

Field Trip Menus 2017-2018 (REV. 10/24/2017)



**Preparation Sites
Grades K-5 & Grades 6-8**

Option #1	CMS Number
Deli Cheese Sandwich, 1	R1113
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #2	CMS Number
Turkey Ham Sandwich on Knot Roll, 1	R0709
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #3	CMS Number
Mozzarella Cheddar Cheese, 2, ind. pkgs.	2525
Tortilla Chips, 1, ind. bag	1363
Salsa, 3 oz. 1, ind. cup <i>(Must be served - Provides ½ cup red/orange veg)</i>	1352
Baby Carrots, 1, 2.5 oz. ind. bag	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #4	CMS Number
Premium Granola and Yogurt	R1659
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

*Fat-Free Chocolate Milk may only be offered to students 6 years of age and older.

Field Trip Menus 2017-2018 (REV. 10/24/2017)



**Preparation Sites
Grades K-5 & Grades 6-8**

Option #5	CMS Number
Smoked Turkey & Cheese Kit	R5500 (2603)
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #6	CMS Number
Turkey Ham & Cheese Kit	R5501 (2602)
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #7	CMS Number
Cheese Kit	R5499 (2601)
Baby Carrots, 1, 2.5 oz. ind. bag	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #8	CMS Number
Turkey & Cheese Wedge Sandwich, 1, I.W.	R0714 (2422)
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

*Fat-Free Chocolate Milk may only be offered to students 6 years of age and older.



Preparation Sites
Grades 9-12

Option #1	CMS Number
Deli Cheese Sandwich, 1	R1113
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #2	CMS Number
Turkey Ham Sandwich on Knot Roll, 1	R0709
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #3	CMS Number
Mozzarella Cheddar Cheese, 2, ind. pkgs.	2525
Tortilla Chips, 1, ind. bag	1363
Salsa, 3 oz. 1, ind. cup <i>(Must be served - Provides ½ cup red/orange veg)</i>	1352
Baby Carrots, 1, 2.5 oz. ind. bag	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

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Field Trip Menus 2017-2018 (REV. 10/24/2017)



**Preparation Sites
Grades 9-12**

Option #4	CMS Number
Premium Granola and Yogurt	R1659
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #5	CMS Number
Smoked Turkey & Cheese Kit	R5500 (2603)
Gold Fish Pretzel Crackers <u>OR</u> Rainbow Gold Fish Cheese Crackers, 1 pkg.	1131/1326
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #6	CMS Number
Turkey Ham & Cheese Kit	R5501 (2602)
Gold Fish Pretzel Crackers <u>OR</u> Rainbow Gold Fish Cheese Crackers, 1 pkg.	1131/1326
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

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Field Trip Menus 2017-2018 (REV. 10/24/2017)

**Preparation Sites
Grades 9-12**



Option #7	CMS Number
Cheese Kit	R5499 (2601)
Baby Carrots, 1, 2.5 oz. ind. bag	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #8	CMS Number
Turkey & Cheese Wedge Sandwich, 1, I.W.	R0714 (2422)
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

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Newman Nutrition Sites
Grades K-5 & 6-8



Option #1	CMS Number
Deli Cheese Sandwich, 1 Baby Carrots, 2, 2.5 oz. ind. bags	R5496N
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #2	CMS Number
Mozzarella Cheddar Cheese, 2, ind. pkgs.	2525
Tortilla Chips, 1, ind. bag	1363
Salsa, 3 oz. 1, ind. cup <i>(Must be served - Provides ½ cup red/orange veg)</i>	1352
Baby Carrots, 1, 2.5 oz, ind. bag	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #3	CMS Number
Premium Granola and Yogurt	R1659NPREP
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #4	CMS Number
Smoked Turkey & Cheese Kit	R5500N (2603)
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

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Newman Nutrition Sites
Grades K-5 & 6-8



Option #5	CMS Number
Turkey Ham & Cheese Kit	R5501N (2602)
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #6	CMS Number
Cheese Kit	R5499N (2601)
Baby Carrots, 1, 2.5 oz. ind. bag	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #7	CMS Number
Turkey & Cheese Wedge Sandwich 1, I.W.	R0714N (2422)
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

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**Newman Nutrition Sites
Grades 9-12**

Option #1	CMS Number
Deli Cheese Sandwich Baby Carrots, 2, 2.5 oz, ind. bags	R5496N
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836N (2358) R3837N (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #2	CMS Number
Mozzarella Cheddar Cheese, 2, ind. pkgs.	2525
Tortilla Chips, 1, ind. bag	1363
Salsa, 3 oz. 1, ind. cup <i>(Must be served - Provides ½ cup red/orange veg)</i>	1352
Baby Carrots, 1, 2.5 oz, ind. bag	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836N (2358) R3837N (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #3	CMS Number
Premium Granola and Yogurt	R1659NPREP
Baby Carrots, 2, 2.5 oz, ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836N (2358) R3837N (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

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**Newman Nutrition Sites
Grades 9-12**

Option #4	CMS Number
Smoked Turkey & Cheese Kit	R5500N (2603)
Gold Fish Pretzel Crackers <u>OR</u> Rainbow Gold Fish Cheese Crackers, 1 pkg.	1326/1131
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836N (2358) R3837N (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #5	CMS Number
Turkey Ham & Cheese Kit	R5501N (2602)
Gold Fish Pretzel Crackers <u>OR</u> Rainbow Gold Fish Cheese Crackers, 1 pkg.	1326/1131
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836N (2358) R3837N (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #6	CMS Number
Cheese Kit	R5499N (2601)
Baby Carrots, 1, 2.5 oz. ind. bag	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836N (2358) R3837N (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

Option #7	CMS Number
Turkey & Cheese Wedge Sandwich, 1, I.W.	R0714N (2422)
Baby Carrots, 2, 2.5 oz. ind. bags	3006
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836N (2358) R3837N (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7123/7010/7020/7014

*Fat-Free Chocolate Milk may only be offered to students 6 years of age and older.



Prep Early Education Sites*

Option #1	CMS Number
Deli Cheese Sandwich, 1	R1113
Fresh Garden Salad, 1/2 cup	R4371
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 6 fl. oz. (Fat-Free; Low-Fat) Milk, 8 fl. oz. (Fat-Free Lactose Free) (Chocolate Milk is NOT ALLOWED)*	R8007/7122 7020

Option #2	CMS Number
Turkey Ham Sandwich on Knot Roll, 1	R0709
Fresh Garden Salad, 1/2 cup	R4371
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 6 fl. oz. (Fat-Free; Low-Fat) Milk, 8 fl. oz. (Fat-Free Lactose Free) (Chocolate Milk is NOT ALLOWED)*	R8007/7122 7020

Option #3	CMS Number
Cheese Kit	R5499 (2601)
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 6 fl. oz. (Fat-Free; Low-Fat) Milk, 8 fl. oz. (Fat-Free Lactose Free) (Chocolate Milk is NOT ALLOWED)*	R8007/7122 7020

Option #4	CMS Number
Turkey & Cheese Wedge Sandwich, 1, I.W.	R0714 (2422)
Fresh Garden Salad, 1/2 cup	R4371
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 6 fl. oz. (Fat-Free; Low-Fat) Milk, 8 fl. oz. (Fat-Free Lactose Free) (Chocolate Milk is NOT ALLOWED)*	R8007/7122 7020

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NNC Early Education Sites*

Option #1	CMS Number
Deli Cheese Sandwich, 1 Fresh Garden Salad, 1/2 cup	R5498N
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 6 fl. oz. (Fat-Free; Low-Fat) Milk, 8 fl. oz. (Fat-Free Lactose Free) (Chocolate Milk is NOT ALLOWED)*	R8007/7122 7020

Option #2	CMS Number
Yogurt, Strawberry, 1, 8 oz. Gold Fish Pretzel Crackers, 1 pkg. <u>or</u> Rainbow Gold Fish Cheese Crackers, 1 pkg.	7107 1131 1326
Fresh Garden Salad, 1/2 cup	R4402N
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 6 fl. oz. (Fat-Free; Low-Fat) Milk, 8 fl. oz. (Fat-Free Lactose Free) (Chocolate Milk is NOT ALLOWED)*	R8007/7122 7020

Option #3	CMS Number
Cheese Kit	R5499N (2601)
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 6 fl. oz. (Fat-Free; Low-Fat) Milk, 8 fl. oz. (Fat-Free Lactose Free) (Chocolate Milk is NOT ALLOWED)*	R8007/7122 7020

Option #4	CMS Number
Turkey & Cheese Wedge Sandwich, 1, I.W.	R0714N (2422)
Fresh Garden Salad, 1/2 cup	R4402N
Fresh Fruit (apple, orange, or banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3800/3093/3204 1167
Milk, 6 fl. oz. (Fat-Free; Low-Fat) Milk, 8 fl. oz. (Fat-Free Lactose Free) (Chocolate Milk is NOT ALLOWED)*	R8007/7122 7020

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Field Trip Menus 2017-2018 (REV. 10/24/2017)



**Mechanical Soft
Grades K-5 & 6-8**

Option #1	CMS Number
Yogurt, Strawberry, 1, 8 oz. Artisan Dinner Roll, 1, 2 oz.	7107 6068
Cooked Baby Carrots, 3/4 Cup	R4372
Fresh Fruit (Banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7100/7004/7020/7014

Option #2	CMS Number
Deli Cheese Sandwich, 1	R1113
Cooked Baby Carrots, 3/4 Cup	R4372
Fresh Fruit (Banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7100/7004/7020/7014

Option #3	CMS Number
Cheese Kit	R5499 (2601)
Cooked Baby Carrots, 3/4 Cup	R4372
Fresh Fruit (Banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3204 1167
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7100/7004/7020/7014

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Mechanical Soft
Grades 9-12



Option #1	CMS Number
Yogurt, Strawberry, 1, 8 oz. Artisan Dinner Roll, 1, 2 oz.	7107 6068
Cooked Baby Carrots. 1 Cup	R4373
Fresh Fruit (Banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7100/7004/7020/7014

Option #2	CMS Number
Deli Cheese Sandwich, 1	R1113
Cooked Baby Carrots, 1 Cup	R4373
Fresh Fruit (Banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7100/7004/7020/7014

Option #3	CMS Number
Cheese Kit	R5499 (2601)
Cooked Baby Carrots, 1 Cup	R4373
Fresh Fruit (Banana), 1 piece <u>or</u> Tropical Applesauce, 1, 4.5 oz.	3204 1167
Juice, 4 fl. oz. (apple, orange or wild berry) <u>or</u> Frozen Slush Pouch, 1, 4 oz. (Cherry Limeade or Sour Apple)	7060/7064/7062 R3836 (2358) R3837 (2524)
Milk, 1 cup (Fat-Free; Low-Fat; Fat-Free Lactose Free; or *Fat-Free Chocolate)	7100/7004/7020/7014

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