

Menu Calendar Report - May, 2018

Generated on: 5/3/2018 10:03:26 AM by Mary Sheffield

Site: Liberty Hill High School
 Meal Type: Lunch
 Site Group: CrossRoads Café
 Menu Line: CRC-Favorites

Monday	Tuesday	Wednesday	Thursday	Friday
30 Apr	1 May	2 May	3 May	4 May
Crispy Chicken Nuggets (16.33 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Applesauce, Canned w/ Jello (15.68 g) Diced Peaches (16.89 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Trident Slush, Variety, Frozen or Liquid Beans, Parmesan Italian Green (5.89 g) Carrots,Baby, raw (5.84 g) Fresh Broccoli Florets (2.12 g) Mashed Potatoes, Excel (13.39 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Peppered Fat Free Gravy (5.20 g)	Breaded Steak Finger (Serve with Toast) (14.39 g) Pasta: Spaghetti & Meat Sauce (Serve with Breadstick) (16.99 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Mixed Fruit (22.93 g) Pineapple Tidbits (15.41 g) Trident Slush, Variety, Frozen or Liquid Carrots, Herb Roasted (4.23 g) Carrots,Baby, raw (5.84 g) Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g) Mashed Potatoes, Excel (13.39 g) Salad Mix, Tossed (2.10 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup (10.00 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Chicken Nuggets, Breaded (serve w/Breadstick) (16.25 g) Tamales,Beef WG, Chili & Chip- Each serving requires- 1 oz. chips, #10 scoop of chili and 2 tamales (9.47 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Diced Peaches (16.89 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Celery, Sticks, fresh, trimmed 1/2-inch by 4-inch, ready-to-serve (1.92 g) Mashed Potatoes, Excel (13.39 g) Pinto Beans, Seasoned (31.01 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Mini Corn Dogs (32.76 g) Chicken, Shake & Bake (Serve with Roll) (12.96 g) Roll, Dinner, Dough, 2.5 oz. Rich's (28.00 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Pineapple Tidbits (15.41 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Chef's Green Beans (13.62 g) Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g) Red Potatoes, Roasted (24.31 g) Salad Mix, Tossed (2.10 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g)	Burrito, Beef Bean & Cheese, Smothered (42.26 g) Chicken Potato Bowl (Serve with Breadstick) (65.60 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Mixed Fruit, Canned with Frozen Strawberries (15.84 g) Pears, canned, diced, Canned, #10 (18.42 g) Trident Slush, Variety, Frozen or Liquid Broccoli, frozen cut or chopped, heated, drained (4.48 g) Carrots,Baby, raw (5.84 g) Mashed Potatoes, Excel (13.39 g) Mixed Fresh Vegetables (2.15 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g)
7 May	8 May	9 May	10 May	11 May
Chicken Nuggets, Breaded (serve w/Breadstick) (16.25 g) Mini Corn Dogs (32.76 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Applesauce, Canned w/ Jello (15.68 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Fresh Broccoli Florets (2.12 g)	Breaded Steak Finger (Serve with Toast) (14.39 g) Pork Stroganoff (Serve with Roll) (25.55 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Toast w/ Margarine (14.18 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Pineapple Tidbits (15.41 g) Trident Slush, Variety, Frozen or Liquid	Chicken Nuggets, Breaded (serve w/Breadstick) (16.25 g) Frito Chili Pie (46.87 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Diced Peaches (16.89 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g)	Chicken Enchilada Bake (38.67 g) Mini Corn Dogs (32.76 g) Cornbread Mix - 2 Grain Equiv. (39.44 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Pineapple Tidbits (15.41 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Green Peas (13.14 g) Salad Mix, Tossed (2.10 g)	Chicken Potato Bowl (Serve with Breadstick) (65.60 g) Fish Po Boy Sub - Think Tx (36.03 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Mixed Fruit, Canned with Frozen Strawberries (15.84 g) Pears, canned, diced, Canned, #10 (18.42 g) Trident Slush, Variety, Frozen or Liquid

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7 May	8 May	9 May	10 May	11 May
Mashed Potatoes, Excel (13.39 g) Roasted Green Beans (4.74 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%)) (11.88 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Carrots, Herb Roasted (4.23 g) Carrots,Baby, raw (5.84 g) Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g) Mashed Potatoes, Excel (13.39 g) Salad Mix, Tossed (2.10 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup (10.00 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Celery, Sticks, fresh, trimmed 1/2-inch by 4-inch, ready-to-serve (1.92 g) Mashed Potatoes, Excel (13.39 g) Pinto Beans, Seasoned (31.01 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Tater Tots (15.97 g) Tomato & Cucumber Salad (3.12 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g)	Baked Beans, vegetarian (38.32 g) Carrots,Baby, raw (5.84 g) Mixed Fresh Vegetables (2.15 g) Red Potatoes, Roasted (24.31 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g)
14 May	15 May	16 May	17 May	18 May
Crispy Chicken Nuggets (16.33 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Applesauce, Canned w/ Jello (15.68 g) Diced Peaches (16.89 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Fresh Broccoli Florets (2.12 g) Mashed Potatoes, Excel (13.39 g) Roasted Green Beans (4.74 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%)) (11.88 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Baked Ziti (Serve with Breadstick) (31.53 g) Breaded Steak Finger (Serve with Toast) (14.39 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Toast w/ Margarine (14.18 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Mixed Fruit, Canned with Frozen Strawberries (15.84 g) Pineapple Tidbits (15.41 g) Trident Slush, Variety, Frozen or Liquid Carrots, Herb Roasted (4.23 g) Carrots,Baby, raw (5.84 g) Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g) potato wedges, 8 cut, McCain (16.76 g) Salad Mix, Tossed (2.10 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup (10.00 g)	Chicken Nuggets, Breaded (serve w/Breadstick) (16.25 g) Turkey & Gravy (5.59 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Brown Rice (20.05 g) Diced Peaches (16.89 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Celery, Sticks, fresh, trimmed 1/2-inch by 4-inch, ready-to-serve (1.92 g) Mashed Potatoes, Excel (13.39 g) Pinto Beans, Seasoned (31.01 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g)	Mini Corn Dogs (32.76 g) Barbecue Chicken Filling (7.32 g) Whole Wheat Hamburger Bun (31.21 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Pineapple Tidbits (15.41 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g) Green Peas (13.14 g) Salad Mix, Tossed (2.10 g) Tater Tots (15.97 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Pickles, Homemade (1.95 g)	Cheese Enchiladas (39.66 g) Chicken Potato Bowl (Serve with Breadstick) (65.60 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Roll, Dinner, Dough, 2.5 oz. Rich's (28.00 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Mixed Fruit, Canned with Frozen Strawberries (15.84 g) Pears, canned, diced, Canned, #10 (18.42 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Mixed Fresh Vegetables (2.15 g) Pinto Beans, Seasoned (31.01 g) Roasted Corn Recipe (14.88 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g)

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	15 May	16 May		18 May
	Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)		Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g)
21 May	22 May	23 May	24 May	25 May
Crispy Chicken Nuggets (16.33 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Applesauce, Canned w/ Jello (15.68 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Fresh Broccoli Florets (2.12 g) Mashed Potatoes, Excel (13.39 g) Roasted Green Beans (4.74 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk (24.00 g) Milk, fluid, with added vitamin A and vitamin D (Low Fat 1%) (11.88 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Breaded Steak Finger (Serve with Toast) (14.39 g) Chili Lime Chicken, (Serve with Rice) (6.82 g) Cilantro Lime Rice (29.74 g) Ripstick Breadstick (15.00 g) Toast w/ Margarine (14.18 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Pineapple Tidbits (15.41 g) Trident Slush, Variety, Frozen or Liquid Carrots, Herb Roasted (4.23 g) Carrots,Baby, raw (5.84 g) Cucumbers, fresh, whole unpared, slices, ready-to-serve (1.89 g) Mashed Potatoes, Excel (13.39 g) Salad Mix, Tossed (2.10 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup (10.00 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Chicken Nuggets, Breaded (serve w/Breadstick) (16.25 g) Chicken Tetrzzini (Serve with Breadstick) (25.04 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Diced Peaches (16.89 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Celery, Sticks, fresh, trimmed 1/2-inch by 4-inch, ready-to-serve (1.92 g) Mashed Potatoes, Excel (13.39 g) Pinto Beans, Seasoned (31.01 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Chicken Fried Steak (Serve with roll) (16.00 g) Mini Corn Dogs (32.76 g) Toast w/ Margarine (14.18 g) Fresh Apples (13.95 g) Fresh Banana (26.95 g) Fresh Orange (11.28 g) Pineapple Tidbits (15.41 g) Trident Slush, Variety, Frozen or Liquid Carrots,Baby, raw (5.84 g) Cauliflower, Fresh (2.66 g) Mashed Potatoes, Excel (13.39 g) Salad Mix, Tossed (2.10 g) Steamed Green Beans (4.47 g) Tomato & Cucumber Salad (3.12 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g) Peppered Fat Free Gravy (5.20 g)	Chicken Potato Bowl (Serve with Breadstick) (65.60 g) Fish Po Boy Sub - Think Tx (36.03 g) Breadstick Dough, Rip Stick, Richs whole grain, 1.2 oz (15.00 g) Fresh Apples (13.95 g) Fresh Orange (11.28 g) Mixed Fruit, Canned with Frozen Strawberries (15.84 g) Trident Slush, Variety, Frozen or Liquid Baked Beans, vegetarian (38.32 g) Carrots,Baby, raw (5.84 g) Mashed Potatoes, Excel (13.39 g) Mixed Fresh Vegetables (2.15 g) Side Caesar Salad, RECIPE (6.32 g) Chocolate Milk, nonfat, fluid, with added vitamin A and vitamin D (Borden) (19.00 g) White Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D (12.91 g) Caesar Dressing (1.00 g) Heinz Ranch Light dispenser pack (7.00 g) Ketchup Heinz Dispenser 1.5 gallon (6.67 g) Mayonnaise, PC 12 gram (1.00 g) Mustard, PC Heinz (0.92 g)
28 May	29 May	30 May	31 May	1 Jun

Carbohydrate values in grams follow the Menu Item name