

Menu Calendar Report - April, 2023

Generated on: 3/27/2023 12:55:56 PM by Jessica Brown

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

Monday		Tuesday		Wednesday		Thursday		Friday	
3 Apr		4 Apr		5 Apr		6 Apr		7 Apr	
Chicken Nuggets (16.00 g)		Burrito (40.00 g)		Steakfinger (PK-5th) (18.83 g)		Pepperoni Pizza (29.00 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)			
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)			
Mashed Potatoes (13.00 g)		Pinto Beans (20.00 g)		Green Beans (1.89-3.79 g)		Corn (24.25 g)			
APPLE, RED, FANCY (20.00 g)		Corn (24.25 g)		Mashed Potatoes (13.00 g)		Fresh Apple (16.00 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)			
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)			
White Milk (13.00 g)		White Milk (13.00 g)		Bread Stick (15.00 g)		Choc. Milk (20.00 g)			
Choc. Milk (20.00 g)		Choc. Milk (20.00 g)		White Milk (13.00 g)		Strawberry Milk (18.00 g)			
Strawberry Milk (18.00 g)		Strawberry Milk (18.00 g)		Choc. Milk (20.00 g)		Crunchy Broccoli Salad (3.21 g)			
Celery Sticks (0.98 g)		Salsa (4.00 g)		Strawberry Milk (18.00 g)		Ken's Light Ranch Dressing Cup (2.00 g)			
Ken's Light Ranch Dressing Cup (2.00 g)		Cheese Cup (2.00 g)		Peppered Gravey (5.00 g)					
Ketchup Cup (7.00 g)									
Peppered Gravey (5.00 g)									
10 Apr		11 Apr		12 Apr		13 Apr		14 Apr	
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)	
17 Apr		18 Apr		19 Apr		20 Apr		21 Apr	
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)	

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	17 Apr	18 Apr	19 Apr	20 Apr	21 Apr
	Turkey Ham and Cheese Sandwich (0.02 g) Celery, Stick, Fresh, ind. Package, 50/3oz. (0.98 g) Fresh Salad (3.50 g) Mashed Potatoes (13.00 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) Bread Stick (15.00-30.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) Ken's Light Ranch Dressing Cup (2.00 g) Ketchup Cup (7.00 g) Peppered Gravey (5.00 g)	Baby Carrots (2.00 g) Pinto Beans (20.00 g) Corn (24.25 g) Fresh Apple (16.00 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) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) Ketchup Cup (7.00 g) Mayonnaise Pack (3.00 g) Mustard Pack (1.00 g)	Salisbury steak (2.00 g) Turkey Ham and Cheese Sandwich (0.02 g) Savory Green Beans (0.60 g) Mashed Potatoes (13.00 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) Roll, Dinner, Dough, Frozen, WG, 180/2 oz., rich products, 5295 (24.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) Brown Gravy (3.00 g) Ketchup Cup (7.00 g) Mayonnaise Pack (3.00 g) Mustard Pack (1.00 g)	Turkey Ham and Cheese Sandwich (0.02 g) Corn (24.25 g) Crunchy Broccoli Salad (2.79 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) Ken's Light Ranch Dressing Cup (2.00 g)	Hamburger (25.00 g) Turkey Ham and Cheese Sandwich (0.02 g) Baby Carrots (2.00 g) Tri-Taters (14.00 g) Banana, fresh (54.00 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) 160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese (2.48 g) Hamburger Fixing (0.04 g) Ketchup Cup (7.00 g) Mayonnaise Pack (3.00 g) Mustard Pack (1.00 g)
	24 Apr	25 Apr	26 Apr	27 Apr	28 Apr
	Chicken Strips (15.00 g) Turkey Ham and Cheese Sandwich (0.02 g) Celery, Stick, Fresh, ind. Package, 50/3oz. (0.98 g) Salad (2.00 g) Mashed Potatoes (13.00 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) Bread Stick (15.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) Ken's Light Ranch Dressing Cup (2.00 g) Peppered Gravey (5.00 g)	Beef Nacho (17.51-35.02 g) Turkey Ham and Cheese Sandwich (0.02 g) Pinto Beans (20.00 g) Corn (24.25 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) Salsa (4.00 g) Ken's Light Ranch Dressing Cup (2.00 g) Sliced Jalapenos (4.00 g) Sour Cream (4.00 g)	BBQ Sandwich (42.00 g) Turkey Ham and Cheese Sandwich (0.02 g) Baked Beans (Veg.) (34.38 g) Coleslaw 1/2 Cup (7.16 g) Creamy Cole Slaw (3.56 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g)	Pepperoni Pizza (29.00 g) Turkey Ham and Cheese Sandwich (0.02 g) Corn (24.25 g) Crunchy Broccoli Salad (2.79 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) Ken's Light Ranch Dressing Cup (2.00 g)	Hamburger (25.00 g) Turkey Ham and Cheese Sandwich (0.02 g) Baby Carrots (2.00 g) Tri-Taters (14.00 g) Banana, fresh (54.00 g) Fresh Apple (16.00 g) Oranges, fresh,whole 113 ct FCY (18.00 g) White Milk (13.00 g) Choc. Milk (20.00 g) Strawberry Milk (18.00 g) 160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese (2.48 g) Hamburger Fixing (0.04 g) Ketchup Cup (7.00 g) Mayonnaise Pack (3.00 g) Mustard Pack (1.00 g)
	1 May	2 May	3 May	4 May	5 May
	Chicken Nuggets (16.00 g) Turkey Ham and Cheese Sandwich (0.02 g)	Burrito (40.00 g) Turkey Ham and Cheese Sandwich (0.02 g)	Steakfinger (PK-5th) (18.83 g) Chicken Fried Steak (19.00 g)	Pepperoni Pizza (29.00 g) Turkey Ham and Cheese Sandwich (0.02 g)	Hamburger (25.00 g) Turkey Ham and Cheese Sandwich (0.02 g)

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	1 May	2 May	3 May	4 May	5 May
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)	

Carbohydrate values in grams follow the Menu Item name