

Week 1 (Yellow)	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
<i>1st Choice</i>			
Ck Drumstick / Lg Popcorn	5 / 20	603391 / 536620	1 / 10
Chicken Strips / Ck Strips Breaded	12 / 16.5	533830 / 740820	3 strips
Chicken Patty on a Bun	15 / 19	558061 / 676151	1 ea
Potato Smiles / Triangles / Starz	20 / 27 / 17	228818 / 265659 / 233101	5 / 1 / 7
Potato Pearls / Ck Gravy	15 / 4	613738 / 516309	1/2 c / 1/4 c
Cornbread	25	579785	1 slice
<i>2nd Choice</i>			
Grilled Cheese Bulk / IW	31 / 31	158141 / 786360	1
Tuesday			
<i>1st Choice</i>			
Walking Taco (Meat)	5	722330	#10 sc
Tostitos Scoops / Fritos	19 / 12	696871 / 158763	1 bag
Fiesta Beans / Refried Beans	20 / 58	581180 / 703753	#8 sc
<i>2nd Choice</i>			
Lucky Charms (GF) / Cocoa Puffs	23 / 25	265811 / 270401	1
Cinnamon Toast / Trix	22 / 24	365790 / 265782	1
Fruit Loops	24	283620	1
Raspberry-Rainbow / Straw Smash	20 / 16	551770 / 885750	1
Strawberry Banana Dannon / Yoplait	14 / 20	869921/186911	1
Yoplait Cherry	20	196911	1
Mozzarella Stick / Colby Jack	1 / 0	786801 / 786510	1
Scooby Doo Grahams	21	859550	1
Wednesday			
<i>1st Choice</i>			
Bosco Cheese Sticks	34	235411	2
<i>2nd Choice</i>			
Mini Corndogs / Corndog on a stick	30 / 30	497360 / 620220	6/ / 1
Paw Print Cheetos	17	393533	1
Thursday			
<i>1st Choice</i>			
Mini Confetti Pancakes	36	395303	1 pkg
Mini Maple / Strawberry Pancakes	39 / 40	269220 / 284831	1 pkg
Sausage or Yogurt & Cheese Stick	0 / Above	352740 / See Above	2 / 1 ea
<i>2nd Choice</i>			
Mac & Cheese	27 / 31	609131 / 119122	#6 sc
Friday			
<i>1st Choice</i>			
Cheese / Pepperoni Pizza 4" Rnd	29 / 29	504610 / 504622	1 slice
Bosco Stuffed Crust Pizza	34	235481	1 slice
Vendor Pizza OrionOaks & Webber			1 slice
<i>2nd Choice</i>			
Ham (& Cheese on Pretzel Bun)	1	556121	6 slices
Pretzel Bun / American Cheese	39 / 1	786770 / 150260	1 each
Third Choice			
<i>Monday & Tuesday</i>			
Wow Butter & Jelly Sandwich	55	661222	1
Salsa / Harvest Cheddar Sunchips	18 / 18	696900 / 105260	1
Nacho / Cool Ranch Doritos	20 / 20	456090 / 541502	1
<i>Wed, Thurs & Friday - Chef Salad</i>			
Romaine Lettuce(DG)/Tiny Chop Lettuce	4 / 4	451730 / 153121	2 cups
Shredded Cheese	1	150250	1 oz
Croutons	8	661022	1 pkg
Diced Turkey (Frozen)	1.5	451300	2 oz
Sliced Turkey - Over Roasted/Smoked	.75	344120 / 255120	1.5 oz or 2 slices
Diced Ham / Ham Sliced (Frozen)	.5 / .5	202150 / 556121	2 oz / 1.5 oz or 3 slices
Banana or Blueberry Muffin	31 / 30	262362 / 262370	1
Double Chocolate Muffin	27	262343	1

Week 2 (Purple)	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
<i>1st Choice</i>			
Ck Drumstick / Lg Popcorn	5 / 20	603391 / 536620	1 / 10
Chicken Strips / Ck Strips Breaded	12 / 16.5	533830 / 740820	3 strips
Chicken Patty on a Bun	15 / 19	558061 / 676151	1 ea
Potato Smiles / Triangles / Starz	20 / 27 / 17	228818 / 265659 / 233101	5 / 1 / 7
Potato Pearls / Ck Gravy	15 / 4	613738 / 516309	1/2 c / 1/4 c
Cornbread	25	579785	1 slice
<i>2nd Choice</i>			
Garlic Cheese Bread	30	154371	1
Tuesday			
<i>1st Choice</i>			
Taquitos	19	696871	5
Fiesta Beans / Refried Beans	20 / 58	581180 / 703753	#8 sc
<i>2nd Choice</i>			
Bagel & Cream Cheese	28 / 1	217911 / 549762	1 ea
Raspberry-Rainbow / Straw Smash	20 / 16	551770 / 885750	1
Strawberry Banana Dannon / Yoplait	14 / 20	869921/186911	1
Yoplait Cherry	20	196911	1
Mozzarella Stick / Colby Jack	1 / 0	786801 / 786510	1
Scooby Doo Grahams	21	859550	1

Wednesday			
<i>1st Choice</i>			
Bosco Cheese Sticks	34	235411	2
<i>2nd Choice</i>			
Mini Corndogs / Corndog on a stick	30 / 30	497360 / 620220	6/ / 1
Paw Print Cheetos	17	393533	1
Thursday			
<i>1st Choice</i>			
French Toast Sticks	27	555012	3 slices
Sausage or Yogurt & Cheese Stick	0 / Above	352740 / See Above	2 / 1 ea
<i>2nd Choice</i>			
Mac & Cheese	27 / 31	609131 / 119122	#6 sc
Friday			
<i>1st Choice</i>			
Cheese / Pepperoni Pizza 4" Roun	29 / 29	504610 / 504622	1 slice
Bosco Stuffed Crust Pizza	34	235481	1 slice
Vendor Pizza BlancheSims & StadiumDrive			1slice
<i>2nd Choice</i>			
Turkey (Sub)	1.75	344120 / 255120	5 slices
Sub Bun / American Cheese	15 / 1	882690 / 150260	1 ea
Third Choice			
<i>Monday & Tuesday</i>			
Wow Butter & Jelly Sandwich	55	661222	1
Salsa / Harvest Cheddar Sunchips	18 / 18	696900 / 105260	1
Nacho / Cool Ranch Doritos	20 / 20	456090 / 541502	1
<i>Wed, Thurs & Friday - Chef Salad</i>			
Romaine Lettuce(DG)/Tiny Chop Lettuce	4 / 4	451730 / 153121	2 cups
Shredded Cheese	1	150250	1 oz
Croutons	8	661022	1 pkg
Diced Turkey (Frozen)	1.5	451300	2 oz
Sliced Turkey - Over Roasted/Smoked	.75	344120 / 255120	1.5 oz or 2 slices
Diced Ham / Ham Sliced (Frozen)	.5 / .5	202150 / 556121	2 oz / 1.5 oz or 3 slices
Banana or Blueberry Muffin	31 / 30	262362 / 262370	1
Double Chocolate Muffin	27	262343	1

Week 3 (Green)	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
1st Choice			
Ck Drumstick / Lg Popcorn	5 / 20	603391 / 536620	1 / 10
Chicken Strips / Ck Strips Breaded	12 / 16.5	533830 / 740820	3 strips
Chicken Patty on a Bun	15 / 19	558061 / 676151	1 ea
Potato Smiles / Triangles / Starz	20 / 27 / 17	228818 / 265659 / 233101	5 / 1 / 7
Potato Pearls / Ck Gravy	15 / 4	613738 / 516309	1/2 c / 1/4 c
Cornbread	25	579785	1 slice
2nd Choice			
Grilled Cheese Bulk / IW	31 / 31	158141 / 786360	1
Tuesday			
1st Choice			
Walking Taco (Meat)	5	722330	#10 sc
Tostitos Scoops / Fritos	19 / 12	696871 / 158763	1 bag
Fiesta Beans / Refried Beans	20 / 58	581180 / 703753	#8 sc
2nd Choice			
Lucky Charms (GF) / Cocoa Puffs	23 / 25	265811 / 270401	1
Cinnamon Toast / Trix	22 / 24	365790 / 265782	1
Fruit Loops	24	283620	1
Raspberry-Rainbow / Straw Smash	20 / 16	551770 / 885750	1
Strawberry Banana Dannon / Yoplait	14 / 20	869921/186911	1
Yoplait Cherry	20	196911	1
Mozzarella Stick / Colby Jack	1 / 0	786801 / 786510	1
Scooby Doo Grahams	21	859550	1
Wednesday			
1st Choice			
Bosco Cheese Sticks	34	235411	2
2nd Choice			
Mini Corndogs / Corndog on a stick	30 / 30	497360 / 620220	6/ /1
Paw Print Cheetos	17	393533	1
Thursday			
1st Choice			
Mini Confetti Pancakes	36	395303	1 pkg
Mini Maple / Strawberry Pancakes	39 / 40	269220 / 284831	1 pkg
Sausage or Yogurt & Cheese Stick	0 / Above	352740 / See Above	2 / 1 ea
2nd Choice			
Mac & Cheese	27 / 31	609131 / 119122	#6 sc
Friday			
1st Choice			
Cheese / Pepperoni Pizza 4" Rnd	29 / 29	504610 / 504622	1 slice
Bosco Stuffed Crust Pizza	34	235481	1 slice
2nd Choice			
Ham (& Cheese on Pretzel Bun)	1	556121	6 slices
Pretzel Bun / American Cheese	39 / 1	786770 / 150260	1 each
Vendor Pizza OrionOaks & Webber			1 slice
Salsa / Harvest Cheddar Sunchips	18 / 18	696900 / 105260	1
Nacho / Cool Ranch Doritos	20 / 20	456090 / 541502	1
Third Choice			
Monday & Tuesday			
Wow Butter & Jelly Sandwich	55	661222	1
Salsa / Harvest Cheddar Sunchips	18 / 18	696900 / 105260	1
Nacho / Cool Ranch Doritos	20 / 20	456090 / 541502	1
Wed, Thurs & Friday - Chef Salad			
Romaine Lettuce(DG)/Tiny Chop Lettuce	4 / 4	451730 / 153121	2 cups
Shredded Cheese	1	150250	1 oz
Croutons	8	661022	1 pkg
Diced Turkey (Frozen)	1.5	451300	2 oz
Sliced Turkey - Over Roasted/Smoked	.75	344120 / 255120	1.5 oz or 2 slices
Diced Ham / Ham Sliced (Frozen)	.5 / .5	202150 / 556121	2 oz / 1.5 oz or 3 slices
Banana or Blueberry Muffin	31 / 30	262362 / 262370	1
Double Chocolate Muffin	27	262343	1

Week 4 (Tan)	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
1st Choice			
Ck Drumstick / Lg Popcorn	5 / 20	603391 / 536620	1 / 10
Chicken Strips / Ck Strips Breaded	12 / 16.5	533830 / 740820	3 strips
Chicken Patty on a Bun	15 / 19	558061 / 676151	1 ea
Potato Smiles / Triangles / Starz	20 / 27 / 17	228818 / 265659 / 233101	5 / 1 / 7
Potato Pearls / Ck Gravy	15 / 4	613738 / 516309	1/2 c / 1/4 c
Cornbread	25	579785	1 slice
2nd Choice			
Garlic Cheese Bread	30	154371	1
Tuesday			
1st Choice			
Taquitos	19	696871	5
Fiesta Beans / Refried Beans	20 / 58	581180 / 703753	#8 sc
2nd Choice			
Bagel & Cream Cheese	28 / 1	217911 / 549762	1 ea
Raspberry-Rainbow / Straw Smash	20 / 16	551770 / 885750	1
Strawberry Banana Dannon / Yoplait	14 / 20	869921/186911	1
Yoplait Cherry	20	196911	1
Mozzarella Stick / Colby Jack	1 / 0	786801 / 786510	1
Scooby Doo Grahams	21	859550	1

Wednesday			
1st Choice			
Bosco Cheese Sticks	34	235411	2
2nd Choice			
Mini Corndogs / Corndog on a stick	30 / 30	497360 / 620220	6/ /1
Paw Print Cheetos	17	393533	1
Thursday			
1st Choice			
French Toast Sticks	27	555012	3 slices
Sausage or Yogurt & Cheese Stick	0 / Above	352740 / See Above	2 / 1 ea
2nd Choice			
Mac & Cheese	27 / 31	609131 / 119122	#6 sc
Friday			
1st Choice			
Cheese / Pepperoni Pizza 4" Roun	29 / 29	504610 / 504622	1 slice
Bosco Stuffed Crust Pizza	34	235481	1 slice
2nd Choice			
Turkey (Sub)	1.75	344120 / 255120	5 slices
Sub Bun / American Cheese	15 / 1	882690 / 150260	1 ea
Vendor Pizza BlancheSims & StadiumDrive			1slice
Salsa / Harvest Cheddar Sunchips	18 / 18	696900 / 105260	1
Nacho / Cool Ranch Doritos	20 / 20	456090 / 541502	1
Third Choice			
Monday & Tuesday			
Wow Butter & Jelly Sandwich	55	661222	1
Salsa / Harvest Cheddar Sunchips	18 / 18	696900 / 105260	1
Nacho / Cool Ranch Doritos	20 / 20	456090 / 541502	1
Wed, Thurs & Friday - Chef Salad			
Romaine Lettuce(DG)/Tiny Chop Lettuce	4 / 4	451730 / 153121	2 cups
Shredded Cheese	1	150250	1 oz
Croutons	8	661022	1 pkg
Diced Turkey (Frozen)	1.5	451300	2 oz
Sliced Turkey - Over Roasted/Smoked	.75	344120 / 255120	1.5 oz or 2 slices
Diced Ham / Ham Sliced (Frozen)	.5 / .5	202150 / 556121	2 oz / 1.5 oz or 3 slices
Banana or Blueberry Muffin	31 / 30	262362 / 262370	1
Double Chocolate Muffin	27	262343	1

Fruits, Vegetables Milk, Juice, Condiments	Carb Count	Recipe# or Prod. Code	Portion Size
Fresh Fruit			
Apple - Slices / Whole	7 / 19	473171 / 540005	1
Bananas	27 / 27	201006 / 197769	1
Grapes Red lunch bunch	15	280895	1/2 cup
Orange / Pear	18 /	171871 / 198056	1 / 1 c
Berries / Melon			
Blueberries / Strawberries	10.5 / 5.5	451690 / 212769	1/2 cup
Cantaloupe / Watermelon	7 / 6	412201 / 326089	1/2 cup
Applesauce			
Blue Raspberry / Cherry	22 / 22	136711 / 726570	1
Cinnamon	22	645060	1
Mixed Fruit / Plain	22 / 22	726580 / 645050	1
Strawberry-Banana / Wild Watermelon	22 / 22	726560 / 136701	1
Canned Fruit			
Mandarin Oranges / Pineapple Tidbits	20 / 18	117897 / 189979	1/2 cup
Peaches Diced / Pears Diced	12 / 17	610372 / 290203	1/2 cup
Frozen Slushie Cups			
Blue Raspberry-Lemon / Kiwi-Strawberry	22 / 22	794181 / 863880	1
Strawberry-Mango / Cherry	22 / 25	863890 / 824040	1
Sour Cherry-Lemon	22	667911	1
Fresh Vegetables			
Broccoli/Cauliflower	2.5	283339	1/2 cup
Carrots Baby	9	812540	1/2 cup
Celery Sticks	2	781592	1/2 cup
Cucumber Seedless / Select	1 / 1	532312 / 592323	1/2 cup
Peas Snap	2.5	778214	1/2 cup
Peppers, Green / Red	3.5 / 4.5	592315 / 597082	1/2 cup
Tomato Grape	3.5	129631	1/2 cup
Other Vegetables			
Corn / Green Beans	17 / 4	118966 / 273856	1/2 cup
Garbanzo Beans / Edamame	18 / 7	118753 / 147270	1/2 cup
Refried Beans / Fiesta Black Beans	58 / 20	703753 / 581180	1/2 cup
Milk			
1% white	11		1
fat free white	11		1
fat free chocolate	24		1
100% Juice			
Orange Juice			1
Apple Suncup / Orange Suncup	13 / 14	118921 / 118930	1
Grape Suncup / Fruit Punch Suncup	19 / 14	118940 / 355900	1
Orange-Pineapple Suncup	14	403021	1
Dragon Punch / Wango Mango	13 / 13	510571 / 510562	1
Condiments			
Ketchup Packet low sodium	2	634610	1
Mustard / Sweet Relish	0 / 3	700051 / 187216	1
Mayonnaise packet-lite	2	188741	1
Taco Sauce Mild / Salsa Cups	1	192007 / 677802	1
BBQ Sauce	16	499402	1
Marinara Sauce / Sweet & Sour Dip	4	130834 / 714510	1
Sweet & Sour Dip Cup	11	714510	1
Syrup	31	160090	1
Creamy Caesar / Italian Dressing	2	135951 / 187194	1
Ranch Cup	1 / 3	537705 / 750851	1
Oyster Crackers	11	565270	1
Margarine Cup / Parmesan Ch Pk	0 / 0	542121 / 254959	1

Snacks	Carb Count	Recipe# or Prod. Code	Portion Size
<i>Chips more under Choice 3 Monday</i>			
Baked Lays BBQ	19	575570	1
Baked Lays Regular	20	714230	1
Goldfish Cheddar Crackers	14	736280	1
SmartPop White Cheddar Popcorn	9	641721	1
Cheetos Puffs	13	537871	1
Cheese Puff Flaming Hot	13	537881	1
Funyuns	14	865601	1
<i>Cookie Dough</i>			
Chocolate Chip Cookie Dough	32	645642	1
<i>Fruit Based Snacks</i>			
Brach Fruit Snacks	18	843431	1
Welch's Fruit Snacks	20	244711	1
Fruit By the Foot	16	213941	1
<i>Muffins</i>			
Banana Muffin - Ind Wrapped	31	262362	1
Blueberry Muffin - Ind Wrapped	30	262370	1
Double Chocolate Muffin - Ind Wrap	27	262343	1
<i>Rice Krispie Treats - Mini</i>			
Rice Krispie Treats - Mini	9	565002	1

Breakfast	Carb Count	Recipe# or Prod. Code	Portion Size
Monday			
Pancake on a Stick	18	497182	1
Tuesday			
Belgian Waffle	43	607351	1
Wednesday			
Bagel (Ind Wrap) & Cream Cheese	28 / 1	217911 / 549762	1 ea
Thursday			
Cheese Omelette & Turkey Sausage	1 / 0	554470 / 184970	1 ea
Pre Cooked Bacon	1	563315	2 slices
Pretzel Roll / Croissant	29 / 30	500162 / 172172	1
Friday			
Mini Cinnis Ind Wrap	39	894291	1
Offered Daily			
<i>Yogurt & Cheese Sticks (under Lunch Tuesday)</i>			
Poptart Cinnamon / Blueberry	37 / 38	695880 / 865131	1
Poptart Strawberry / Frdge	38 / 38	695890 / 452062	1
Quaker Chocolate Chip Granola	17	147881	1
Rice Krispy Bar Apple Cinn / Mixed Berry	27 / 24	833830 / 123141	1
Cocoa Rice Krispy Bar	27	282431	1
Benefit-Apple Cinn / Banana Choc	48 / 48	879671 / 875860	1
Nutrigrain Bar - Apple Cinnamon	30	209741	1
Nurtigrain - Blueberry / Strawberry	30 / 30	498170 / 209761	1
Elfin Loaf - Banana / Blueberry	27 / 26	592072 / 592048	1
CrunchMania-Cinna Bun / Fren Toast	37 / 37	443130 / 443121	1
Keebler Elf Choco Graham Crackers	20	123171	1
Texas Toast - Apple Cinnamon	45	152504	1
Sausage & Gravy Breakfast Pizza	25	503640	1 slice