

07/27			07/28		CAL		CARB		07/29			CAL		CARB		07/30			CAL		CARB		07/31			CAL		CARB	
Peanut Butter & Jelly WG Sandwich ^v	591	64	Yogurt & Granola	150/220	30/47	Southwest Turkey Salad w/ WG Scoops	179	22	110	19	Sliced Buffalo Chicken & Cheese WG	306	32	Turkey Ham & Cheese Sandwich	268	29													
Baby Carrots	30	7	Celery Sticks & Grape Tomatoes	11	2	Mixed Pepper Strips w/ Ranch	13	3	142	1	Croissant Sandwich	12	3	Veggie Juice	45	11													
w/ Ranch	142	1	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	20-127	7-33	Cucumber Slices & Grape Tomatoes w/ Ranch	142	1	Fresh Fruit	20-127	7-33													
Dried Fruit	120	30									Fresh Fruit	20-127	7-33																
MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																				
08/03			08/04		08/05		08/06		08/07																				
Peanut Butter & Jelly WG Sandwich ^v	591	64	Chicken Patty WG Sandwich	342	36	Turkey Ham & Cheese WG Croissant Sandwich	320	32	Turkey Salad Wrap Roasted Chickpeas Fresh Fruit	425	56	Sliced Buffalo Chicken & Cheese WG Sandwich	254	30															
Baby Carrots	30	7	Celery Sticks	3	1	Veggie Juice	45	11				Fresh Broccoli Florets w/ Ranch	15	2															
w/ Ranch	142	1	w/ Ranch	142	1	Fresh Fruit	20-127	7-33	20-127	7-33	20-127	7-33	Fresh Fruit	142	1														
Mandarin Oranges	70	17	Fresh Fruit	20-127	7-33								Fresh Fruit	20-127	7-33														
08/10			08/11		08/12		08/13		08/14																				
Peanut Butter & Jelly WG Sandwich ^v	591	64	Yogurt & Granola	150/220	30/47	Southwest Turkey Salad w/ WG Scoops	179	22	110	19	Sliced Buffalo Chicken & Cheese WG	306	32	Turkey Ham & Cheese Sandwich	268	29													
Baby Carrots	30	7	Celery Sticks & Grape Tomatoes	11	2	Mixed Pepper Strips w/ Ranch	13	3	142	1	Croissant Sandwich	12	3	Veggie Juice	45	11													
w/ Ranch	142	1	Fresh Fruit	20-127	7-33	Fresh Fruit	20-127	7-33	20-127	7-33	Cucumber Slices & Grape Tomatoes w/ Ranch	142	1	Fresh Fruit	20-127	7-33													
Dried Fruit	120	30									Fresh Fruit	20-127	7-33																
Menu Key: Cal = Calories Carb = Carbohydrates ^v = Vegan WG = Whole Grain No Pork Products																													
Alternate Bag Meals (Vegetable, Fruit, and Milk are included in the bag meal.) <ul style="list-style-type: none"> Turkey (No Cheese) on WG Bun: 245 cal / 28 g carbs Meatless, Gluten/Wheat Free: (2) Hummus Cups^v & Scoops & 1/2c Salsa: 355 cal / 60 g carbs Meatless, Gluten/Wheat Free: (2) Cheese Cubes & Scoops & 1/2c Salsa: 314 cal / 26 g carbs 																													
Assorted fruit and milk are available at every meal. FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20 LACTOSE-FREE MILK: Calories 90 Carbs 13																													
Standard Calorie/Carb Counts for Bread/Grains (calories/grams) <ul style="list-style-type: none"> WG Hamburger Bun: 140 / 27 WG Croissant: 190 / 29 Scoops: 110 / 19 Blueberry Chex Cereal: 240 / 46 Honey Cheerios Cereal: 210 / 44 																													