



## Lunch K8 Menu

Date	Meal Type	Meal	Portion	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu 09-01-2022	Breakfast for Lunch w/ Pancakes, Veg	V- BREAKFAST FOR LUNCH 2G	EACH	539.43	1244.75	7.17	26.06	65.31	19.18	2.08	0.00
		SYRUP	EACH	35.00	5.00	0.00	0.00	8.00	0.00	0.00	0.00
	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Chicken Tamale w/ Seasoned Corn	TAMALE CHICKEN W SEASONED CORN	EACH	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
	Italian Turkey Submarine w/ Fuitable Juice	SANDWICH ITALIAN SUB HUB	EACH	310.00	1110.00	0.00	16.00	30.00	14.00	6.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Double Cheese Sandwich w/ Fuitable Juice	V-SANDWICH DOUBLE CHEESE OAT D	EACH	357.54	753.89	2.43	17.47	34.12	15.21	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Breakfast for Lunch: Pancake, Sausage Links &	BREAKFAST 4 LUNCH 1G-CHICKEN	EACH	225.00	800.00	13.50	14.00	13.00	13.00	3.00	0.00
		SYRUP	EACH	35.00	5.00	0.00	0.00	8.00	0.00	0.00	0.00
	Sack Lunch – Turkey Ham & Cheese Sandwich, Baby Carrots, Fuitable Juice, Fruit & WG Cookie	MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BABY CARROTS 1/2 C	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
		APPLE FRES 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
		SANDWICH TURKEY & AM CHEESE FR	EACH	370.96	1304.18	3.43	23.60	30.13	13.69	6.58	0.00
		ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
		WG CHOC CHIP COOKIE EL MILAGRO	EACH	140.00	120.00	0.00	3.00	22.00	4.50	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Sack Lunch - Double Cheese Sandwich, Baby Carrots, Fuitable Juice, Fruit & WG Cookie	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BABY CARROTS 1/2 C	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
		APPLE FRESH 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
		ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Baby Carrots	BABY CARROTS 1/2 C	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
	Baby Carrots 2	CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
	Pear	PEAR FRESH 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Fat Free Chocolate Milk	MILK FAT FREE CHOCOLATE	EACH	120.00	200.00	0.00	7.00	23.00	0.00	0.00	0.00	

Fri 09-02-2022	Mac & Cheese w/ Whole Grain Cookie	MAC & CHEESE CHEDDAR/ALF 2022	EACH	429.13	719.21	2.87	17.06	29.95	25.97	9.46	0.00
		WG OATMEAL COOKIE EL MILAGRO	EACH	216.00	162.00	1.20	4.80	33.60	7.20	1.80	0.00
	Beef, Bean & Cheese Burrito w/ Hot Sauce	BURRITO BEEF, BEAN, CHEESE BW	EACH	400.00	520.00	3.00	25.00	39.00	16.00	8.00	0.00
		HOT SAUCE CHOLULA	EACH	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00
	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Pinwheel Smoked Turkey & Cheese Sandwich	SDW PINWHEEL(SMOKED TURKEY)	EACH	290.00	1120.00	0.00	18.00	29.00	11.00	4.50	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Double Cheese Sandwich on FR w/ Lettuce	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Sack Lunch – Turkey & Cheese Sandwich on French Roll, Baby Carrots, Fruitable Juice, Fruit & WG Cookie	SANDWICH TURKEY, LETTUCE, FR	EACH	364.53	977.38	3.43	20.69	30.15	13.70	6.58	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BABY CARROTS 1/2 C	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
		APPLE FRESH 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
		ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
		WG SUGAR COOKIE EL MILAGRO	EACH	173.00	196.55	1.85	2.69	28.04	6.12	2.39	0.00
	Sack Lunch - Double Cheese Sandwich, Baby Carrots, Fruitable Juice, Fruit & WG Cookie	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BABY CARROTS 1/2 C	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
		APPLE FRESH 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
		ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
		WG CHOC CHIP COOKIE EL MILAGRO	EACH	140.00	120.00	0.00	3.00	22.00	4.50	1.50	0.00
	House Salad w/ Italian	SALAD - HOUSE SIDE SALAD FF	EACH	17.01	8.50	1.70	0.85	3.40	0.00	0.00	0.00
		ITALIAN DRESSING HEINZ	EACH	30.00	130.00	0.00	0.00	0.00	3.00	0.00	0.00
	Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
Tue 09-06-2022	Spaghetti & Meatballs	SPAGHETTI AND MEATBALLS 1G	EACH	360.62	900.26	5.87	15.73	33.98	21.60	5.16	0.00
	Cheese Lasagna w/ Tomato Basil Sauce	LASAGNA CHEESE	EACH	313.50	850.61	5.00	17.00	41.51	11.31	2.58	0.00
	Double Cheese Sandwich on French Roll w/ Baby Carrots	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		CARROTS, BABY 1/4 C	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
	Beef Pastrami & Cheese Sandwich on FR w/ Baby Carrots	SANDW PASTRAMI&CHEESE 10Z FR	EACH	375.27	1133.66	3.00	18.09	30.01	14.12	3.03	0.00
		CARROTS, BABY 1/4 C 1	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Chicken Taco Salad w/ Tortilla Chips	SALAD CHICKEN TACO LN 22-23	EACH	170.10	230.50	2.71	18.12	11.13	5.52	1.83	0.00
		TORTILLA CHIPS ROMEROS	EACH	540.00	440.00	6.00	6.00	62.00	30.00	3.00	0.00

		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
	Baby Carrots	BABY CARROTS 1/2 C PC (2.5 OZ)	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
	Apple	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	100% Fruit Juice	JUICE TOTALLY TANGERINE 4 OZ	EACH	60.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00
Wed 09-07-2022	French Bread Pepperoni Pizza	PIZZA FRENCH BREAD PEPPERONI	EACH	322.79	659.25	1.69	14.54	34.96	11.23	5.79	0.00
	Plant-Based Chicken Fajitas w/ Peppers, Refried Beans &	V- CHICKEN FAJITS W BEANS	EACH	253.92	400.98	7.73	21.74	36.23	2.80	0.04	0.00
		TORTILLA FLOUR 6" ROMERO'S (2)	EACH	150.00	176.00	2.00	2.00	26.00	4.00	0.00	0.00
	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Beef Nachos w/ Baked Chips	NACHOS W BEEF, BBEANS & CHEESE	EACH	359.78	592.86	7.48	22.76	35.26	13.60	6.05	0.00
		CHIPS POPTILLAS ORIGINAL	EACH	190.00	200.00	3.00	4.00	31.00	6.00	0.00	0.00
	Turkey Breast Club Sandwich w/ Nacho Chips & Bean Dip	SANDWICH TURKEY CLUB BORDER'S	EACH	300.00	970.00	4.00	20.00	29.00	11.00	4.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
		CHIPS POPTILLAS NACHO CHEESE	EACH	130.00	190.00	2.00	2.00	19.00	4.50	0.00	0.00
	Double Cheese Sandwich w/ Nacho Chips & Bean Dip	V-SANDWICH DOUBLE CHEESE OAT D	EACH	365.64	1191.28	2.43	11.56	32.13	22.30	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
		CHIPS POPTILLAS NACHO CHEESE	EACH	130.00	190.00	2.00	2.00	19.00	4.50	0.00	0.00
	Chicken Fajitas w/ Peppers, Refried Beans & Tortillas	CHICKEN STRIP FAJITAS W BEANS	EACH	271.71	798.10	6.40	24.95	33.91	4.34	1.05	0.00
		TORTILLA FLOUR 6" ROMERO'S (2)	EACH	150.00	176.00	2.00	2.00	26.00	4.00	0.00	0.00
	Southwest Chicken Salad w/ Baked Chips	SALAD SOUTHWEST CHICKEN 22-23	EACH	129.72	163.36	3.06	15.40	11.33	2.40	0.05	0.00
		CHIPS POPTILLAS ORIGINAL	EACH	190.00	200.00	3.00	4.00	31.00	6.00	0.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
Baby Carrots	BABY CARROTS 1/2 C	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00	
Jicama w/ Tajin	JICAMA PC 1.35 OZ (1/4 c)	EACH	14.54	1.53	1.88	0.28	3.38	0.03	0.01	0.00	
	TAJIN SEASONING	EACH	3.00	277.50	0.00	0.00	0.00	0.00	0.00	0.00	
Banana	BANANA 1 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00	

Thu 09-08-2022	Chicken Tamale w/ Seasoned Corn	TAMALE CHICKEN W SEASONED CORN	EACH	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
	Cheese Tamale w/ Seasoned Corn	TAMALE CHEESE W SEASONED CORN	EACH	444.50	502.52	3.95	10.84	49.84	21.95	10.00	0.00
	Italian Turkey Submarine w/ Fruitable Juice	SANDWICH ITALIAN SUB HUB	EACH	310.00	1110.00	0.00	16.00	30.00	14.00	6.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Double Cheese Sandwich w/ Fruitable Juice	V-SANDWICH DOUBLE CHEESE OAT D	EACH	365.64	1191.28	2.43	11.56	32.13	22.30	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Chicken Nuggets w/ Mashed Potatoes	CHICKEN NUGGETS & MASH POT1/2C	EACH	332.59	609.94	2.00	13.00	30.99	16.69	2.85	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
Buffalo Chicken Salad w/ WG Wheat Crackers	SALAD BUFFALO CHICKEN 2022 R	EACH	83.37	930.87	0.79	12.75	4.14	2.14	0.03	0.00	
	RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00	
	CRACKERS WHEAT BASICS 2WG	EACH	170.00	350.00	3.00	3.00	28.00	5.00	0.50	0.00	
Baby Carrots 2	CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00	
Apple Sauce	APPLESAUCE CUP 4.5 OZ	EACH	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00	
Fri 09-09-2022	Cheese Pizza Sliders	PIZZA CHEESE SLIDERS 90632	EACH	294.47	597.77	3.52	18.63	30.72	11.16	6.01	0.00
	Beef, Bean & Cheese Burrito w/ Hot Sauce	BURRITO BEEF, BEAN, CHEESE BW	EACH	400.00	520.00	3.00	25.00	39.00	16.00	8.00	0.00
		HOT SAUCE CHOLULA	EACH	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00
	Vegetarian Burger	V- BURGER PLAIN ON OAT BUN	EACH	229.86	649.27	5.99	15.98	34.99	4.99	0.50	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Hamburger w/ WG Sugar Cookie	HAMBURGER PLAIN OAT BUN	EACH	280.00	449.99	3.00	16.00	31.99	10.00	3.49	0.00
		WG SUGAR COOKIE EL MILAGRO	EACH	173.00	196.55	1.85	2.69	28.04	6.12	2.39	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
	Burger Bar Special	BEEF BURGER BAR PATTY 21-22	EACH	130.00	209.99	1.00	11.00	2.99	8.00	2.99	0.00
		OAT DUSTED BUN BURGER BAR 22	EACH	150.00	240.00	2.00	5.00	29.00	2.00	0.50	0.00
		AMERICAN CHEESE BURGER BAR 22	EACH	52.65	236.92	0.00	2.57	0.53	5.06	3.04	0.00
		LETTUCE SHREDDED BURGER BAR 22	EACH	5.04	3.60	0.43	0.32	1.07	0.05	0.01	0.00
		JALAPENO PEPPERS BURGER BAR 22	EACH	2.49	124.74	0.50	0.00	0.50	0.00	0.00	0.00
		TOMATO SLICED BURGER BAR 22	EACH	9.49	2.64	0.63	0.46	2.05	0.11	0.01	0.00
		MIXED BERRY CUPS, FROZEN, 4 OZ	EACH	90.00	0.00	2.00	0.00	20.00	0.00	0.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00	

	Pinwheel Smoked Turkey & Cheese Sandwich	SDW PINWHEEL(SMOKED TURKEY)	EACH	290.00	1120.00	0.00	18.00	29.00	11.00	4.50	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Double Cheese Sandwich on FR w/ Lettuce	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Tuna Salad w/ Dinner Roll	SALAD TUNA ENTREE K12	EACH	236.21	323.84	1.61	14.65	4.93	17.42	2.61	0.00
		ROLL DINNER 2 OZ	EACH	140.00	220.00	2.00	4.00	27.00	2.00	0.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
	Lettuce, Tomato, Pickle Kit	SALAD SIDE LETTUCE/TOMATO KIT	EACH	21.40	79.74	1.92	1.20	4.43	0.30	0.04	0.00
	Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	Mon 09-12-2022	Vegetarian Cheeseburger w/ Oven Baked Fries	VEGGIE CHEESBURGER/POT 3/4C	EACH	282.51	886.19	5.99	16.53	35.50	10.06	1.51
KETCHUP PACKET 9 GM			EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
Cheeseburger w/ Seasoned Fries		CHEESEBURGER & FRIES 3/4C	EACH	530.83	1032.44	5.27	20.84	66.69	21.89	8.80	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
Taco Burger w/ Oven Baked Fries		TURKEY TACO BURGER & FRIES 3/4C	EACH	546.12	1056.33	4.27	24.02	69.01	22.75	7.58	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
Turkey & Cheese Sandwich on French Roll w/ Side of Fries		SANDWICH TURKEY&CHEESE 1 OZ FR	EACH	359.49	973.78	3.00	16.32	29.04	13.65	2.53	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
		POTATO CRINKLES SEASONED 3/4C	EACH	200.18	202.96	2.35	2.34	34.60	6.85	2.28	0.00
Double Cheese Sandwich on French Roll w/ Seasoned Fries		V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		POTATO CRINKLES SEASONED 3/4C	EACH	200.18	202.96	2.35	2.34	34.60	6.85	2.28	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
Apple		APPLE FRESH 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
Tue 09-13-2022		Plant-Based Chicken Teriyaki w/ Chow Mein Noodles	V- TERIYAKI CHICKEN & NOODLE1G	EACH	135.66	706.82	1.88	15.12	13.20	3.41	0.26
	Cheese Lasagna w/ Tomato Basil Sauce	LASAGNA CHEESE	EACH	313.50	850.61	5.00	17.00	41.51	11.31	2.58	0.00
	Double Cheese Sandwich on French Roll w/ Baby Carrots	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
	Chicken Teriyaki w/ Chow Mein Noodles	CHICKEN TERIYAKI W/ NOODLES 1G	EACH	292.91	1279.13	2.88	23.22	37.84	6.97	1.55	0.01
	Beef Pastrami & Cheese Sandwich on FR w/ Baby Carrots	SANDW PASTRAMI&CHEESE 1OZ FR	EACH	375.27	1133.66	3.00	18.09	30.01	14.12	3.03	0.00
		CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00

	Chicken Taco Salad w/ Tortilla Chips	SALAD CHICKEN TACO LN 22-23	EACH	170.10	230.50	2.71	18.12	11.13	5.52	1.83	0.00
		TORTILLA CHIPS ROMEROS	EACH	540.00	440.00	6.00	6.00	62.00	30.00	3.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
	Baby Carrots	BABY CARROTS 1/2 C PC	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
	Apple	APPLE FRESH 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
100% Fruit Juice	JUICE TOTALLY TANGERINE 4 OZ	EACH	60.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00	
Wed 09-14-2022	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Beef Nachos w/ Baked Chips	NACHOS W BEEF, BBEANS & CHEESE	EACH	359.78	592.86	7.48	22.76	35.26	13.60	6.05	0.00
		CHIPS POPTILLAS ORIGINAL	EACH	190.00	200.00	3.00	4.00	31.00	6.00	0.00	0.00
	Turkey Breast Club Sandwich w/ Nacho Chips & Bean Dip	SANDWICH TURKEY CLUB BORDER'S	EACH	300.00	970.00	4.00	20.00	29.00	11.00	4.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
	Double Cheese Sandwich w/ Nacho Chips & Bean Dip	CHIPS POPTILLAS NACHO CHEESE	EACH	130.00	190.00	2.00	2.00	19.00	4.50	0.00	0.00
		V-SANDWICH DOUBLE CHEESE OAT D	EACH	365.64	1191.28	2.43	11.56	32.13	22.30	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
	Chicken Burrito Bowl w/ WG Cookie	CHICKEN BURRITO BOWL 3/4CV BB	EACH	338.93	714.02	6.62	24.17	54.80	2.76	0.68	0.00
		WG OATMEAL COOKIE EL MILAGRO	EACH	216.00	162.00	1.20	4.80	33.60	7.20	1.80	0.00
	Southwest Chicken Salad w/ Baked Chips	SALAD SOUTHWEST CHICKEN 22-23	EACH	129.72	163.36	3.06	15.40	11.33	2.40	0.05	0.00
		CHIPS POPTILLAS ORIGINAL	EACH	190.00	200.00	3.00	4.00	31.00	6.00	0.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
	Plant-Based Chicken Burrito Bowl w/ WG Cookie	V- CHICK BURRITO BOWL 3/4CV BB	EACH	335.57	763.03	8.43	23.55	52.24	3.72	0.11	0.00
		WG OATMEAL COOKIE EL MILAGRO	EACH	216.00	162.00	1.20	4.80	33.60	7.20	1.80	0.00
	Cucumber Slices w/ Tajin	CUCUMBER,RAW PC1/4 C	EACH	6.17	0.82	0.21	0.27	1.49	0.05	0.02	0.00
		TAJIN SEASONING	EACH	3.00	277.50	0.00	0.00	0.00	0.00	0.00	0.00
Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00	

Thu 09-15-2022	Baked Ziti w/ Meat Sauce	BAKED ZITI W/ BEEF 21-22	EACH	370.89	847.56	6.39	18.20	34.89	21.06	6.15	0.00
	Chicken Tamale w/ Seasoned Corn	TAMALE CHICKEN W SEASONED CORN	EACH	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
	Italian Turkey Submarine w/ Fruitable Juice	SANDWICH ITALIAN SUB HUB	EACH	310.00	1110.00	0.00	16.00	30.00	14.00	6.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Double Cheese Sandwich w/ Fruitable Juice	V-SANDWICH DOUBLE CHEESE OAT D	EACH	365.64	1191.28	2.43	11.56	32.13	22.30	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Cheesy Baked Ziti w/ Marinara Sauce	CHEESY PENNE W MARINARA 2G	EACH	484.13	843.93	7.70	22.53	55.04	21.71	7.19	0.00
	Buffalo Chicken Salad w/ WG Wheat Crackers	SALAD BUFFALO CHICKEN 2022 R	EACH	83.37	930.87	0.79	12.75	4.14	2.14	0.03	0.00
RANCH DRESSING		EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00	
CRACKERS WHEAT BASICS 2WG		EACH	170.00	350.00	3.00	3.00	28.00	5.00	0.50	0.00	
Baby Carrots 2	CARROTS, BABY 1/4 C	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00	
Pear	PEAR FRESH 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00	
Fri 09-16-2022	Grilled Cheese	GRILLED CHEESE	EACH	340.00	820.00	2.00	20.00	32.00	18.00	8.00	0.00
	Beef, Bean & Cheese Burrito w/ Hot Sauce	BURRITO BEEF, BEAN, CHEESE BW	EACH	400.00	520.00	3.00	25.00	39.00	16.00	8.00	0.00
		HOT SAUCE CHOLULA	EACH	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00
	Beef BBQ Rib Sandwich	BBQ BEEF PATTY SANDWICH	EACH	299.10	754.59	3.27	14.22	36.46	11.72	3.77	0.00
	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Pinwheel Smoked Turkey & Cheese Sandwich	SDW PINWHEEL(SMOKED TURKEY)	EACH	290.00	1120.00	0.00	18.00	29.00	11.00	4.50	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Double Cheese Sandwich on FR w/ Lettuce	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Tuna Salad w/ Dinner Roll	SALAD TUNA ENTREE K12	EACH	236.21	323.84	1.61	14.65	4.93	17.42	2.61	0.00
		ROLL DINNER 2 OZ	EACH	140.00	220.00	2.00	4.00	27.00	2.00	0.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
	House Salad w/ Italian NEW	SALAD SIDE ROMAINE/CAB/CARROTS	EACH	19.87	18.37	1.82	1.07	4.24	0.19	0.03	0.00
		ITALIAN DRESSING HEINZ	EACH	30.00	130.00	0.00	0.00	0.00	3.00	0.00	0.00
	Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00

Mon 09-19-2022	Vegetarian Cheeseburger w/ Oven Baked Fries	VEGGIE CHEESBURGER/POT 3/4C	EACH	282.51	886.19	5.99	16.53	35.50	10.06	1.51	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
	Cheeseburger w/ Seasoned Fries	CHEESEBURGER & FRIES 3/4C	EACH	530.83	1032.44	5.27	20.84	66.69	21.89	8.80	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
	Turkey & Cheese Sandwich on French Roll w/ Side of Fries	SANDWICH TURKEY&CHEESE 1 OZ FR	EACH	359.49	973.78	3.00	16.32	29.04	13.65	2.53	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
		POTATO CRINKLES SEASONED 3/4C	EACH	200.18	202.96	2.35	2.34	34.60	6.85	2.28	0.00
	Beef Hot Dog w/ Oven Baked Fries	BEEF HOT DOG & SEASONED FRIES	EACH	490.18	892.96	4.35	14.34	62.60	21.35	7.78	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
	Double Cheese Sandwich on French Roll w/ Seasoned Fries	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		POTATO CRINKLES SEASONED 3/4C	EACH	200.18	202.96	2.35	2.34	34.60	6.85	2.28	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
Apple	APPLE FRESH 1 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00	
Tue 09-20-2022	Cheese Lasagna w/ Tomato Basil Sauce	LASAGNA CHEESE	EACH	313.50	850.61	5.00	17.00	41.51	11.31	2.58	0.00
	Chicken Alfredo Pasta w/ Steamed Broccoli	CHICKEN ALFREDO W/BROC 1/2C	EACH	329.46	597.03	4.88	20.16	35.30	13.11	3.51	0.02
	Double Cheese Sandwich on French Roll w/ Baby Carrots	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
	Beef Pastrami & Cheese Sandwich on FR w/ Baby Carrots	SANDW PASTRAMI&CHEESE 1OZ FR	EACH	375.27	1133.66	3.00	18.09	30.01	14.12	3.03	0.00
		CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Chicken Taco Salad w/ Tortilla Chips	SALAD CHICKEN TACO LN 22-23	EACH	170.10	230.50	2.71	18.12	11.13	5.52	1.83	0.00
		TORTILLA CHIPS ROMEROS	EACH	540.00	440.00	6.00	6.00	62.00	30.00	3.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
	Baby Carrots	BABY CARROTS 1/2 C	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
	Apple	APPLE FRESH 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	100% Fruit Juice	JUICE TOTALLY TANGERINE 4 OZ	EACH	60.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00



Wed 09-21-2022	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Beef Nachos w/ Baked Chips	NACHOS W BEEF, BBEANS & CHEESE	EACH	359.78	592.86	7.48	22.76	35.26	13.60	6.05	0.00
		CHIPS POPTILLAS ORIGINAL	EACH	190.00	200.00	3.00	4.00	31.00	6.00	0.00	0.00
	Turkey Breast Club Sandwich w/ Nacho Chips & Bean Dip	SANDWICH TURKEY CLUB BORDER'S	EACH	300.00	970.00	4.00	20.00	29.00	11.00	4.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
	Double Cheese Sandwich w/ Nacho Chips & Bean Dip	CHIPS POPTILLAS NACHO CHEESE	EACH	130.00	190.00	2.00	2.00	19.00	4.50	0.00	0.00
		V-SANDWICH DOUBLE CHEESE OAT D	EACH	365.64	1191.28	2.43	11.56	32.13	22.30	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
	Chicken Chile Verde w/ Pinto Beans, Rice, & WG Cookie	CHICK CHILE VERDE W RICE&BEANS	EACH	263.18	364.53	8.44	22.21	49.61	3.46	0.00	0.00
		WG CHOC CHIP COOKIE EL MILAGRO	EACH	140.00	120.00	0.00	3.00	22.00	4.50	1.50	0.00
	Plant- Based Chicken Chile Verde w/ Pinto Beans, Rice, &	V- CHICKEN CHILE VERDE W R&B	EACH	263.61	487.83	9.77	24.06	52.94	2.44	0.00	0.00
		WG CHOC CHIP COOKIE EL MILAGRO	EACH	140.00	120.00	0.00	3.00	22.00	4.50	1.50	0.00
	Southwest Chicken Salad w/ Baked Chips	SALAD SOUTHWEST CHICKEN 22-23	EACH	129.72	163.36	3.06	15.40	11.33	2.40	0.05	0.00
		CHIPS POPTILLAS ORIGINAL	EACH	190.00	200.00	3.00	4.00	31.00	6.00	0.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
Jicama w/ Tajin	JICAMA PC 1.35 OZ (1/4 c)	EACH	14.54	1.53	1.88	0.28	3.38	0.03	0.01	0.00	
	TAJIN SEASONING	EACH	3.00	277.50	0.00	0.00	0.00	0.00	0.00	0.00	
Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00	
Thu 09-22-2022	Chicken Tamale w/ Seasoned Corn	TAMALE CHICKEN W SEASONED CORN	EACH	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
	Cheese Tamale w/ Seasoned Corn	TAMALE CHEESE W SEASONED CORN	EACH	444.50	502.52	3.95	10.84	49.84	21.95	10.00	0.00
	Italian Turkey Submarine w/ Fruitable Juice	SANDWICH ITALIAN SUB HUB	EACH	310.00	1110.00	0.00	16.00	30.00	14.00	6.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Double Cheese Sandwich w/ Fruitable Juice	V-SANDWICH DOUBLE CHEESE OAT D	EACH	365.64	1191.28	2.43	11.56	32.13	22.30	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Beef BBQ Meatballs w/ Mashed Potatoes	BBQ BEEF MEATBALLS & MASH 1/2C	EACH	262.02	951.28	2.44	11.90	20.93	13.88	4.55	0.00
		ROLL DINNER 2 OZ	EACH	140.00	220.00	2.00	4.00	27.00	2.00	0.00	0.00
	Buffalo Chicken Salad w/ WG Wheat Crackers	SALAD BUFFALO CHICKEN 2022 R	EACH	83.37	930.87	0.79	12.75	4.14	2.14	0.03	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
CRACKERS WHEAT BASICS 2WG		EACH	170.00	350.00	3.00	3.00	28.00	5.00	0.50	0.00	
Baby Carrots 2	CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00	
Apple Sauce	APPLESAUCE CUP 4.5 OZ	EACH	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00	

Fri 09-23-2022	Cheese Pizza Sliders	PIZZA CHEESE SLIDERS 90632	EACH	294.47	597.77	3.52	18.63	30.72	11.16	6.01	0.00
	Beef, Bean & Cheese Burrito w/ Hot Sauce	BURRITO BEEF, BEAN, CHEESE BW	EACH	400.00	520.00	3.00	25.00	39.00	16.00	8.00	0.00
		HOT SAUCE CHOLULA	EACH	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00
	Chicken Parm Sandwich	CHICKEN PARM SANDWICH	EACH	421.23	721.68	3.50	19.89	49.20	16.83	4.13	0.00
	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Pinwheel Smoked Turkey & Cheese Sandwich	SDW PINWHEEL(SMOKED TURKEY)	EACH	290.00	1120.00	0.00	18.00	29.00	11.00	4.50	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Double Cheese Sandwich on FR w/ Lettuce	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Tuna Salad w/ Dinner Roll	SALAD TUNA ENTREE K12	EACH	236.21	323.84	1.61	14.65	4.93	17.42	2.61	0.00
		ROLL DINNER 2 OZ	EACH	140.00	220.00	2.00	4.00	27.00	2.00	0.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
Romaine Salad w/ Ranch	SALAD SIDE ROMAINE/CAB/CARROTS	EACH	19.87	18.37	1.82	1.07	4.24	0.19	0.03	0.00	
	RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00	
Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00	
Mon 09-26-2022	Cheeseburger w/ Seasoned Fries	CHEESEBURGER & FRIES 3/4C	EACH	530.83	1032.44	5.27	20.84	66.69	21.89	8.80	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
	Chicken Patty Burger w/ Seasoned Fries	CHICKEN PATTY BURGER&FRIES 3/4	EACH	514.92	983.50	5.30	20.65	77.08	15.33	4.15	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
	Plant-Based Chicken Tenders w/ Seasoned Fries	V "CHICKEN" TENDERS & FRIES	EACH	501.49	906.03	4.36	22.42	56.70	20.91	3.28	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
		ROLL DINNER 2 OZ	EACH	140.00	220.00	2.00	4.00	27.00	2.00	0.00	0.00
	Turkey & Cheese Sandwich on French Roll w/ Side of Fries	SANDWICH TURKEY& CHEESE FR	EACH	359.49	973.78	3.00	16.32	29.04	13.65	2.53	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
		POTATO CRINKLES SEASONED 3/4C	EACH	200.18	202.96	2.35	2.34	34.60	6.85	2.28	0.00
	Double Cheese Sandwich on French Roll w/ Seasoned Fries	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		POTATO CRINKLES SEASONED 3/4C	EACH	200.18	202.96	2.35	2.34	34.60	6.85	2.28	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
Apple	APPLE FRESH 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00	

Tue 09-27-2022	Cheese Lasagna w/ Tomato Basil Sauce	LASAGNA CHEESE	EACH	313.50	850.61	5.00	17.00	41.51	11.31	2.58	0.00
	Chicken Enchiladas w/ Creamy Green Salsa	ENCHILADA CHICKEN SUIZAS	EACH	269.78	447.45	12.00	24.50	50.99	8.98	3.74	0.00
	Cheese Enchiladas w/ Creamy Green Salsa	ENCHILADA CHEESE SUIZAS	EACH	349.78	637.45	10.00	22.50	50.99	16.98	7.74	0.00
	Double Cheese Sandwich on French Roll w/ Baby Carrots	V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
	Beef Pastrami & Cheese Sandwich on FR w/ Baby Carrots	SANDW PASTRAMI&CHEESE 1OZ FR	EACH	375.27	1133.66	3.00	18.09	30.01	14.12	3.03	0.00
		CARROTS, BABY PC 1/4 C 1.25 OZ	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
	Chicken Taco Salad w/ Tortilla Chips	SALAD CHICKEN TACO LN 22-23	EACH	170.10	230.50	2.71	18.12	11.13	5.52	1.83	0.00
		TORTILLA CHIPS ROMEROS	EACH	540.00	440.00	6.00	6.00	62.00	30.00	3.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
	Baby Carrots	BABY CARROTS 1/2 C	EACH	28.35	49.61	2.13	0.71	7.09	0.00	0.00	0.00
	Apple	APPLE FRESH 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
100% Fruit Juice	JUICE TOTALLY TANGERINE 4 OZ	EACH	60.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00	
Wed 09-28-2022	Papa John's Cheese Pizza	PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
	Papa John's Pepperoni Pizza	PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
	Beef Nachos w/ Baked Chips	NACHOS W BEEF, BBEANS & CHEESE	EACH	359.78	592.86	7.48	22.76	35.26	13.60	6.05	0.00
		CHIPS POPTILLAS ORIGINAL	EACH	190.00	200.00	3.00	4.00	31.00	6.00	0.00	0.00
	Turkey Breast Club Sandwich w/ Nacho Chips & Bean Dip	SANDWICH TURKEY CLUB BORDER'S	EACH	300.00	970.00	4.00	20.00	29.00	11.00	4.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
		CHIPS POPTILLAS NACHO CHEESE	EACH	130.00	190.00	2.00	2.00	19.00	4.50	0.00	0.00
	Double Cheese Sandwich w/ Nacho Chips & Bean Dip	V-SANDWICH DOUBLE CHEESE OAT D	EACH	365.64	1191.28	2.43	11.56	32.13	22.30	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
		CHIPS POPTILLAS NACHO CHEESE	EACH	130.00	190.00	2.00	2.00	19.00	4.50	0.00	0.00
	Turkey Chili w/ Tortilla Chips	TURKEY AND BEAN CHILI 1 CUP	EACH	301.37	606.19	8.17	24.35	31.63	11.53	2.06	0.00
		TORTILLA CHIPS ROMEROS	EACH	540.00	440.00	6.00	6.00	62.00	30.00	3.00	0.00
	Bean & Cheese Burrito w/ Nacho Chips & Bean Dip	BURRITO BEAN & CHEESE BW	EACH	397.00	447.00	9.00	18.50	56.00	11.00	4.70	0.00
		BEAN DIP W/ SALSA & CHEESE	EACH	193.28	359.13	6.75	11.35	30.71	3.13	0.90	0.00
		CHIPS POPTILLAS NACHO CHEESE	EACH	130.00	190.00	2.00	2.00	19.00	4.50	0.00	0.00

	Southwest Chicken Salad w/ Baked Chips	SALAD SOUTHWEST CHICKEN 22-23	EACH	129.72	163.36	3.06	15.40	11.33	2.40	0.05	0.00
		CHIPS POPTILLAS ORIGINAL	EACH	190.00	200.00	3.00	4.00	31.00	6.00	0.00	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
	Cucumber Slices w/ Tajin	CUCUMBER,RAW (1/4 C)	EACH	6.17	0.82	0.21	0.27	1.49	0.05	0.02	0.00
		TAJIN SEASONING	EACH	3.00	277.50	0.00	0.00	0.00	0.00	0.00	0.00
Banana	BANANA 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00	
Thu 09-29-2022	Breakfast for Lunch w/ Pancakes, Veg	V- BREAKFAST FOR LUNCH 2G	EACH	539.43	1244.75	7.17	26.06	65.31	19.18	2.08	0.00
		SYRUP	EACH	35.00	5.00	0.00	0.00	8.00	0.00	0.00	0.00
	Chicken Tamale w/ Seasoned Corn	TAMALE CHICKEN W SEASONED CORN	EACH	394.50	416.52	2.94	13.83	43.84	17.94	7.00	0.00
	Italian Turkey Submarine w/ Fuitable Juice	SANDWICH ITALIAN SUB HUB	EACH	310.00	1110.00	0.00	16.00	30.00	14.00	6.00	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Double Cheese Sandwich w/ Fuitable Juice	V-SANDWICH DOUBLE CHEESE OAT D	EACH	365.64	1191.28	2.43	11.56	32.13	22.30	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
		VEG JUICE FRUITABLE 4.23 OZ	EACH	60.00	10.00	-1.00	0.00	13.00	0.00	0.00	0.00
	Buffalo Chicken Salad w/ WG Wheat Crackers	SALAD BUFFALO CHICKEN 2022 R	EACH	83.37	930.87	0.79	12.75	4.14	2.14	0.03	0.00
		RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
		CRACKERS WHEAT BASICS 2WG	EACH	170.00	350.00	3.00	3.00	28.00	5.00	0.50	0.00
	Breakfast for Lunch: Pancake, Turkey Sausage Links & Seasoned	BREAKFAST 4 LUNCH 1G-TURKEY	EACH	285.00	700.00	1.50	22.00	15.00	17.00	4.00	0.00
		SYRUP	EACH	35.00	5.00	0.00	0.00	8.00	0.00	0.00	0.00
	Baby Carrots 2	CARROTS, BABY 1/4 C	EACH	12.40	27.64	1.03	0.23	2.92	0.05	0.01	0.00
	Pear	PEAR FRESH 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Fri 09-30-2022	Beef, Bean & Cheese Burrito w/ Hot Sauce	BURRITO BEEF, BEAN, CHEESE BW	EACH	400.00	520.00	3.00	25.00	39.00	16.00	8.00
HOT SAUCE CHOLULA			EACH	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00
Papa John's Cheese Pizza		PIZZA CHEESE PAPA JOHNS	EACH	310.00	640.00	3.00	20.00	37.00	10.00	4.00	0.00
Papa John's Pepperoni Pizza		PIZZA PEPPERONI PAPA JOHNS	EACH	350.00	770.00	3.00	20.00	37.00	14.00	5.00	0.00
Pinwheel Smoked Turkey & Cheese Sandwich		SDW PINWHEEL(SMOKED TURKEY)	EACH	290.00	1120.00	0.00	18.00	29.00	11.00	4.50	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
Double Cheese Sandwich on FR w/ Lettuce		V-SANDWICH DOUBLE CHEESE FR	EACH	425.64	1231.28	3.43	13.56	30.13	22.80	8.61	0.00
		MAYONNAISE PACKET	EACH	90.00	65.00	0.00	-1.00	0.00	9.00	1.50	0.00
Mac & Cheese w/ WG Cookie		MAC & CHEESE CHEDDAR/ALF 2022	EACH	429.13	719.21	2.87	17.06	29.95	25.97	9.46	0.00
		WG SUGAR COOKIE EL MILAGRO	EACH	173.00	196.55	1.85	2.69	28.04	6.12	2.39	0.00

Tuna Salad w/ Dinner Roll	SALAD TUNA ENTREE K12	EACH	236.21	323.84	1.61	14.65	4.93	17.42	2.61	0.00
	ROLL DINNER 2 OZ	EACH	140.00	220.00	2.00	4.00	27.00	2.00	0.00	0.00
	RANCH DRESSING	EACH	60.00	90.00	0.00	0.00	0.00	6.00	1.00	0.00
House Salad w/ Italian NEW	SALAD SIDE ROMAINE/CAB/CARROTS	EACH	19.87	18.37	1.82	1.07	4.24	0.19	0.03	0.00
	ITALIAN DRESSING HEINZ	EACH	30.00	130.00	0.00	0.00	0.00	3.00	0.00	0.00
Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Fat Free Chocolate Milk	MILK FAT FREE CHOCOLATE	EACH	120.00	200.00	0.00	7.00	23.00	0.00	0.00	0.00

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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