

SUMMER BAG MENU

2025

BREAKFAST

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
WG Cereal	210-240	45	Belgian WG Waffle	220-240	36-37	Mini Cinnamon Cream Cheese	230	42	WG Cereal	210-240	44
Yogurt Smoothie	130	26	Orange Citrus Juice	60	14	Bagel		14	Yogurt Smoothie	130	26
Apple Juice/ Strawberry Cup	60/ 79	14/19				Apple Juice	60		Orange Citrus Juice/ Strawberry Cup	60/ 79	14/ 19

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		06/18	06/19	06/20
		Turkey Ham & Cheese Croissant Sandwich Veggie Juice Mixed Fruit Cup	SYSTEMWIDE CLOSURE SCHOOLS & OFFICES CLOSED	Buffalo Chicken & Cheese Croissant Sandwich Celery Sticks & Hummus w/ Ranch Peach Cup
		320 31 50 13 70 15		314 31 2 1 110/200 18/2 81 19
06/23	06/24	06/25	06/26	06/27
Peanut Butter & Jelly WG Sandwich ^V Baby Carrots w/ Ranch Applesauce	Yogurt & Granola Celery Sticks & Grape Tomatoes w/ Ranch Mixed Fruit Cup	Buffalo Chicken & Cheese Croissant Sandwich Yogurt Smoothie Roast Chickpeas Fresh Fruit	Turkey & Cheese Croissant Sandwich Cucumber & Grape Tomatoes w/ Ranch Fruit Punch	Turkey Ham & Cheese WG Sandwich Celery Sticks w/ Ranch Fresh Fruit
591 64 30 7 200 2 50 15	180/220 38/48 11 2 200 2 70 15	254 30 130 26 180 27 20-127 7-33	320 31 12 3 200 2 60 14	268 29 3 1 200 2 20-127 7-33
06/30	07/01	07/02	07/03	07/04
Peanut Butter & Jelly WG Sandwich ^V Baby Carrots w/ Ranch Mixed Fruit Cup	Chicken Patty Sandwich Celery Sticks & Grape Tomatoes w/ Ranch Applesauce	Turkey Ham & Cheese Croissant Sandwich Veggie Juice Fresh Fruit	Buffalo Chicken & Cheese Croissant Sandwich Grape Tomatoes w/ Ranch Craisins	HOLIDAY SCHOOLS & OFFICES CLOSED
591 64 30 7 200 2 70 15	342 36 11 2 200 2 50 15	320 31 50 13 20-127 7-33	314 31 18 4 200 2 110 27	
07/07	07/08	07/09	07/10	07/11
Peanut Butter & Jelly WG Sandwich ^V Baby Carrots w/ Ranch Applesauce Cup	Yogurt & Granola Veggie Juice Mixed Fruit Cup	Buffalo Chicken & Cheese Sandwich Yogurt Smoothie Celery Sticks & Grape Tomatoes w/ Ranch Fresh Fruit	Turkey & Cheese Croissant Sandwich Mixed Bell Pepper Strips w/ Ranch Fresh Fruit	Turkey Ham & Cheese Sandwich Cucumber & Grape Tomatoes w/ Ranch Fresh Fruit
591 64 30 7 200 2 50 15	180/220 38/48 50 13 70 15	254 30 130 26 11 2 200 2 20-127 7-33	320 31 13 3 200 2 20-127 7-33	268 29 12 3 200 2 20-127 7-33
07/14	07/15	07/16	07/17	07/18
Peanut Butter & Jelly WG Sandwich ^V Celery Sticks w/ Ranch Mixed Fruit Cup	Chicken Patty Sandwich Yogurt Smoothie Baby Carrots w/ Ranch Applesauce	Turkey Ham & Cheese Croissant Sandwich Veggie Juice Fresh Fruit	Mini Sub w/ Lettuce & Tomato Roast Chickpeas Fresh Fruit	Buffalo Chicken & Cheese Croissant Sandwich Fresh Broccoli Florets w/ Ranch Fresh Fruit
591 64 3 1 200 2 70 15	342 36 130 26 30 7 200 2 50 15	320 31 50 13 20-127 7-33	276 28 11 2 180 27 20-127 7-33	314 31 15 3 200 2 20-127 7-33
07/21	07/22	07/23	07/24	07/25
Peanut Butter & Jelly WG Sandwich ^V Baby Carrots w/ Ranch Craisins	Yogurt & Granola Celery Sticks & Grape Tomatoes w/ Ranch Mixed Fruit Cup	Buffalo Chicken & Cheese Sandwich Yogurt Smoothie Veggie Juice Fresh Fruit	Turkey & Cheese Croissant Sandwich Mixed Bell Pepper Strips w/ Ranch Fruit Punch	Turkey Ham & Cheese Sandwich Cucumber & Grape Tomatoes w/ Ranch Fresh Fruit
591 64 30 7 200 2 110 27	180/220 38/48 11 2 200 2 70 15	254 30 130 26 50 13 20-127 7-33	320 31 13 3 200 2 60 14	268 29 12 3 200 2 20-127 7-33

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
07/28			07/29	CAL	CARB	07/30	CAL	CARB	07/31	CAL	CARB	08/01	CAL	CARB
Peanut Butter & Jelly WG Sandwich ^V	591	64	Chicken Patty Sandwich	342	36	Turkey Ham & Cheese Croissant Sandwich	320	31	Mini Sub w/ Lettuce & Tomato	276	28	Buffalo Chicken & Cheese Croissant Sandwich	314	31
Celery Sticks	3	1	Yogurt Smoothie	130	26	Veggie Juice	50	13	Roast Chickpeas	11	2	Fresh Broccoli Florets w/ Ranch	15	3
w/ Ranch	200	2	Baby Carrots	30	7	Fresh Fruit	20-127	7-33	Fresh Fruit	180	27	Fresh Fruit	200	2
Mixed Fruit Cup	70	15	w/ Ranch Applesauce	200	2					20-127	7-33		20-127	7-33
			50	15										
08/04			08/05	CAL	CARB	08/06	CAL	CARB	08/07	CAL	CARB	08/08	CAL	CARB
Peanut Butter & Jelly WG Sandwich ^V	591	64	Yogurt & Granola	180/220	38/48	Buffalo Chicken & Cheese Sandwich	254	30	Turkey & Cheese Croissant Sandwich	320	31	Turkey Ham & Cheese Sandwich	268	29
Baby Carrots	30	7	Celery Sticks & Grape Tomatoes	11	2	Yogurt Smoothie	130	26	Mixed Bell Pepper Strips w/ Ranch	13	3	Cucumber & Grape Tomatoes	12	3
w/ Ranch	200	2	Mixed Fruit Cup	200	2	Fresh Fruit	50	13	Fruit Punch	200	2	w/ Ranch Fresh Fruit	200	2
Craisins	110	27		70	15		20-127	7-33		60	14		20-127	7-33
08/11			08/12	CAL	CARB	08/13	CAL	CARB	08/14	CAL	CARB	08/15	CAL	CARB
Peanut Butter & Jelly WG Sandwich ^V	591	64	Chicken Patty Sandwich	342	36	Turkey Ham & Cheese Croissant Sandwich	320	31	Mini Sub w/ Lettuce & Tomato	276	28	Buffalo Chicken & Cheese Croissant Sandwich	314	31
Celery Sticks	3	1	Yogurt Smoothie	130	26	Veggie Juice	50	13	Roast Chickpeas	11	2	Fresh Broccoli Florets w/ Ranch	15	3
w/ Ranch	200	2	Baby Carrots	30	7	Fresh Fruit	20-127	7-33	Fresh Fruit	180	27	Fresh Fruit	200	2
Mixed Fruit Cup	70	15	w/ Ranch Applesauce	200	2					20-127	7-33		20-127	7-33
			50	15										
08/18			08/19	CAL	CARB	08/20	CAL	CARB	08/21	CAL	CARB	08/22	CAL	CARB
Peanut Butter & Jelly WG Sandwich ^V	591	64	Yogurt & Granola	180/220	38/48	Buffalo Chicken & Cheese Sandwich	254	30	Turkey & Cheese Croissant Sandwich	320	31	Turkey Ham & Cheese WG Sandwich	268	29
Baby Carrots	30	7	Celery Sticks & Grape Tomatoes	11	2	Yogurt Smoothie	130	26	Grape Tomatoes	18	4	Celery Sticks & Hummus w/ Ranch	2	1
w/ Ranch	200	2	Mixed Fruit Cup	200	2	Roast Chickpeas	180	27	w/ Ranch Fruit Punch	200	2	Fresh Fruit	110/200	18/2
Applesauce Cup	50	15		70	15	Fresh Fruit	20-127	7-33		60	14		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.)

- Turkey on WG Bun: 345 cal / 28 g carbs
- (2) Hummus Cups^v & Scoops: 330 cal / 55 g carbs
- (2) Cheese Sticks & Scoops: 228 cal / 21 g carbs
- (2) Turkey Stick & Scoops: 190 cal / 19 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 **SOY MILK:** Calories 140 Carbs 17

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)

- WG Hamburger Bun: 140 / 27
- WG Hot Dog Bun: 130 / 26
- WG Croissant: 190 / 29
- Scoops: 110 / 19
- Blueberry Chex Cereal: 240 / 44
- Honey Cheerios Cereal: 210 / 44