

Elementary Lunch

Monday, Jan 1, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Tuesday, Jan 2, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Wednesday, Jan 3, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Thursday, Jan 4, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Friday, Jan 5, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Monday, Jan 8, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Tuesday, Jan 9, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheese Burger/WGR	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Chicken & Cheese Taco CrispUps	340	60	780	2.00	2.00	436.00	0	0.00	2.00	18.00	24.00	20.00	7.00
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapenos	36	0	1133	3.04	3.04	60.75	0	0.00	0.00	3.04	6.08	0.00	0.00
Pico de Gallo	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Wednesday, Jan 10, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken & Broccoli Alfredo	560	100	1041	4.42	2.22	434.64	12	8.75	2.23	30.57	51.57	25.33	11.64
Chicken Strips w/ Emoji's	280	40	370	2.49	1.54	12.00	0	0.00	0.00	17.49	24.44	11.99	1.87
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	47	0	299	0.79	0.79	0.00	0	0.00	8.66	0.79	11.81	0.00	0.00

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Elementary Lunch

Thursday, Jan 11, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheese Burger/WGR	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Shrimp,Rice &Cheese Burrito	417	75	870	4.62	2.67	134.46	56	1.07	1.17	21.43	44.57	14.59	7.56
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup Packet	10	0	25	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mustard	0	0	85	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayo Packet	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00

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Elementary Lunch

Friday, Jan 12, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Pot Pie	379	74	1078	3.21	2.94	236.27	400	0.57	1.69	24.94	29.63	18.02	10.68
Grilled Cheese Sandwich	262	30	948	0.00	2.00	470.94	182	0.00	6.05	18.17	28.05	10.10	5.06
Chicken Noodle Shaker Salad	599	43	1227	3.56	3.65	49.18	794	33.08	16.24	18.29	53.60	35.52	5.65
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Monday, Jan 15, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Tuesday, Jan 16, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Spaghetti & Meatballs with Garlic Bread	563	40	821	8.63	5.40	120.20	848	13.07	8.07	28.00	85.04	12.28	3.03
Mega Mini Chix w/ Cheeze Its	281	41	492	2.01	1.01	111.37	0	0.00	0.00	19.04	24.17	12.54	2.51
Peach Yogurt Parfait WGR	467	13	271	5.47	2.43	299.30	1268	12.79	54.21	13.63	95.64	6.14	1.91
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	47	0	299	0.79	0.79	0.00	0	0.00	8.66	0.79	11.81	0.00	0.00

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Elementary Lunch

Wednesday, Jan 17, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mummy Dog	290	20	680	4.00	2.32	20.00	100	0.00	5.00	13.00	29.00	13.00	4.00
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Shaker Caesar Salad w/Crouton & Grlic Knot	607	94	1594	4.96	3.52	410.39	8313	3.76	5.07	28.06	44.60	35.79	10.43
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Thursday, Jan 18, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken & Cheese Taco CrispUps	340	60	780	2.00	2.00	436.00	0	0.00	2.00	18.00	24.00	20.00	7.00
Garlic Cheese Sticks Marinara Sauce WGR	200	20	370	3.00	1.00	209.32	0	0.00	5.00	10.49	21.48	8.49	4.00
Turkey & Cheese on Roll WGR	230	25	680	2.00	2.00	160.00	0	0.00	4.00	17.00	29.00	6.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Friday, Jan 19, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Veggie w/Cheese Pizza WGR	363	41	550	3.32	3.86	322.07	1876	78.14	4.65	30.66	35.75	16.22	11.00
Pizza, Pepperoni WGR	350	40	580	3.00	2.70	349.83	500	11.99	7.00	21.99	29.99	15.99	7.00
Hamburger	461	63	489	3.87	3.39	211.42	0	0.00	4.76	23.93	36.62	15.60	6.40
Cheeseburger	496	71	646	3.87	3.39	311.65	46	0.00	5.78	27.48	37.63	17.62	7.67
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup Packet	10	0	25	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mayo Packet	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00
Mustard	0	0	85	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Monday, Jan 22, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
French Toast Brunch 4 Lunch / Sausage	120	60	340	0.00	0.72	0.00	0	0.00	0.00	12.00	2.00	6.00	2.00
BLT Wrap	390	35	974	5.42	2.78	131.76	4573	13.37	2.42	15.01	30.56	21.33	5.97
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup Cup	80	0	15	0.00	0.00	0.00	0	0.00	21.00	0.00	21.00	0.00	0.00

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Elementary Lunch

Tuesday, Jan 23, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Quesadilla	320	50	709	3.95	2.64	106.67	47	2.83	1.46	16.36	26.15	16.13	7.72
Cheese Quesadilla	391	61	691	3.95	1.98	509.64	0	0.00	0.99	16.10	27.70	23.16	13.63
Quesadilla Supreme WGR	363	73	636	3.95	3.50	316.79	356	2.83	1.46	25.27	27.16	17.50	7.76
Chicken Soft Taco's	179	38	414	2.48	1.07	57.28	0	0.00	1.02	9.96	15.89	7.96	2.08
Chili & Cheese Tamale WGR	370	35	470	2.00	0.00	250.00	750	9.00	2.00	11.00	29.00	24.00	10.00
Chicken Tamale w/ Green Sauce WGR	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapenos	36	0	1133	3.04	3.04	60.75	0	0.00	0.00	3.04	6.08	0.00	0.00
Pico de Gallo	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Wednesday, Jan 24, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chili w/ Cheese & Chips	516	30	1194	11.95	2.74	295.21	1184	4.81	3.45	16.08	56.69	24.54	7.65
Chicken Strips w/ Emoji's	280	40	370	2.49	1.54	12.00	0	0.00	0.00	17.49	24.44	11.99	1.87
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Barbeque Sauce	47	0	299	0.79	0.79	0.00	0	0.00	8.66	0.79	11.81	0.00	0.00

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Elementary Lunch

Thursday, Jan 25, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Cheese Burger/WGR	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Shrimp,Rice &Cheese Burrito	417	75	870	4.62	2.67	134.46	56	1.07	1.17	21.43	44.57	14.59	7.56
PB & J Grape Sandwich WGR	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Ketchup Packet	10	0	25	0.00	0.00	0.00	0	0.00	2.00	0.00	2.00	0.00	0.00
Mustard	0	0	85	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pickles, Dill	0	0	3	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayo Packet	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00

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Elementary Lunch

Friday, Jan 26, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Pot Pie	379	74	1078	3.21	2.94	236.27	400	0.57	1.69	24.94	29.63	18.02	10.68
Grilled Cheese Sandwich	262	30	948	0.00	2.00	470.94	182	0.00	6.05	18.17	28.05	10.10	5.06
Meatball Pizza Pocket w. Cheese	1890	45	17934	84.76	33.05	1048.22	40929	627.48	201.17	106.58	336.91	41.49	7.88
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Monday, Jan 29, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pizza, Pepperoni WGR	350	40	580	3.00	2.70	349.83	500	11.99	7.00	21.99	29.99	15.99	7.00
Cheese Pizza WGR	344	41	548	2.00	1.08	300.00	0	0.00	2.00	30.00	32.00	16.00	11.00
Veggie w/Cheese Pizza WGR	363	41	550	3.32	3.86	322.07	1876	78.14	4.65	30.66	35.75	16.22	11.00
Chicken Caesar Wrap	444	85	1144	4.94	2.56	305.90	4156	1.88	2.03	22.50	35.55	23.10	6.95
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Elementary Lunch

Tuesday, Jan 30, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Orange Chicken/Rice	472	40	280	3.80	2.16	0.00	0	1.20	10.00*	20.00	85.00	5.86	0.50
Breaded Chicken Sandwich WG	391	45	528	6.57	2.79	202.42	0	0.00	4.76	27.33	44.72	9.00	1.50
Peach Yogurt Parfait WGR	467	13	271	5.47	2.43	299.30	1268	12.79	54.21	13.63	95.64	6.14	1.91
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mayo Packet	35	5	115	0.00	0.00	0.00	0	0.00	1.00	0.00	3.00	3.00	0.00

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Elementary Lunch

Wednesday, Jan 31, 2024

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Pasta w/ Garlic Bread	875	63	1116	12.58	6.14	483.50	1721	0.99	11.62*	48.15	112.06	26.95	11.14
Shaker Caesar Salad w/Crouton & Grlc Knot	607	94	1594	4.96	3.52	410.39	8313	3.76	5.07	28.06	44.60	35.79	10.43
Spicy Beef Taco Stick WGR	345	52	631	3.85	2.77	328.78	252	6.37	*N/A*	20.07	31.87	12.82	8.35
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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