

Menu Calendar Report - May, 2023

Generated on: 3/27/2023 11:46:32 AM by Jessica Brown

Site: WEST RUSK J H
Meal Type: Lunch
Site Group: Middle Schools
Menu Line: cafeteria service

Monday		Tuesday		Wednesday		Thursday		Friday	
1 May		2 May		3 May		4 May		5 May	
Chicken Nuggets (16.00 g)		Burrito (40.00 g)		Steakfinger (PK-5th) (18.83 g)		Pepperoni Pizza (29.00 g)		Hamburger (25.00 g)	
Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Chicken Fried Steak (19.00 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)	
Fresh Salad (3.50 g)		Baby Carrots (2.00 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Celery, Stick, Fresh, ind. Package, 50/3oz. (0.98 g)		Baby Carrots (2.00 g)	
Mashed Potatoes (13.00 g)		Pinto Beans (20.00 g)		Green Beans (1.89-3.79 g)		Corn (24.25 g)		Tri-Taters (14.00 g)	
APPLE, RED, FANCY (20.00 g)		Corn (24.25 g)		Mashed Potatoes (13.00 g)		Fresh Apple (16.00 g)		Banana, fresh (54.00 g)	
Oranges, fresh,whole 113 ct FCY (18.00 g)		APPLE, RED, FANCY (20.00 g)		APPLE, RED, FANCY (20.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Fresh Apple (16.00 g)	
Bread Stick (15.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		White Milk (13.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)	
White Milk (13.00 g)		White Milk (13.00 g)		Bread Stick (15.00 g)		Choc. Milk (20.00 g)		White Milk (13.00 g)	
Choc. Milk (20.00 g)		Choc. Milk (20.00 g)		White Milk (13.00 g)		Strawberry Milk (18.00 g)		Choc. Milk (20.00 g)	
Strawberry Milk (18.00 g)		Strawberry Milk (18.00 g)		Choc. Milk (20.00 g)		Crunchy Broccoli Salad (3.21 g)		Strawberry Milk (18.00 g)	
Celery Sticks (0.98 g)		Salsa (4.00 g)		Strawberry Milk (18.00 g)		Ken's Light Ranch Dressing Cup (2.00 g)		160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese (2.48 g)	
Ken's Light Ranch Dressing Cup (2.00 g)		Cheese Cup (2.00 g)		Peppered Gravey (5.00 g)				Hamburger Fixing (0.04 g)	
Ketchup Cup (7.00 g)								Ketchup Cup (7.00 g)	
Peppered Gravey (5.00 g)								Mayonnaise Pack (3.00 g)	
								Mustard Pack (1.00 g)	
8 May		9 May		10 May		11 May		12 May	
Chicken Drum Stick (5.00 g)		Soft Beef Taco (14.50-29.00 g)		Steakfinger (PK-5th) (18.83 g)		Pepperoni Pizza (29.00 g)		Corndog (PK-5th) (31.11 g)	
Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Hamburger (25.00 g)	
Celery, Stick, Fresh, ind. Package, 50/3oz. (0.98 g)		Baby Carrots (2.00 g)		Baked Beans (Veg.) (34.38 g)		Celery, Stick, Fresh, ind. Package, 50/3oz. (0.98 g)		Turkey Ham and Cheese Sandwich (0.02 g)	
Fresh Salad (3.50 g)		Pinto Beans (20.00 g)		Mashed Potatoes (13.00 g)		Corn (24.25 g)		Baby Carrots (2.00 g)	
Mashed Potatoes (13.00 g)		Corn (24.25 g)		Fresh Apple (16.00 g)		Crunchy Broccoli Salad (2.79 g)		Banana, fresh (54.00 g)	
Fresh Apple (16.00 g)		Fresh Apple (16.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Fresh Apple (16.00 g)		Fresh Apple (16.00 g)	
Oranges, fresh,whole 113 ct FCY (18.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Bread Stick (15.00-30.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)	
Bread Stick (15.00-30.00 g)		White Milk (13.00 g)		White Milk (13.00 g)		White Milk (13.00 g)		White Milk (13.00 g)	
White Milk (13.00 g)		Choc. Milk (20.00 g)		Choc. Milk (20.00 g)		Choc. Milk (20.00 g)		Choc. Milk (20.00 g)	
Choc. Milk (20.00 g)		Strawberry Milk (18.00 g)		Strawberry Milk (18.00 g)		Strawberry Milk (18.00 g)		Strawberry Milk (18.00 g)	
Strawberry Milk (18.00 g)		Salsa (4.00 g)		Peppered Gravey (5.00 g)		Ken's Light Ranch Dressing Cup (2.00 g)		Oven Fries	
Ken's Light Ranch Dressing Cup (2.00 g)		Cheese Cup (2.00 g)						160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese (2.48 g)	
Peppered Gravey (5.00 g)		Taco Fixing (3.15 g)						Hamburger Fixing (0.04 g)	
								Ketchup Cup (7.00 g)	
								Mayonnaise Pack (3.00 g)	
								Mustard Pack (1.00 g)	

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Monday		Tuesday		Wednesday		Thursday		Friday	
15 May		16 May		17 May		18 May		19 May	
Popcorn Chicken (16.00 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Mini Corn Dogs (PK-5TH) (30.00 g)		Pepperoni Pizza (29.00 g)		Corndog (PK-5th) (31.11 g)	
Turkey Ham and Cheese Sandwich (0.02 g)		Baby Carrots (2.00 g)		Salisbury steak (2.00 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Hamburger (25.00 g)	
Celery, Stick, Fresh, ind. Package, 50/3oz. (0.98 g)		Pinto Beans (20.00 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Corn (24.25 g)		Turkey Ham and Cheese Sandwich (0.02 g)	
Fresh Salad (3.50 g)		Corn (24.25 g)		Savory Green Beans (0.60 g)		Crunchy Broccoli Salad (2.79 g)		Baby Carrots (2.00 g)	
Mashed Potatoes (13.00 g)		Fresh Apple (16.00 g)		Mashed Potatoes (13.00 g)		Fresh Apple (16.00 g)		Tri-Taters (14.00 g)	
Fresh Apple (16.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Fresh Apple (16.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Banana, fresh (54.00 g)	
Oranges, fresh,whole 113 ct FCY (18.00 g)		Quesadilla, frozen, WG Chicken & Cheese, 4.4 oz., Coyote Grill, Schwans, 78373 (32.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		White Milk (13.00 g)		Fresh Apple (16.00 g)	
Bread Stick (15.00-30.00 g)		White Milk (13.00 g)		Roll, Dinner, Dough, Frozen, WG, 180/2 oz., rich products, 5295 (24.00 g)		Choc. Milk (20.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)	
White Milk (13.00 g)		Choc. Milk (20.00 g)		White Milk (13.00 g)		Strawberry Milk (18.00 g)		White Milk (13.00 g)	
Choc. Milk (20.00 g)		Strawberry Milk (18.00 g)		Choc. Milk (20.00 g)		Ken's Light Ranch Dressing Cup (2.00 g)		Choc. Milk (20.00 g)	
Strawberry Milk (18.00 g)		Ketchup Cup (7.00 g)		Strawberry Milk (18.00 g)				Strawberry Milk (18.00 g)	
Ken's Light Ranch Dressing Cup (2.00 g)		Mayonnaise Pack (3.00 g)		Brown Gravy (3.00 g)				160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese (2.48 g)	
Ketchup Cup (7.00 g)		Mustard Pack (1.00 g)		Ketchup Cup (7.00 g)				Hamburger Fixing (0.04 g)	
Peppered Gravey (5.00 g)				Mayonnaise Pack (3.00 g)				Ketchup Cup (7.00 g)	
				Mustard Pack (1.00 g)				Mayonnaise Pack (3.00 g)	
								Mustard Pack (1.00 g)	
22 May		23 May		24 May		25 May		26 May	
Chicken Strips (15.00 g)		Beef Nacho (17.51-35.02 g)		BBQ Sandwich (42.00 g)		Pepperoni Pizza (29.00 g)		Hamburger (25.00 g)	
Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)		Turkey Ham and Cheese Sandwich (0.02 g)	
Celery, Stick, Fresh, ind. Package, 50/3oz. (0.98 g)		Pinto Beans (20.00 g)		Baked Beans (Veg.) (34.38 g)		Corn (24.25 g)		Baby Carrots (2.00 g)	
Salad (2.00 g)		Corn (24.25 g)		Coleslaw 1/2 Cup (7.16 g)		Crunchy Broccoli Salad (2.79 g)		Tri-Taters (14.00 g)	
Mashed Potatoes (13.00 g)		Fresh Apple (16.00 g)		Creamy Cole Slaw (3.56 g)		Fresh Apple (16.00 g)		Banana, fresh (54.00 g)	
Fresh Apple (16.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Fresh Apple (16.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		Fresh Apple (16.00 g)	
Oranges, fresh,whole 113 ct FCY (18.00 g)		White Milk (13.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)		White Milk (13.00 g)		Oranges, fresh,whole 113 ct FCY (18.00 g)	
Bread Stick (15.00 g)		Choc. Milk (20.00 g)		White Milk (13.00 g)		Choc. Milk (20.00 g)		White Milk (13.00 g)	
White Milk (13.00 g)		Strawberry Milk (18.00 g)		Choc. Milk (20.00 g)		Strawberry Milk (18.00 g)		Choc. Milk (20.00 g)	
Choc. Milk (20.00 g)		Salsa (4.00 g)		Strawberry Milk (18.00 g)		Ken's Light Ranch Dressing Cup (2.00 g)		Strawberry Milk (18.00 g)	
Strawberry Milk (18.00 g)		Ken's Light Ranch Dressing Cup (2.00 g)						160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese (2.48 g)	
Ken's Light Ranch Dressing Cup (2.00 g)		Sliced Jalapenos (4.00 g)						Hamburger Fixing (0.04 g)	
Peppered Gravey (5.00 g)		Sour Cream (4.00 g)						Ketchup Cup (7.00 g)	
								Mayonnaise Pack (3.00 g)	
								Mustard Pack (1.00 g)	