															
ENTREE 3															
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit		
