

Milwaukee Public Schools May 2024 High School Pre-Pack Lunch Carb Count Men

Monday	Tuesday	Wednesday	Thursday	Friday
IN GRAMS (gm) PER 8 OZ. CARTON: Skim Milk 11 1% White Milk 11 FF Lactose-Free White Milk 13 Chocolate Fat Free Milk 19 JLD 4.11.24	*FRESH FRUIT BOWL ORANGE FRESH 138CT 16 APPLE FRESH RED 138CT 21 PEAR FRESH 120CT 21 BANANA PETIT YELLOW/GREEN 4 23	CHICKEN TENDER BREADED WG-I 12 BREAD PAN ROLL WG 24CT 13 BUTTER CUPS SOFT 5GM 0 BEAN BLACK PATTY SPICY 16 BREAD HAMB WG BUN 4IN 28 SANDWICH SUB TURKEY/CHS-SEC 32 SANDWICH PB&J 5.3OZ 64 POTATO SMILES CRISPY MASHED 20 CARROT BABY FRESH 3OZ 7 KETCHUP PKT LS NO FRUCTOSE-I 2 DRESSING RANCH 12GM 200CT 0 SAUCE BBQ PKT 200CT 4 PEAR DICED CUP 24/4OZ 13 FRESH FRUIT BOWL * ICE CREAM CUP CHOCOLATE MAL 19	TURKEY TACO MEAT 3 PLANT BASED TACO FILLING 4 CHIP FRITOS CORN ORIG BAG 60C 24 QUESADILLA CHEESE LRG WG 96 39 SANDWICH PB&J 5.3OZ 64 REFRIED BEANS 22 CHEESE CHEDDAR SHREDDED-B 1 JICAMA STICKS FRESH 5LB 5 SEASONING TAJIN LOW SODIUM 0 LETTUCE SHREDDED 1/4IN CS 1 CARROT MATCH STICK SHRD 10L 2 SALSA CUP DIPPING LO NA DD 5 CREAM SOUR STICK 1OZ 1 KETCHUP PKG NO FRUCTOSE 2 APPLE SLICE FRSH BULK 20LB 9 FRESH FRUIT BOWL *	FRENCH TOAST STICK CINN -DD 28 CHICKEN SAUSAGE PATTY ALL NA 0 EGG PATTY GRILLED BULK DD 369 0 MUFFIN BLUEB WG IW 2GRN 48 41 SANDWICH PB&J 5.3OZ 64 POTATO CHUNK ROASTED FRZ 19 JUICE VEG MANGO WANGO(NO BF) 14 KETCHUP PKT LS NO FRUCTOSE-D 2 SYRUP PANCAKE 80CT 40 SYRUP DIET 100CT 5 FRESH FRUIT BOWL * APPLE SLICES IW 2.4OZ 100 10
5/6/2024 ROTINI W/ITALIAN MEAT SAUCE DC 24 MACARONI & CHEESE RF RS WG 28 SANDWICH PB&J 5.3OZ 64 BROCCOLI 30LB GC 5 JICAMA STICKS FRESH 5LB 6 SEASONING TAJIN LOW SODIUM 0 BREADSTICK 12 CT MINI 1OZ WG 14 BUTTER CUPS SOFT 5GM 0 FRUIT MIX CUP 24/4OZ 13 FRESH FRUIT BOWL *	5/7/2024 BEEF MINI CHSBURG SLIDERS IW/ 40 BEAN BLACK PATTY SPICY 16 BREAD HAMB WG BUN 4IN 28 SANDWICH PB&J 5.3OZ 64 BAKED BEANS 48 POTATO TOTS 14 LETTUCE SHREDDED 1/4IN CS 1 TOMATO SLICED 1/4IN 2-5LB 2 MAYONNAISE PKT 500CT 0 KETCHUP PKT LS NO FRUCTOSE- 2 PEACH CUP 24/4OZ 13 FRESH FRUIT BOWL *	5/8/2024 PORK RIB PATTY W BBQ SC 100 11 BREAD HOAGIE WG BUN 24 28 EGG OMELET GOLBY CHS-DD 1 MUFFIN BLUEB WG IW 2GRN 48 41 SANDWICH PB&J 5.3OZ 64 POTATO SIDEWINDERS FRIES JR 21 CARROT BABY FRESH 3OZ 7 DRESSING RANCH 12GM 200CT 0 APPLESAUCE CUP MANGPCH UNE 15 FRESH FRUIT BOWL *	5/9/2024 PANCAKE WG 28 CHICKEN SAUSAGE PATTY ALL N/ 28 SANDWICH GRILLED CHEESE LGE 31 SANDWICH PB&J 5.3OZ 64 POTATO CHUNK ROASTED FRZ 19 CARROT BABY FRESH 20LB 3 CARROT BABY FRESH 3OZ 7 KETCHUP PKT LS NO FRUCTOSE- 2 SYRUP PANCAKE 80CT 40 SYRUP DIET 100CT 5 JUICE ORANGE-TANG 4.23OZ 44 18 FRESH FRUIT BOWL *	5/10/2024 PIZZA BOX TURKPEP WG 4X6 40 28 PIZZA BOX CHEESE WW 4X6 40 27 SANDWICH PB&J 5.3OZ 64 LETTUCE ROMAINE CHOP 1 TOMATO GRAPE FRESH 2 DRESSING RANCH 12GM 200CT 0 DRESSING ITAL FF PKT 12GM 204 1 JUICE FRZN BLRASP SIDEKIK (FRT) 23 FRESH FRUIT BOWL *
5/13/2024 BEEF HOT DOG 80 3 BREAD HOT DOG WG BUN 27 BURGER GRILLER PRIME VEGGIE 6 BREAD HAMB WG BUN 4IN 28 SANDWICH PB&J 5.3OZ 64 BEAN GREEN FRZ 30LB 5 JUICE VEG DRAGN PUNCH(NO BF) 13 KETCHUP PKT LS NO FRUCTOSE-I 2 MUSTARD PKT 500CT 1 PINEAPPLE CUP 48/4OZ 16 FRESH FRUIT BOWL *	5/14/2024 TURKEY TACO MEAT 3 CHICKEN FAJITA DARK STRIPS-DI 2 PLANT BASED TACO FILLING 4 SHELL TACO HARD 5.25 INCH 200 28 TORTILLA SHELL 6IN WG 26 TOMATO DICED FR 5LB 3 LETTUCE SHREDDED 1/4IN CS 1 OLIVE RIPE IN CAN 2 CHEESE CHEDDAR SHREDDED-BI 1 SAUCE TACO PKT 200CT 1 CREAM SOUR STICK 1OZ 1 CRACKER CINN CHURRO WG 160 21 SANDWICH PB&J 5.3OZ 64 REFRIED BEANS 22 CHEESE CHEDDAR SHREDDED-BI 1 CELERY STICK 20LB 1 CARROT BABY FRESH 20LB 1 DRESSING RANCH 12GM 200CT 0 PEAR DICED CUP 24/4OZ 13 APPLE SLICES IW 2.4OZ 100 10	5/15/2024 CHICKEN PATTY BREAD WG-DD-1 9 BREAD HAMB WG BUN 4IN 28 SANDWICH GRILLED CHEESE LGB 31 SANDWICH PB&J 5.3OZ 64 LETTUCE ROMAINE CHOP 1 CUCUMBER SLI 1/2INCH 5LB 0 JUICE VEG MANGO WANGO(NO BF) 14 TOMATO SLICED 1/4IN 2-5LB 2 LETTUCE SHREDDED 1/4IN CS 1 DRESSING RANCH 12GM 200CT 0 DRESSING ITAL FF PKT 12GM 204 1 MAYONNAISE PKT 500CT 0 PINEAPPLE DRIED SNACK 120 35 FRESH FRUIT BOWL *	5/16/2024 CHICKEN TENDER BREADED WG- 12 MACARONI & CHEESE RF RS WG 28 BREADSTICK 12 CT MINI 1OZ WG 14 BUTTER CUPS SOFT 5GM 0 SAUCE BBQ PKT 200CT 4 SANDWICH PB&J 5.3OZ 64 LETTUCE ROMAINE CHOP 1 TOMATO GRAPE FRESH 2 CUCUMBER SLI 1/2INCH 5LB 1 DRESSING RANCH 12GM 200CT 0 DRESSING FRENCH 12gm 500CT 2 FRUIT MIX CUP 24/4OZ 13 FRESH FRUIT BOWL *	5/17/2024 CHICKEN BONELESS WING WG-DD 13 CHICKEN MOCK NUGGET VEGETAF 25 SANDWICH PB&J 5.3OZ 64 POTATO MASHED LOW SODIUM 15 GRAVY CHICKEN 2 CORN FROZEN 30LB GC 16 BREAD PAN ROLL WG 24CT 26 BUTTER CUPS SOFT 5GM 0 FRUIT MIX CUP 24/4OZ 13 FRESH FRUIT BOWL *
5/20/2024 CHICKEN PATTY BREAD WG-DD-1 9 BREAD HAMB WG BUN 4IN 28 SANDWICH PB&J 5.3OZ 64 MAYONNAISE PKT 500CT 0 VEG BROCCOLI FROZEN 5 PEPPER STRIP RED FRESH 1/2 IN 3 PEAR DICED CUP 24/4OZ 13 JUICE FRZN BLRASP SIDEKIK (FRT) 23	5/21/2024 SANDWICH PB&J 5.3OZ 64 CARROT BABY FRESH 3OZ 7 JUICE FRZN CHR SIDEKIK CUP(VE) 22 APPLESAUCE CUP MANGPCH UN: 15 FRESH FRUIT BOWL *	5/22/2024 No School Summer Break	5/23/2024 No School Summer Break	5/24/2024 No School Summer Break
5/27/2024 No School Summer Break	5/28/2024 No School Summer Break	5/29/2024 No School Summer Break	5/30/2024 No School Summer Break	5/31/2024 No School Summer Break

"This institution is an equal opportunity provider."