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HIGH SCHOOL-SALAD BAR LINE SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 28	Aug - 29	Aug - 30
		Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips, WG white cor Lettuce Romaine TOMATOES, FRESH, RED RIP ONIONS, RED, RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's, Orange Dressing Assorted Salad Ba	CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

^{*}N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data.

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HIGH SCHOOL-SALAD BAR LINE SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 2	Sep - 3	Sep - 4	Sep - 5	Sep - 6
NO SCHOOL	Chicken Diced Springer Mt Cheese Blended Mozz & Ch Soup Taco Lettuce Romaine BROCCOLI,raw TOMATOES,FRESH,RED RIP Carrot Sticks Celery Sticks ONIONS,RED,RAW Cucumber Slices CAULIFLOWER,raw Tortilla, Flour 10" Tortilla Chips,WG white cor Dressing Assorted Salad Ba Fresh Fruit for Bar Tuesday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate	Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

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Aug 28 2019

HIGH SCHOOL-SALAD BAR LINE SEPTEMBER 2019

rayes	HIGH SCHOOL-SALAD BAR LINE SEPTEINBER 2019			Aug 20, 2019
Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 9	Sep - 10	Sep - 11	Sep - 12	Sep - 13
Ham, diced, Pat. Farms .25	Chicken Diced Springer Mt	Taco Meat for Taco Salad B	CHILI CON CARNE W/ BEA	Chicken Breast 3 oz Raw
TURKEY Cooked, Chopped	Cheese Blended Mozz & Ch	Cheese Blended Mozz & Ch	Cheese Blended Mozz & Ch	HARD BOILED EGG
Eggs, Hard Cooked, USFoo	Soup Taco	REFRIED BEANS	Potato Baked	Cheese Blended Mozz & Ch
Cheese Blended Mozz & Ch	Lettuce Romaine	Tortilla, Flour 8"	BROCCOLI, FRESH	Lettuce Romaine
Lettuce Romaine	BROCCOLI,raw	Tortilla Chips,WG white cor	Carrot Sticks	TOMATOES,FRESH,RED RIP
BROCCOLI, FRESH	TOMATOES,FRESH,RED RIP	Lettuce Romaine	Lettuce Romaine	ONIONS,RED,RAW
Carrot Sticks	Carrot Sticks	TOMATOES,FRESH,RED RIP	TOMATOES,FRESH,RED RIP	Celery Sticks
TOMATOES,FRESH,RED RIP	Celery Sticks	ONIONS,RED,RAW	Bread&Cheese Stuf WG	Carrot Sticks
Cucumber Slices	ONIONS,RED,RAW	Peppers Green	CRACKERS, WG	CAULIFLOWER,raw
ONIONS,RED,RAW	Cucumber Slices	Taco Sauce PPI	Fresh Fruit for Bar Thursday	Cucumber Slices
CAULIFLOWER,raw	CAULIFLOWER,raw	Sour Cream	Margarine, cup, indiv.	Potato Baked
Celery Sticks	Tortilla, Flour 10"	Carrot Sticks	Sour Cream	VEGETABLE SOUP
Dressing Assorted Salad Ba	Tortilla Chips,WG white cor	Fresh Fruit for Bar Wednes	Milk, Nonfat Chocolate Uni	Breadstick WG
Broccoli & Cheese Soup	Dressing Assorted Salad Ba	Milk, Nonfat Chocolate Uni	Milk, 1% white, United	Panini WG Bread
Hot Roll WG	Fresh Fruit for Bar Tuesday	Milk, 1% white, United	Milk, Skim, United	Dressing Assorted Salad Ba
Fresh Fruit for Bar Monday	Milk, Nonfat Chocolate Uni	Milk, Skim, United	FRUIT SMOOTHIE	Sour Cream
Milk, Nonfat Chocolate Uni	Milk, 1% white, United	Sherbet, Luigi's, Orange	Dressing Assorted Salad Ba	Margarine, cup, indiv.
Milk, 1% white, United	Milk, Skim, United	Dressing Assorted Salad Ba	3	Fresh Fruit for Bar Friday
Milk, Skim, United	Pudding, Chocolate	g		Milk, Nonfat Chocolate Uni
fruit juice bar				Milk, 1% white, United
· ·) · · · · ·				Milk, Skim, United
				Pudding, Chocolate
				1 ddding, onocoldic

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Page 4 HIGH SCHOOL-SALAD BAR LINE SEPTEMBER 2019

raye 4		HOOL-SALAD DAK LINE SER	LEWIDER ZOT,	Aug 20, 20
Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 16	Sep - 17	Sep - 18	Sep - 19	Sep - 20
Ham, diced, Pat. Farms .25 TURKEY Cooked, Chopped Eggs, Hard Cooked, USFoo Cheese Blended Mozz & Ch Lettuce Romaine BROCCOLI, FRESH Carrot Sticks TOMATOES, FRESH, RED RIP Cucumber Slices ONIONS, RED, RAW CAULIFLOWER, raw Celery Sticks Dressing Assorted Salad Ba Broccoli & Cheese Soup Hot Roll WG Fresh Fruit for Bar Monday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United fruit juice bar	Chicken Diced Springer Mt Cheese Blended Mozz & Ch Soup Taco Lettuce Romaine BROCCOLI,raw TOMATOES,FRESH,RED RIP Carrot Sticks Celery Sticks ONIONS,RED,RAW Cucumber Slices CAULIFLOWER,raw Tortilla, Flour 10" Tortilla Chips,WG white cor Dressing Assorted Salad Ba Fresh Fruit for Bar Tuesday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate	Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips, WG white cor Lettuce Romaine TOMATOES, FRESH, RED RIP ONIONS, RED, RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's, Orange Dressing Assorted Salad Ba	CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United

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Monday	Tuesday	Modnosday	Thursday	Friday
	Tuesday	Wednesday		Friday
Sep - 23	Sep - 24	Sep - 25	Sep - 26	Sep - 27
Ham, diced, Pat. Farms .25	Chicken Diced Springer Mt	Taco Meat for Taco Salad B	CHILI CON CARNE W/ BEA	Chicken Breast 3 oz Raw
TURKEY Cooked,Chopped	Cheese Blended Mozz & Ch	Cheese Blended Mozz & Ch	Cheese Blended Mozz & Ch	HARD BOILED EGG
Eggs, Hard Cooked, USFoo	Soup Taco	REFRIED BEANS	Potato Baked	Cheese Blended Mozz & Ch
Cheese Blended Mozz & Ch	Lettuce Romaine	Tortilla, Flour 8"	BROCCOLI, FRESH	Lettuce Romaine
Lettuce Romaine	BROCCOLI,raw	Tortilla Chips,WG white cor	Carrot Sticks	TOMATOES,FRESH,RED RIP
BROCCOLI, FRESH	TOMATOES,FRESH,RED RIP	Lettuce Romaine	Lettuce Romaine	ONIONS,RED,RAW
Carrot Sticks	Carrot Sticks	TOMATOES,FRESH,RED RIP	TOMATOES,FRESH,RED RIP	Celery Sticks
Tomatoes,fresh,red Rip	Celery Sticks	ONIONS,RED,RAW	Bread&Cheese Stuf WG	Carrot Sticks
Cucumber Slices	ONIONS,RED,RAW	Peppers Green	CRACKERS, WG	CAULIFLOWER,raw
ONIONS,RED,RAW	Cucumber Slices	Taco Sauce PPI	Fresh Fruit for Bar Thursday	Cucumber Slices
CAULIFLOWER,raw	CAULIFLOWER,raw	Sour Cream	Margarine, cup, indiv.	Potato Baked
Celery Sticks	Tortilla, Flour 10"	Carrot Sticks	Sour Cream	VEGETABLE SOUP
Dressing Assorted Salad Ba	Tortilla Chips,WG white cor	Fresh Fruit for Bar Wednes	Milk, Nonfat Chocolate Uni	Breadstick WG
Broccoli & Cheese Soup	Dressing Assorted Salad Ba	Milk, Nonfat Chocolate Uni	Milk, 1% white, United	Panini WG Bread
Hot Roll WG	Fresh Fruit for Bar Tuesday	Milk, 1% white, United	Milk, Skim, United	Dressing Assorted Salad Ba
Fresh Fruit for Bar Monday	Milk, Nonfat Chocolate Uni	Milk, Skim, United	FRUIT SMOOTHIE	Sour Cream
Milk, Nonfat Chocolate Uni	Milk, 1% white, United	Sherbet, Luigi's , Orange	Dressing Assorted Salad Ba	Margarine, cup, indiv.
Milk, 1% white, United	Milk, Skim, United	Dressing Assorted Salad Ba		Fresh Fruit for Bar Friday
Milk, Skim, United	Pudding, Chocolate			Milk, Nonfat Chocolate Uni
fruit juice bar	_			Milk, 1% white, United
				Milk, Skim, United
				Pudding, Chocolate

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rayeo	HIGH SOIR	HIGH SCHOOL-SALAD BAR LINE SEPTEIVIBER 2019		
Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 30				
Ham, diced, Pat. Farms .25				
TURKEY Cooked,Chopped				
Eggs, Hard Cooked, USFoo				
Cheese Blended Mozz & Ch				
Lettuce Romaine				
BROCCOLI, FRESH				
Carrot Sticks				
TOMATOES,FRESH,RED RIP				
Cucumber Slices				
ONIONS,RED,RAW				
CAULIFLOWER,raw				
Celery Sticks				
Dressing Assorted Salad Ba				
Broccoli & Cheese Soup Hot Roll WG				
Fresh Fruit for Bar Monday				
Milk, Nonfat Chocolate Uni				
Milk, 1% white, United				
Milk, Skim, United				
fruit juice bar				

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