

Meal Magic Cloud

Carbs

View	BREAKFAST CYCLE 2021-22	19
View	ELEM/HEADSTART LUNCH 2021-22	26
View	headstart breakfast 2021-22	12
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Cycle: BREAKFAST CYCLE 2021-22

- Day #1
 - BLUEBERRY BREADSTICK 24 elem 48 HS/MS
 - CEREAL, ASSORTED - See labels
 - JUICE - See table
 - MILK - Variety - 12
 - POPTART - 12
- Day #2
 - CEREAL, ASSORTED
 - FRENCH TOAST - 30 elem - 56 HS/MS
 - JUICE
 - MILK - Variety
 - POPTART
- Day #3
 - CEREAL, ASSORTED
 - JUICE
 - MILK - Variety
 - POPTART
 - YEAST DONUT RING 30 elem - 60 HS/MS
- Day #4
 - CEREAL, ASSORTED
 - COCO CHERRY BAR - 33
 - JUICE
 - MILK - Variety
 - POPTART
- Day #5
 - CEREAL, ASSORTED
 - EGG & BACON PIZZA 25
 - JUICE
 - MILK - Variety
 - POPTART
- Day #6
 - No Recipes
- Day #7
 - No Recipes
- Day #8
 - BREAKFAST BREADSTICK - 17 elem - 34 HS/MS
 - CEREAL, ASSORTED
 - JUICE
 - MILK - Variety
 - POPTART
- Day #9
 - CEREAL, ASSORTED
 - JUICE
 - MILK - Variety
 - PANCAKE - 23 elem - 42 HS/MS
 - POPTART
- Day #10
 - BAKED CINN ROLL - 66
 - CEREAL, ASSORTED
 - JUICE
 - MILK - Variety
 - POPTART
- Day #11
 - CEREAL, ASSORTED
 - EGG OMLETTE - 1
 - JUICE
 - MILK - Variety
 - POPTART
- Day #12
 - APPLE CINNAMON TEXAS TOAST - 45
 - CEREAL, ASSORTED
 - JUICE
 - MILK - Variety
 - POPTART
- Day #13
 - No Recipes
- Day #14
 - No Recipes
- Day #15
 - CEREAL, ASSORTED
 - CINNAMON PRETZEL STICK - 30
 - JUICE
 - MILK - Variety
 - POPTART
- Day #16
 - CEREAL, ASSORTED
 - DUTCH WAFFLE - 48
 - JUICE
 - MILK - Variety
 - POPTART
- Day #17

CAKE DONUT RING - 23 elem - 46 HS/MS

CEREAL, ASSORTED
JUICE
MILK - Variety
POPTART

Day #18

CEREAL, ASSORTED
CINNAMON UBR - 42
JUICE
MILK - Variety
POPTART

Day #19

CEREAL, ASSORTED
JUICE
MILK - Variety
POPTART
SAUSAGE PIZZA - 27

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Cycle: ELEM/HEADSTART LUNCH 2021-22

Day #1

HAM AND CHEESE ON HAWAIIAN BUN -27
 HOT DOG ON BUN -28
 MILK - Variety -2
 POPCORN CHICKEN BITES -10
 TORTILLA CHIP/CHEESE CUP -42
 TOSS SALAD -2

Day #2

BROCCOLI -5
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MEATLOAF -9
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP

Day #3

BLACK BEANS -23
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TACO BITES -20
 TORTILLA CHIP/CHEESE CUP

Day #4

CORN DOG -33 check label
 FRENCH FRIES -
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP

Day #5

CARROTS -6
 CHEESE PIZZA -34
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP

Day #6

No Recipes

Day #7

No Recipes

Day #8

ALFREDO PENNE - check label
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP
 TOSS SALAD

Day #9

BROCCOLI
 GRILLED CHEESE -31
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP

Day #10

BEEF NACHOS -22
 BLACK BEANS
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP

Day #11

CHEESEBURGER/BUN -22
 FRENCH FRIES
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP

Day #12

CARROTS
 FIESTADA PIZZA -43
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP

Day #13

No Recipes

Day #14

No Recipes

Day #15

CHICKEN TENDERS -29
 HAM AND CHEESE ON HAWAIIAN BUN

HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP
 TOSS SALAD
 Day # 16
 BROCCOLI
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 RICE
 TANGERINE CHICKEN -62
 TORTILLA CHIP/CHEESE CUP
 Day # 17
 BLACK BEANS
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 QUESADILLA WITH CHICKEN -32
 TORTILLA CHIP/CHEESE CUP
 Day # 18
 FISH NUGGETS/FRIES -26 + fries) check table
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP
 Day # 19
 CARROTS
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 SAUSAGE PIZZA -35
 TORTILLA CHIP/CHEESE CUP
 Day # 20
 No Recipes
 Day # 21
 No Recipes
 Day # 22
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MAC & CHEESE -26
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP
 TOSS SALAD
 Day # 23
 BROCCOLI
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TACO STICKS -32
 TORTILLA CHIP/CHEESE CUP
 Day # 24
 BLACK BEANS
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 TORTILLA CHIP/CHEESE CUP
 WALKING TACO -34
 Day # 25
 FRENCH FRIES
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 SLOPPY JOE ON BUN -29
 TORTILLA CHIP/CHEESE CUP
 Day # 26
 CARROTS
 HAM AND CHEESE ON HAWAIIAN BUN
 HOT DOG ON BUN
 MILK - Variety
 PEPPERONI PIZZA -34
 TORTILLA CHIP/CHEESE CUP

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Cycle: HS/MS LUNCH 2021-22

Day #1

buffalo chicken/tortilla chips
 CHEESE AND BEAN CHALUPA
 CHEESE BREADSTICKS -29
 CHEF SALADw/CRACKERS -21
 FRUIT BAR
 HAM AND CHEESE ON HAWAIIAN BUN -27
 MILK - Variety -12
 PB&J JAMWICH -33
 TOSS SALAD -2
 VEGGIE BAR
 WRAP SANDWICH -44

Day #2

BROCCOLI -5
 buffalo chicken/tortilla chips
 CHEESE BREADSTICKS
 CHEF SALADw/CRACKERS
 DINNER ROLL -13
 FRUIT BAR
 HAM AND CHEESE ON HAWAIIAN BUN
 MILK - Variety
 PB&J JAMWICH
 SPICY CHICKEN TENDERS -9
 VEGGIE BAR
 WRAP SANDWICH

Day #3

BLACK BEANS -23
 buffalo chicken/tortilla chips
 CHEESE AND JALAPENO BITES -40
 CHEESE BREADSTICKS
 CHEF SALADw/CRACKERS
 FRUIT BAR
 HAM AND CHEESE ON HAWAIIAN BUN
 MILK - Variety
 PB&J JAMWICH
 VEGGIE BAR
 WRAP SANDWICH

Day #4

buffalo chicken/tortilla chips
 CHEESE BREADSTICKS
 CHEF SALADw/CRACKERS
 FRENCH FRIES - Check label
 FRUIT BAR
 HAM AND CHEESE ON HAWAIIAN BUN
 MILK - Variety
 PB&J JAMWICH
 VEGGIE BAR
 WHITE CASTLE BURGERS -30
 WRAP SANDWICH

Day #5

buffalo chicken/tortilla chips
 CARROTS -6
 CHEESE BREADSTICKS
 CHEF SALADw/CRACKERS
 FRUIT BAR
 HAM AND CHEESE ON HAWAIIAN BUN
 MILK - Variety
 PB&J JAMWICH
 PEPPERONI PIZZA -32
 VEGGIE BAR
 WRAP SANDWICH

Day #6

No Recipes

Day #7

No Recipes

Day #8

buffalo chicken/tortilla chips
 CHEESE BREADSTICKS
 CHEF SALADw/CRACKERS
 DINNER ROLL
 FRUIT BAR
 HAM AND CHEESE ON HAWAIIAN BUN
 MAC & CHEESE -26
 MILK - Variety
 PB&J JAMWICH
 TOSS SALAD
 VEGGIE BAR
 WRAP SANDWICH

Day #9

BROCCOLI
 buffalo chicken/tortilla chips

CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
DINNER ROLL
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
POPCORN CHICKEN BITES -17
VEGGIE BAR
WRAP SANDWICH

Day #10

BLACK BEANS
buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WALKING TACO -34
WRAP SANDWICH

Day #11

buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FOOTLONG HOT DOG/BUN -39
FRENCH FRIES
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #12

buffalo chicken/tortilla chips
CARROTS
CHEESE BREADSTICKS
CHEESE PIZZA -35
CHEF SALADw/CRACKERS
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #13

No Recipes

Day #14

No Recipes

Day #15

buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRUIT BAR
GRILLED CHEESE -31
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
TOSS SALAD
VEGGIE BAR
WRAP SANDWICH

Day #16

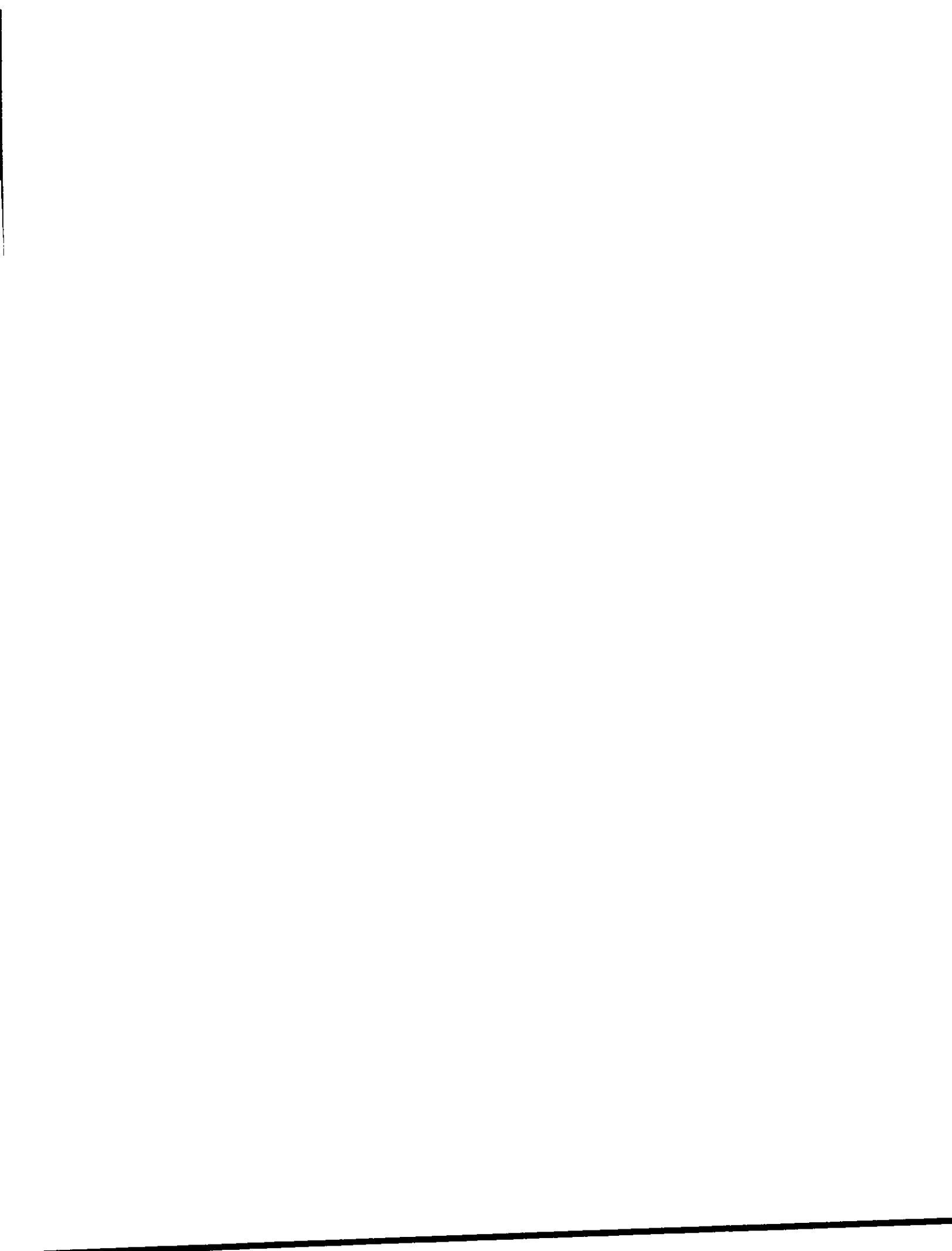
BROCCOLI
buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
SWEET THAI CHICKEN/RICE -50
VEGGIE BAR
WRAP SANDWICH

Day #17

BLACK BEANS
buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
TACO BITES -30
VEGGIE BAR
WRAP SANDWICH

Day #18

BBQ SHREDDED PORK/BUN -35



buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRENCH FRIES
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #19

buffalo chicken/tortilla chips
CARROTS
CHEESE BREADSTICKS -
CHEF SALADw/CRACKERS
FIESTADA PIZZA — 43
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #20

No Recipes

Day #21

No Recipes

Day #22

buffalo chicken/tortilla chips
CALZONE BITES — 35
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
TOSS SALAD
VEGGIE BAR
WRAP SANDWICH

Day #23

BROCCOLI
buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
SPICY CHICKEN PATTY/BUN — 28
VEGGIE BAR
WRAP SANDWICH

Day #24

BLACK BEANS
buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
CHICKEN FAJITA TACO — 23
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #25

buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEESEBURGER/BUN — 22
CHEF SALADw/CRACKERS
FRENCH FRIES
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #26

buffalo chicken/tortilla chips
CARROTS
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FLATBREAD PIZZA — 33
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #27

No Recipes



Day #28

No Recipes

Day #29

ALFREDO PENNE — check label
buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
DINNER ROLL
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
TOSS SALAD
VEGGIE BAR
WRAP SANDWICH

Day #30

BROCCOLI
buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FISH NUGGETS/FRIES — 26 + fries
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #31

BLACK BEANS
buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
QUESADILLA WITH CHICKEN — 32
VEGGIE BAR
WRAP SANDWICH

Day #32

buffalo chicken/tortilla chips
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
DINNER ROLL
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MASHED POTATOES/GRAVY — 22
MEATLOAF — 8
MILK - Variety
PB&J JAMWICH
VEGGIE BAR
WRAP SANDWICH

Day #33

buffalo chicken/tortilla chips
CARROTS
CHEESE BREADSTICKS
CHEF SALADw/CRACKERS
FRUIT BAR
HAM AND CHEESE ON HAWAIIAN BUN
MILK - Variety
PB&J JAMWICH
SAUSAGE PIZZA — 32
VEGGIE BAR
WRAP SANDWICH

