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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Jan - 1	Jan - 2	Jan - 3	Avg Nutrients Target Cals *N/A* Sodium. *N/A* mg Sugar *N/A*g *N/A*%Cal Prot *N/A*g *N/A*%Cal Carb *N/A*g *N/A*%Cal T.Fat *N/A*g *N/A*%Cal S.Fat *N/A*g *N/A*%Cal
Jan - 6 PIZZA	Jan - 7 2 BOSCO STICKS	Jan - 8 CHIX NUGGETS W/FT S	Jan - 9 PIZZA	Jan - 10 POPCORN CHICKEN	Avg Nutrients Target Cals 772 100% Sodium. 1454 mg
MAC N CHEESE W/ ROLL VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES COOKED GREEN BEAN MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	CORN DOG NUGGETS ONION RINGS W/EITHE VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES HOT VEGGIE CUCUMBER/CELERY W MARINARA CUP CARROT STICKS W/LF FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	GRILLED CHEESE W/S SMUCKERS PB & J VARIETY OF WRAPS OVEN BAKED FRIES BUSH'S BAKED BEANS MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK RANCH CATSUP	EGG, SAUSAGE &CH BI EGG, BACON & CH BIS VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES HOT VEGGIE CARROT STICKS W/LF CUCUMBER/CELERY W CHERRY TOMATO W/L FRESH BROCCOLI W/L MARINARA CUP CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	MINH FRIED RICE TERIYAKI CHX W/F RIC VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD STEAMED BROCCOLI OVEN BAKED FRIES ROMAINE SALAD W/TO CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Sugar 39.8*g 20.6%Cal Prot 30.7g 15.9%Cal Carb 113.5g 58.8%Cal T.Fat 22.5g 26.2%Cal S.Fat 5.9g 6.9%Cal
Nutrients Target Cals 755 100% Sodium. 1597 mg Sugar 39.2*g 20.8%Cal Prot 32.2g 17.0%Cal Carb 111.5g 59.1%Cal T.Fat 21.0g 25.1%Cal S.Fat 7.4g 8.8%Cal	Nutrients Target Cals 752 100% Sodium. 1229 mg Sugar 36.6*g 19.5%Cal Prot 28.8g 15.3%Cal Carb 112.1g 59.6%Cal T.Fat 21.4g 25.6%Cal S.Fat 5.5g 6.6%Cal	Nutrients Target Cals 790 100% Sodium. 1630 mg Sugar 45.4*g 23.0%Cal Prot 34.8g 17.6%Cal Carb 109.5g 55.4%Cal T.Fat 24.6g 28.0%Cal S.Fat 6.0g 6.8%Cal	Nutrients Target Cals 760 100% Sodium. 1552 mg Sugar 39.6*g 20.9%Cal Prot 27.0g 14.2%Cal Carb 108.4g 57.1%Cal T.Fat 26.1g 30.9%Cal S.Fat 7.3g 8.6%Cal	Nutrients Target Cals 805 100% Sodium. 1261 mg Sugar 38.3*g 19.0%Cal Prot 30.5g 15.2%Cal Carb 125.7g 62.5%Cal T.Fat 19.5g 21.8%Cal S.Fat 3.5g 3.9%Cal	

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 13	Jan - 14	Jan - 15	Jan - 16	Jan - 17	Avg Nutrients Target Cals 779 100%
PIZZA CHICKEN ALFREDO W/GARLIC KNOT VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES MARINARA CUP COOKED GREEN BEAN CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK CATSUP RANCH	CHICKEN TENDERS BREADED CHICKEN DR GARLIC BRD STK W/EI VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD MASH POTATOES & GR HOT VEGGIE CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	PIZZA CRUNCHERS CORN DOG VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES STEAMED BROCCOLI CARROT STICKS W/LF CUCUMBER/CELERY W MARINARA CUP FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	PIZZA FISH SANDWICH MANWICH SLOPPY JOE VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES HOT VEGGIE MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L ASSORTED FRUIT JUIC CAN & FRESH FRUIT 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	LOADED NACHOS TAQUITOS VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES REFRIED BEANS VEG CARROT STICKS W/LF ROMAINE SALAD W/TO CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Sodium. 1443 mg Sugar 39.6*g 20.3%Cal Prot 32.2g 16.5%Cal Carb 115.4g 59.3%Cal T.Fat 22.0g 25.4%Cal S.Fat 5.9g 6.8%Cal
Nutrients Target Cals 741 99% Sodium. 1295 mg Sugar 39.7*g 21.4%Cal Prot 30.8g 16.6%Cal Carb 113.8g 61.5%Cal T.Fat 19.5g 23.7%Cal S.Fat 5.7g 6.9%Cal	Nutrients Target Cals 795 100% Sodium. 1561 mg Sugar 40.9*g 20.6%Cal Prot 33.9g 17.1%Cal Carb 120.7g 60.7%Cal T.Fat 21.8g 24.7%Cal S.Fat 3.9g 4.4%Cal	Nutrients Target Cals 838 100% Sodium. 1295 mg Sugar 38.8*g 18.5%Cal Prot 31.2g 14.9%Cal Carb 120.9g 57.7%Cal T.Fat 25.4g 27.3%Cal S.Fat 8.3g 9.0%Cal	Nutrients Target Cals 734 98% Sodium. 1398 mg Sugar 40.5*g 22.0%Cal Prot 30.0g 16.3%Cal Carb 113.2g 61.7%Cal T.Fat 19.1g 23.4%Cal S.Fat 4.9g 6.0%Cal	Nutrients Target Cals 788 100% Sodium. 1667 mg Sugar 38.1*g 19.3%Cal Prot 35.3g 17.9%Cal Carb 108.6g 55.2%Cal T.Fat 24.1g 27.6%Cal S.Fat 6.5g 7.4%Cal	

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Monday	Tuesdav	Wednesday	Thursday	Friday	Nutrients
Monday Jan - 20 PIZZA SPAGHETTI W/ MEAT B GARLIC BRD STK W/EI VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES COOKED GREEN BEAN CARROT STICKS W/LF MARINARA CUP CUCUMBER/CELERY W	Tuesday Jan - 21 CHIX NUGGETS W/WAF EGG, SAUSAGE &CH BI VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES HOT VEGGIE MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L	Wednesday Jan - 22 BREADED MOZZARELL CHEESE STICKS DILLY CHICKEN SAND VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES HOT VEGGIE CARROT STICKS W/LF MARINARA CUP CUCUMBER/CELERY W FRESH BROCCOLI W/L	Thursday Jan - 23 PIZZA HOT DOG VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES BUSH'S BAKED BEANS MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT	Friday Jan - 24 TANGERINE CHIX W/F POPCORN CHICKEN MINH FRIED RICE VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES STEAMED BROCCOLI CARROT STICKS W/LF CUCUMBER/CELERY W ROMAINE SALAD W/TO	Nutrients Target Cals 831 100% Sodium. 1427 mg Sugar 42.0*g 20.2%Cal Prot 32.2g 15.5%Cal Carb 121.4g 58.4%Cal T.Fat 25.3g 27.4%Cal S.Fat 6.3g 6.8%Cal
CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK RANCH CATSUP	CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	ROMAINE SALAD W/TO FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	
Nutrients Target Cals 813 100% Sodium. 1310 mg Sugar 39.3*g 19.3%Cal Prot 32.6g 16.1%Cal Carb 125.7g 61.8%Cal T.Fat 22.3g 24.6%Cal S.Fat 6.6g 7.3%Cal	Nutrients Target Cals 862 101% Sodium. 1397 mg Sugar 48.0*g 22.3%Cal Prot 32.6g 15.1%Cal Carb 116.8g 54.2%Cal T.Fat 31.4g 32.8%Cal S.Fat 6.9g 7.2%Cal	Nutrients Target Cals 758 100% Sodium. 1165 mg Sugar 40.1*g 21.2%Cal Prot 34.5g 18.2%Cal Carb 105.3g 55.6%Cal T.Fat 23.0g 27.3%Cal S.Fat 6.4g 7.6%Cal	Nutrients Target Cals 845 100% Sodium. 1845 mg Sugar 41.4*g 19.6%Cal Prot 30.6g 14.5%Cal Carb 117.1g 55.4%Cal T.Fat 29.2g 31.1%Cal S.Fat 7.8g 8.3%Cal	Nutrients Target Cals 880 104% Sodium. 1417 mg Sugar 41.2*g 18.7%Cal Prot 30.5g 13.9%Cal Carb 141.9g 64.5%Cal T.Fat 20.7g 21.2%Cal S.Fat 3.5g 3.6%Cal	

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Page 4					Dec 16, 2019
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 27	Jan - 28	Jan - 29	Jan - 30	Jan - 31	Avg Nutrients Target Cals 798 100%
PIZZA MAC N CHEESE W/GARLIC BREAD STIC VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES HOT VEGGIE MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK RANCH CATSUP	CHEESY BITES/WILD M DILLY CHICKEN SAND VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES COOKED GREEN BEAN MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP RANCH	CHICKEN TENDERS GARLIC BREAD STICK BACON CHEESEBURG ONION RINGS W/EITHE VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES BUSH'S BEST TACO FI CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	PIZZA CORN DOG NUGGETS ONION RINGS W/EITHE VARIETY OF WRAPS SMUCKERS UNCRUST OVEN BAKED FRIES HOT VEGGIE MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK CATSUP RANCH	POPCORN CHICKEN MINH FRIED RICE GEN TSO'S CHICKEN W VARIETY OF WRAPS SMUCKERS UNCRUST ENTREE SALAD OVEN BAKED FRIES GEN TSO'S BROCCOLI ROMAINE SALAD W/TO MARINARA CUP CARROT STICKS W/LF CUCUMBER/CELERY W FRESH BROCCOLI W/L CAN & FRESH FRUIT ASSORTED FRUIT JUIC 1% WHITE MILK CHOCOLATE MILK STRAWBERRY MILK CATSUP	Sodium. 1340 mg Sugar 38.3*g 19.2%Cal Prot 32.4g 16.2%Cal Carb 117.3g 58.8%Cal T.Fat 22.9g 25.8%Cal S.Fat 5.6g 6.3%Cal
Nutrients Target Cals 745 99% Sodium. 1462 mg Sugar 37.7*g 20.3%Cal Prot 31.8g 17.1%Cal Carb 109.9g 59.0%Cal T.Fat 20.9g 25.2%Cal	Nutrients Target Cals 760 100% Sodium. 1332 mg Sugar 35.5*g 18.7%Cal Prot 37.2g 19.6%Cal Carb 108.5g 57.1%Cal T.Fat 20.7g 24.5%Cal	Nutrients Target Cals 877 103% Sodium. 1292 mg Sugar 39.6*g 18.0%Cal Prot 35.8g 16.3%Cal Carb 118.2g 53.9%Cal T.Fat 30.6g 31.4%Cal	Nutrients Target Cals 761 100% Sodium. 1328 mg Sugar 39.4*g 20.7%Cal Prot 26.6g 14.0%Cal Carb 115.5g 60.7%Cal T.Fat 21.8g 25.8%Cal	Nutrients Target Cals 847 100% Sodium. 1285 mg Sugar 39.3*g 18.6%Cal Prot 30.6g 14.4%Cal Carb 134.5g 63.5%Cal T.Fat 20.7g 21.9%Cal	
S.Fat 7.1g 8.6%Cal	S.Fat 5.1g 6.0%Cal	S.Fat 7.4g 7.6%Cal	S.Fat 5.1g 6.0%Cal	S.Fat 3.5g 3.7%Cal	

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