



DECEMBER

ROCKETSHIP

Breakfast Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Red Rabbit O's Bananas 1% & Fat-Free Milk	2 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	3 Banana Bread Oranges 1% & Fat-Free Milk	4 Chocolate Chip & Wow Butter Granola Bar Apples 1% & Fat-Free Milk	5 Papaya Bread Bananas 1% & Fat-Free Milk
8 Chex Cereal Apples 1% & Fat-Free Milk	9 Double Chocolate Bread Mandarins 1% & Fat-Free Milk	10 Strawberry Yogurt w/ Granola, Chocolate Chips & Craisins Pineapples 1% & Fat-Free Milk	11 Brown Sugar Cinnamon Bread Pears 1% & Fat-Free Milk	12 WG Mini Bagel w/ Butter & Jelly Apples 1% & Fat-Free Milk
15 Red Rabbit O's Apples 1% & Fat-Free Milk	16 Carrot Bread Oranges 1% & Fat-Free Milk	17 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	18 Chocolate Chip Bread Bananas 1% & Fat-Free Milk	19 Pumpkin Bread Pineapples 1% & Fat-Free Milk
22	23	24	25	26
29	30	31		



DECEMBER

ROCKETSHIP APPLETREE

Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Red Rabbit O's Bananas 1% & Fat-Free Milk	2 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	3 Banana Bread Oranges 1% & Fat-Free Milk	4 Chocolate Chip Wow Granola Bar Apples 1% & Fat-Free Milk	5 Papaya Bread Bananas 1% & Fat-Free Milk
8 Chex Cereal Apples 1% & Fat-Free Milk	9 Double Chocolate Bread Mandarins 1% & Fat-Free Milk	10 Strawberry Yogurt w/ Granola, Chocolate Chips & Craisins Pineapples 1% & Fat-Free Milk	11 Brown Sugar Cinnamon Bread Pears 1% & Fat-Free Milk	12 WG Mini Bagel w/ Butter & Jelly Apples 1% & Fat-Free Milk
15 Red Rabbit O's Apples 1% & Fat-Free Milk	16 Carrot Bread Oranges 1% & Fat-Free Milk	17 WG Mini Bagel w/ Cream Cheese Pears 1% & Fat-Free Milk	18 Chocolate Chip Bread Bananas 1% & Fat-Free Milk	19 Pumpkin Bread Pineapples 1% & Fat-Free Milk
22	23	24	25	26
29	30	31		



DECEMBER

ROCKETSHIP

Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Egg* Fried Rice (VG) Steamed Broccoli Ginger Carrots Grapes 1% & Fat-Free Milk	2 Turkey Bolognese WG Spaghetti Marinara Sauce w/ Mozzarella Cheese (VG) Garlic Cheesy Bread Garlic Green Beans* Roasted Tomatoes Oranges 1% & Fat-Free Milk	3 BBQ Chicken* BBQ Tofu (V) Buttered Cornbread Butter Sweet Corn Sauteed Mixed Greens Pineapple 1% & Fat-Free Milk	4 Black Bean Tacos Loaded Pinto Bean Bowl (V) WG Tortilla Pico de Gallo Roasted Corn Apples* 1% & Fat-Free Milk	5 Jerk Chicken* Rice & Peas Chimichurri Bean Wrap (V) Kidney Beans Sauteed Cabbage Pears 1% & Fat-Free Milk
8 Pizza Melt Mozzarella Cheese Roasted Zucchini Roasted Corn Apples* 1% & Fat-Free Milk	9 Suya Chicken* Suya Tofu (V) Jolloff Rice Collard Greens* Black Eyed Peas Bananas 1% & Fat-Free Milk	10 Chipotle Turkey Burrito Bean & Cheese Burrito (V) Sweet Potato Hash Peppers & Onions Apples* 1% & Fat-Free Milk	11 Chicken* w/ Mumbo Sauce Fried Rice w/ Veggies Sweet Buffalo Tofu (V) Green Peas Sauteed Carrots Grapes 1% & Fat-Free Milk	12 Macaroni & Cheese (VG) Cheddar & Parmesan Cheese Vegan Cheese Pasta (V) Glazed Candy Yams* Roasted Broccoli Apples* 1% & Fat-Free Milk
15 Creamy Pesto Pasta (VG) Mozzarella Cheese Vegan Pesto Pasta (V) Garlic Spinach Roasted Cherry Tomatoes Apples* 1% & Fat-Free Milk	16 BBQ Turkey Meatloaf Lentil Loaf (V) WG Dinner Roll Mashed Potatoes Sauteed Green Peas* Cantaloupe 1% & Fat-Free Milk	17 Berbere Chicken* Baked Tofu (V) WG Injera Stewed Lentils Sauteed Collard Greens Cantaloupe 1% & Fat-Free Milk	18 Buffalo Cauliflower Wrap w/ Cheddar Cheese Buffalo Cauliflower Wrap w/ Vegan Cheese (V) WG Tortilla Celery Sticks Carrots Sticks* Honeydew 1% & Fat-Free Milk	19 Chicken* Adobo Tofu Adobo (V) Seasoned Rice Roasted Carrots Roasted Cauliflower & Broccoli Grapes 1% & Fat-Free Milk
22	23	24	25	26
29	30	31		



DECEMBER

ROCKETSHIP APPLETREE

Lunch Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Egg* Fried Rice (V) Steamed Broccoli Ginger Carrots Grapes 1% & Fat-Free Milk	2 Turkey Bolognese WG Spaghetti Marinara Sauce w/ Mozzarella Cheese (VG) Garlic Cheesy Bread Garlic Green Beans* Roasted Tomatoes Oranges 1% & Fat-Free Milk	3 BBQ Chicken* BBQ Tofu (V) Buttered Cornbread Butter Sweet Corn Sauteed Mixed Greens Pineapple 1% & Fat-Free Milk	4 Black Bean Tacos Loaded Pinto Bean Bowl (V) WG Tortilla Pico de Gallo Roasted Corn Apples* 1% & Fat-Free Milk	5 Jerk Chicken* Rice & Peas Chimichurri Bean Wrap (V) Kidney Beans Sauteed Cabbage Pears 1% & Fat-Free Milk
8 Pizza Melt Mozzarella Cheese Roasted Zucchini Roasted Corn Apples* 1% & Fat-Free Milk	9 Suya Chicken* Suya Tofu (V) Jolloff Rice Collard Greens* Black Eyed Peas Bananas 1% & Fat-Free Milk	10 Chipotle Turkey Burrito Bean & Cheese Burrito (V) Sweet Potato Hash Peppers & Onions Apples* 1% & Fat-Free Milk	11 Chicken* w/ Mumbo Sauce Fried Rice w/ Veggies Sweet Buffalo Tofu (V) Green Peas Sauteed Carrots Grapes 1% & Fat-Free Milk	12 Macaroni & Cheese (VG) Cheddar & Parmesan Cheese Vegan Cheese Pasta (V) Glazed Candy Yams* Roasted Broccoli Apples* 1% & Fat-Free Milk
15 Creamy Pesto Pasta (VG) Mozzarella Cheese Vegan Pesto Pasta (V) Garlic Spinach Roasted Cherry Tomatoes Apples* 1% & Fat-Free Milk	16 BBQ Turkey Meatloaf Lentil Loaf (V) WG Dinner Roll Mashed Potatoes Sauteed Green Peas* Cantaloupe 1% & Fat-Free Milk	17 Berbere Chicken* Baked Tofu (V) WG Injera Stewed Lentils Sauteed Collard Greens Cantaloupe 1% & Fat-Free Milk	18 Buffalo Cauliflower Wrap w/ Cheddar Cheese Buffalo Cauliflower Wrap w/ Vegan Cheese (V) WG Tortilla Celery Sticks Carrots Sticks* Honeydew 1% & Fat-Free Milk	19 Chicken* Adobo Tofu Adobo (V) Seasoned Rice Roasted Carrots Roasted Cauliflower & Broccoli Grapes 1% & Fat-Free Milk
22	23	24	25	26
29	30	31		



DECEMBER

ROCKETSHIP

Supper Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta Primavera Diced Mozzarella Cheese Broccoli Cherry Tomatoes Watermelon 1% & Fat-Free Milk	2 Chicken* Tacos WW Tortillas Shredded Lettuce Pico De Gallo Watermelon 1% & Fat-Free Milk	3 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel Carrots & Celery w/ Ranch Honeydew 1% & Fat-Free Milk	4 Turkey Sandwich WG Pullman Bread Coleslaw Pineapple 1% & Fat-Free Milk	5 Panzanella Salad Chickpeas WG Bread Diced Tomatoes w/ Basil & Balsamic Vinegar Strawberries 1% & Fat-Free Milk
8 Lemon Pepper Chicken Wrap WG Tortilla Sliced Cucumbers Shredded Lettuces Bananas 1% & Fat-Free Milk	9 Garlic Ginger Rice Noodles Rice Noodles Edamame Sauteed Cabbage & Spinach Peppers & Onions Green Apples 1% & Fat-Free Milk	10 Southwest Chicken* Pasta Salad WG Penne Sauteed Corn Roasted Red Peppers Apples 1% & Fat-Free Milk	11 Cheddar Cheese Sandwich on Brioche Roll Carrots & Celery w/ Ranch Honeydew 1% & Fat-Free Milk	12 Chicken Ceasar Salad Parmesan Crisp Homemade Croutons Cherry Tomatoes Pears 1% & Fat-Free Milk
15 BLT Macaroni Salad WG Elbow Pasta Romaine Lettuce Diced Peppers Red Apple 1% & Fat-Free Milk	16 Jerk Chicken Wrap Spinach Tortilla Sliced Cucumbers Shredded Lettuces Bananas 1% & Fat-Free Milk	17 Pasta Primavera Diced Mozzarella Cheese Broccoli Cherry Tomatoes Watermelon 1% & Fat-Free Milk	18 Chicken Tacos WW Tortillas Shredded Lettuce Pico De Gallo Watermelon 1% & Fat-Free Milk	19 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel Carrots & Celery w/ Ranch Honeydew 1% & Fat-Free Milk
22	23	24	25	26
29	30	21		

[NFLP] Thursday 12/10/2025 - Lunch	[NFLP] Wednesday 12/10/2025 - Lunch	Peppers w/ Onions	0.25 c	30.912	2.265	0.185	0.009	0	567.345	2.723	0.79	1.4	0.41	145.403	29.960	0	6.964	0.162	73.843	36.907	1.634	0.386	0	0	0	0	0.128	0	0	0.012	0	0	0.000			
	[NFLP] Wednesday 12/10/2025 - Lunch	Hot Wings	0.5 c	30.8	1.119	0.688	0.002	0	75.3	0.528	0.68	0.68	0.49	61.4	14.4	193.8	79.347	0.348	0.275	0.847	0.941	0	0	0	0	0	0	0	0	0	0	0.000	0	0.000		
	[NFLP] Wednesday 12/10/2025 - Lunch	Milk, 1% fat, half pint	1 c	10.248	2.367	1.544	*	12.2	107.36	12.176	10	10	8.223	34.404	0	0	305.073	366	219.405	1.83	1.536	*	0	0	0	0	0	0	0	0	0	1.000	0	0.000		
	[NFLP] Wednesday 12/10/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	0	1.000	0	0.000	
	[NFLP] Wednesday 12/10/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	0	1.000	0	0.000	
	[NFLP] Thursday 12/11/2025 - Lunch	Chicken w/ Marinated Sauce	2 oz	66.589	30.22	74.03	0.002	113.156	164.981	67.809	117.94	0.021	4	60.832	231.383	20.911	0	114.311	5.008	190.03	775.485	1.801	8.400	0.001	2.011	2.0	0.0	0.0	0.0	0.0	3	3.208	0.000	0.000		
	[NFLP] Thursday 12/11/2025 - Lunch	Chicken w/ Marinated Sauce	0 c	166.332	8.267	1.346	0.026	66.354	12.370	3.486	0.327	0	0	16.445	2.607	2.201	0	13.445	0.000	333.004	99.119	1.972	4.660	0.000	0	0	0	0	0	0	0	1.000	0	0.000		
	[NFLP] Thursday 12/11/2025 - Lunch	Fried Rice	1 c	28.021	22.994	0.172	0.009	0	137.485	0.883	0.249	0.076	0	0.491	227.378	0.805	0	4.227	0.086	167.738	11.007	7.009	5.524	*	0	0	0	0	0	0	0	0	0	0.011	0	0.000
	[NFLP] Thursday 12/11/2025 - Lunch	Tell to Marlon Saxe (VG)	2 oz	107.237	10.864	1.233	0.017	0	100.262	1.681	2.167	0.31	0	12.634	114.448	2.002	0	329.880	2.248	270.788	79.83	1.592	7.695	*	0	0	0	0	0	0	1	0.844	0.000	0.000		
	[NFLP] Thursday 12/11/2025 - Lunch	Hot Wings	0.5 c	99.723	1.352	0.855	0.002	9.752	56.93	1.311	0.287	0.68	0	1.971	238.246	0.807	0	210.09	0.238	214.765	63.032	2.187	20.347	0.000	0	0	0	0	0	0	0	0	0.000	0	0.000	
	[NFLP] Thursday 12/11/2025 - Lunch	Shredded Corned Beef	0.25 c	13.486	0.081	0.012	0	0	356.541	3.154	0.931	0.118	0	0.312	1604.003	1.888	0	11.347	0.112	104.252	28.271	1.045	8.802	*	0.25	0	0	0	0	0	0	0	0.004	0	0.000	
	[NFLP] Thursday 12/11/2025 - Lunch	Shredded Corned Beef	0.5 c	33.5	0.186	0.028	0	0	89.616	0.816	0.235	0.028	0	0.776	411.05	2.861	0	28.475	0.107	136.165	70.255	0.356	3.212	*	0	0	0	0	0	0	0	0	0	0.016	0	0.000
	[NFLP] Thursday 12/11/2025 - Lunch	Milk, 1% fat, half pint	1 c	10.248	2.367	1.544	*	12.2	107.36	12.176	10	10	8.223	34.404	0	0	305.073	366	219.405	1.83	1.536	*	0	0	0	0	0	0	0	0	0	0	1.000	0	0.000	
[NFLP] Thursday 12/11/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Thursday 12/11/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	1000.726	47.536	24.867	0.488	131.699	*	2002.079	10.367	12.013	51.048	4	54.240	2057.765	108.174	0.026	1333.708	3.273	1889.484	713.107	12.446	*	20.921	1.508	2	0.5	0.25	0.51	*	2	3.25	1.58	0.000			
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Mauiwau & Cheese (V)	1 c	655.558	33.003	19.717	0.476	104.744	128.859	47.213	6.024	8.732	24.448	321.281	0.23	0.508	639.848	2.197	374.228	116.622	0.133	30.308	*	0	0	0	0	0	0	2	0.25	0.80	0.000			
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Roasted Chicken w/ Roasted Red Peppers	1 c	97.438	0.311	1.208	0.012	0	1.208	0.311	1.208	0.012	1.971	97.247	0.427	0.341	97.247	0.427	97.247	0.427	97.247	0.427	97.247	0.427	0	0	0	0	0	0	0	0.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Classic Caramelized Veggies	0.25 c	79.125	3.7	2.207	0	0	9.762	20.088	11.63	5.72	0.979	144.935	0.81	0	17.955	0.262	120.519	56.32	0.365	28.127	*	0.25	0	0	0	0	0	0	0	0.010	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Carrot Garden Veggies	0.5 c	40.426	0.124	0.014	0	0	0.025	10.246	1.815	0.13	0.771	61.133	48.758	0	35.475	0.107	136.165	70.255	0.356	3.212	*	0	0	0	0	0	0	0	0	0	0.016	0	0.000	
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	1 c	10.248	2.367	1.544	*	12.2	107.36	12.176	10	10	8.223	34.404	0	0	305.073	366	219.405	1.83	1.536	*	0	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0	0	298.9	0.073	362.2	222.558	1.837	3.012	*	0	0	0	0	0	0	0	0	1.000	0	0.000		
[NFLP] Friday 12/12/2025 - Lunch	[NFLP] Friday 12/12/2025 - Lunch	Milk, 1% fat, half pint	8 c	82.796	19.441	12.657	*	4.9	102.9	11.807	8	8	8.257	11.025	0																					