

EVERYTHING ELSE

Holiday Meal will be posted separately

<u>Fresh Fruit Choices:</u>		<u>Milk Choices:</u>		<u>Chef Salads (Offered Every Mon & Wed):</u>	
Apple, Fuji	8 g	Skim Milk, Unflavored	12 g	Buffalo Tenders (MS & HS)	30 g
Apple, Gala	8 g	Skim Milk, Chocolate	19 g	Chicken Patty (Elem & MS)	21 g
Apple, Granny Smith	8 g	Skim Milk, Strawberry	19 g	Chicken Strips (Elem & MS)	18 g
Apple, Red Delicious	8 g	1% Low Fat, Unflavored	12 g	Ham Deli	8 g
Banana	23 g	Lactaid, Fat Free (Special Diet Item)	13 g	Turkey Deli	7 g
Raisins	30 g	Soy Milk (Special Diet Item)	17 g	Tuna	8 g
Strawberry Cups	22 g				
Watermelon	10 g	<u>Afterschool Snacks:</u>		All Served with Ranch dressing, 1.5 oz: 7 g	
Watermelon (PreK/AVANCE)	5 g	Animal Crackers	21 g	Elem & MS w/ a Side of Grain:	Crackers (3 each): 13.5 g
		Breakfast Graham	21 g	Turkey Ham, Turkey, Tuna	1 oz Biscuit: 17 g
<u>A-La-Carte Snacks:</u>		Goldfish	14 g		2 oz Wheat Roll: 24 g
Bar, Chocolate Crunch (MS & HS)	26 g	Graham Cracker Sticks	21 g		
Bar, Fudge (MS & HS)	16 g	Blueberry Muffins	20 g	HS w/ 1 oz Grain:	Crackers (3 each): 13.5 g
Bar, Strawberry Crunch (MS & HS)	25 g	Nutrigrain Bar, Strawberry	29 g	Buffalo Tenders	1 oz Biscuit: 17 g
Cheese Puffs, Flaming Hot	13 g	String Cheese	1 g		
Cheetos, Baked, Flamin Hot	17 g	Cornmeal Super Star	23 g	HS w/ 2 oz Grain:	Crackers (6 each): 27 g
Cheetos, Baked, Flamin Hot Sticks	20 g	Strawberry Yogurt	14 g	Turkey Ham, Turkey, Tuna	1 oz Biscuit: 17 g
Cheetos, Baked, Crunch	16 g	Strawberry Banana Yogurt	14 g		2 oz Wheat Roll: 24 g
Cookie, Chocolate Chip	18 g	Vanilla Yogurt	14 g		
Cookie, Carnival	18 g	Raspberry Yogurt	14 g		
Cheez-Its Crackers	14 g			<u>Condiments:</u>	
Go-Gurt, Strawberry	10 g	<u>Juice (Afterschool Snack):</u>		BBQ Sauce Cup (MS & HS)	10 g
Oven Baked Potato, Regular Chips	19 g	Apple Juice, 6 oz (All Schools)	20 g	Guacamole Cup (HS)	4 g
Oven Baked Potato, BBQ Chips	19 g	Orange Juice, 6 oz (All Schools)	19 g	Honey Mustard (MS & HS)	5 g
Rice Krispie (Elem)	9 g	Fruit Punch 4 oz (AVANCE)	15 g	Jelly (all flavors)	9 g
Rice Krispie (MS & HS)	31 g	Grape, 4 oz (AVANCE)	22 g	Ketchup packet	3 g
Sandwich, Cookies N Cream (MS & HS)	29 g	Orange Pineapple, 4 oz (AVANCE)	15 g	Mayo packet	1 g
Sandwich, Vanilla (MS & HS)	33 g	Orange Juice, 4 oz (AVANCE)	13 g	Mustard packet	1 g
SmartFood Popcorn (MS & HS)	9 g			Ranch dressing, 12 gm	2 g
Sun Chips, Garden Salsa	19 g	<u>Cereal:</u>		Parmesan packet (HS)	0 g
Sunflower Seeds, Salted	6 g	Cinnamon Mini Wheats	24 g	Picante Salsa	1 g
Tositos, Baked, Scoops	19 g	Cinnamon Toast Crunch	22 g	Sour Cream (HS)	4 g
		Frosted Flakes	24 g	Tartar Sauce	1 g
<u>A-La-Carte Drinks:</u>		Fruit Loops	24 g		
G2 Mixed Berry Clear (HS)	7 g	Golden Grahams	24 g	<u>Juice Alive/Fruit Slushies (A-La-Carte)</u>	
G2 Glacier Freeze (HS)	7 g	Trix	24 g	All Flavors, 8 oz portion	20 g
G2 Grape (HS)	7 g			All Flavors, 12 oz portion	29-30 g
G2 Orange (HS)	7 g	<u>AVANCE Cereal:</u>			
G2 Fruit Punch (HS)	7 g	Cheerios	20 g		
100% Fruit Punch Juice, Envy	29 g	Cinnamon Toast Crunch (Reduced Sugar)	22 g		
100% Cherry Apple Juice, Envy	29 g	Corn Flakes	18 g		
		Rice Krispies	23 g		