



# JANUARY

## ROCKETSHIP

## Breakfast Menu

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

| MONDAY                                                      | TUESDAY                                                                               | WEDNESDAY                                                                                    | THURSDAY                                                                   | FRIDAY                                                                            |
|-------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                             |                                                                                       |                                                                                              | 1                                                                          | 2                                                                                 |
| 5<br>Red Rabbit O's<br><br>Bananas<br>1% & Fat-Free Milk    | 6<br>WG Mini Bagel w/ Cream Cheese<br><br>Clementines<br>1% & Fat-Free Milk           | 7<br>Strawberry Parfait w/ Chocolate Chips & Granola<br><br>Pineapples<br>1% & Fat-Free Milk | 8<br>English Muffins w/ Butter & Jelly<br><br>Apples<br>1% & Fat-Free Milk | 9<br>Banana Bread<br><br>Oranges<br>1% & Fat-Free Milk                            |
| 12<br>Chex Cereal<br><br>Apples<br>1% & Fat-Free Milk       | 13<br>Berry Oat Crumble<br><br>Mandarins<br>1% & Fat-Free Milk                        | 14<br>English Muffins w/ Butter<br><br>Pears<br>1% & Fat-Free Milk                           | 15<br>Honey Yogurt w/ Granola<br><br>Bananas<br>1% & Fat-Free Milk         | 16<br>WG Mini Bagel w/ Butter & Jelly<br><br>Apples<br>1% & Fat-Free Milk         |
| 19                                                          | 20<br>WG Mini Bagel w/ Cream Cheese<br><br>Oranges<br>1% & Fat-Free Milk              | 21<br>Mango Overnight Oats<br><br>Pears<br>1% & Fat-Free Milk                                | 22<br>Sweet Potato Bread<br><br>Bananas<br>1% & Fat-Free Milk              | 23<br>Homemade Granola w/ Chocolate Chips<br><br>Pineapples<br>1% & Fat-Free Milk |
| 26<br>Cornflakes Cereal<br><br>Apples<br>1% & Fat-Free Milk | 27<br>Chocolate Yogurt Parfait w/ Spiced Granola<br><br>Bananas<br>1% & Fat-Free Milk | 28<br>Carrot Oat Bread<br><br>Clementines<br>1% & Fat-Free Milk                              | 29<br>WG Mini Bagel w/ Butter & Jelly<br><br>Apples<br>1% & Fat-Free Milk  | 30<br>Blueberry Bread<br><br>Bananas<br>1% & Fat-Free Milk                        |



# JANUARY

## ROCKETSHIP APPLETREE

## Breakfast Menu

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

| MONDAY                                                      | TUESDAY                                                                               | WEDNESDAY                                                                                    | THURSDAY                                                                   | FRIDAY                                                                            |
|-------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                             |                                                                                       |                                                                                              | 1                                                                          | 2                                                                                 |
| 5<br>Red Rabbit O's<br><br>Bananas<br>1% & Fat-Free Milk    | 6<br>WG Mini Bagel w/ Cream Cheese<br><br>Clementines<br>1% & Fat-Free Milk           | 7<br>Strawberry Parfait w/ Chocolate Chips & Granola<br><br>Pineapples<br>1% & Fat-Free Milk | 8<br>English Muffins w/ Butter & Jelly<br><br>Apples<br>1% & Fat-Free Milk | 9<br>Banana Bread<br><br>Oranges<br>1% & Fat-Free Milk                            |
| 12<br>Chex Cereal<br><br>Apples<br>1% & Fat-Free Milk       | 13<br>Berry Oat Crumble<br><br>Mandarins<br>1% & Fat-Free Milk                        | 14<br>English Muffins w/ Butter<br><br>Pears<br>1% & Fat-Free Milk                           | 15<br>Honey Yogurt w/ Granola<br><br>Bananas<br>1% & Fat-Free Milk         | 16<br>WG Mini Bagel w/ Butter & Jelly<br><br>Apples<br>1% & Fat-Free Milk         |
| 19                                                          | 20<br>WG Mini Bagel w/ Cream Cheese<br><br>Oranges<br>1% & Fat-Free Milk              | 21<br>Mango Overnight Oats<br><br>Pears<br>1% & Fat-Free Milk                                | 22<br>Sweet Potato Bread<br><br>Bananas<br>1% & Fat-Free Milk              | 23<br>Homemade Granola w/ Chocolate Chips<br><br>Pineapples<br>1% & Fat-Free Milk |
| 26<br>Cornflakes Cereal<br><br>Apples<br>1% & Fat-Free Milk | 27<br>Chocolate Yogurt Parfait w/ Spiced Granola<br><br>Bananas<br>1% & Fat-Free Milk | 28<br>Carrot Oat Bread<br><br>Clementines<br>1% & Fat-Free Milk                              | 29<br>WG Mini Bagel w/ Butter & Jelly<br><br>Apples<br>1% & Fat-Free Milk  | 30<br>Blueberry Bread<br><br>Bananas<br>1% & Fat-Free Milk                        |





# JANUARY

## ROCKETSHIP APPLETREE

## Lunch Menu

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

| MONDAY                                                                                                                                                                         | TUESDAY                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                             | THURSDAY                                                                                                                                                               | FRIDAY                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                |                                                                                                                                                                                                     |                                                                                                                                                                       | 1                                                                                                                                                                      | 2                                                                                                                                                                 |
| 5<br>Scrambled Eggs* w/ Tomato Chutney (VG)<br>English Muffin<br><br>Sweet Potato Hash<br>Sauteed Spinach<br><br>Honeydew<br>1% & Fat-Free Milk                                | 6<br>Turkey Bolognese<br>WG Spaghetti<br>Marinara Sauce w/ Mozzarella Cheese (VG)<br>Garlic Cheesy Bread<br><br>Roasted Broccoli<br>Roasted Garlic Tomatoes*<br><br>Pineapple<br>1% & Fat-Free Milk | 7<br>BBQ Chicken*<br>BBQ Tofu (V)<br>Buttered Cornbread<br><br>Butter Green Beans<br>Sauteed Mixed Greens<br><br>Cantaloupe<br>1% & Fat-Free Milk                     | 8<br>Cheese Quesadilla (VG)<br>Cheddar Cheese<br>WG Tortilla<br><br>Roasted Corn & Red Peppers*<br>Pico de Gallo<br><br>Honeydew<br>1% & Fat-Free Milk                 | 9<br>Jerk Chicken*<br>Rice & Peas<br>Bean Wrap (V)<br><br>Kidney Beans<br>Sauteed Cabbage<br><br>Oranges<br>1% & Fat-Free Milk                                    |
| 12<br>Pizza Melt<br>Mozzarella Cheese<br><br>Roasted Broccoli<br>Roasted Tomatoes<br><br>Apples*<br>1% & Fat-Free Milk                                                         | 13<br>Arroz Con Pollo*<br>Paprika Roasted Tofu (V)<br>WG Spanish Rice<br><br>Seasoned Black Beans<br>Roasted Peppers & Onions<br><br>Pineapples<br>1% & Fat-Free Milk                               | 14<br>Macaroni & Cheese VG)<br>Cheddar & Parmesan Cheese<br>Vegan Cheese Pasta (V)<br><br>Honey Glazed Carrots<br>Garlic Spinach<br><br>Apples*<br>1% & Fat-Free Milk | 15<br>Chicken* w/ Mumbo Sauce<br>Fried Rice w/ Veggies<br>Tofu w/ Mumbo Sauce (V)<br><br>Green Peas<br>Sauteed Carrots<br><br>Grapes<br>1% & Fat-Free Milk             | 16<br>Oven Roasted Chicken* Salad<br>WG Wrap<br>Bean Burger (V)<br><br>Pickled Cucumbers<br>Mixed Salad w/ Ranch<br><br>Cantaloupe<br>1% & Fat-Free Milk          |
| 19                                                                                                                                                                             | 20<br>Loaded Chicken* Taco Bowl<br>Loaded Pinto Bean Bowl (V)<br>WG Tortilla<br><br>Pinto Beans<br>Roasted Corn & Peppers<br><br>Oranges<br>1% & Fat-Free Milk                                      | 21<br>Alfredo Fettuccine Pasta<br>Mozzarella Cheese<br>Sweet Buffalo Tofu (V)<br><br>Garlic Spinach<br>Roasted Zucchini<br><br>Apples*<br>1% & Fat-Free Milk          | 22<br>Cajun Chicken* Wrap<br>Cajun Roasted White Beans (V)<br>Garlic Herb Croutons<br><br>Baby Carrots<br>Tomatoes & Cucumbers<br><br>Pineapples<br>1% & Fat-Free Milk | 23<br>Turkey Meatball Sliders<br>WG Dinner Rolls<br>Grilled Cheese (VG)<br><br>Garlic Green Beans<br>Roasted Red Peppers*<br><br>Cantaloupe<br>1% & Fat-Free Milk |
| 26<br>Pasta Carbonara<br>w/ Mozzarella Cheese<br>Pasta Carbonara w/ Green Peas (V)<br><br>Garlic Roasted Zucchini<br>Red Roasted Peppers*<br><br>Oranges<br>1% & Fat-Free Milk | 27<br>Chicken* Adobo<br>Tofu Adobo (V)<br>Seasoned Rice<br><br>Roasted Broccoli<br>Roasted Cauliflower & Carrots<br><br>Grapes<br>1% & Fat-Free Milk                                                | 28<br>Bean & Cheese Burrito (VG)<br>WG Tortilla<br><br>Roasted Corn<br>Roasted Tomatoes & Green Peppers<br><br>Apples*<br>1% & Fat-Free Milk                          | 29<br>Teriyaki Chicken*<br>Teriyaki Tofu (V)<br>Veggie Lo Mein<br><br>Roasted Carrots<br>Sauteed Broccoli<br><br>Cantaloupe<br>1% & Fat-Free Milk                      | 30<br>Beef Picadillo<br>Seasoned Rice<br>Sweet Buffalo Tofu (V)<br><br>Seasoned Kidney Beans<br>Sweet Plantains<br><br>Apples*<br>1% & Fat-Free Milk              |



# JANUARY

## ROCKETSHIP

## Supper Menu

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

| MONDAY                                                                                                                           | TUESDAY                                                                                                                                                    | WEDNESDAY                                                                                                                        | THURSDAY                                                                                                                                                   | FRIDAY                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                  |                                                                                                                                                            |                                                                                                                                  | 1                                                                                                                                                          | 2                                                                                                                                             |
| 5<br>Pasta Primavera<br>Diced Mozzarella Cheese<br><br>Broccoli<br>Cherry Tomatoes<br><br>Watermelon<br>1% & Fat-Free Milk       | 6<br>Chicken* Tacos<br>WW Tortillas<br><br>Shredded Lettuce<br>Pico De Gallo<br><br>Watermelon<br>1% & Fat-Free Milk                                       | 7<br>Pizza Bagel w/<br>Mozzarella Cheese<br>WG Mini Bagel<br><br>Carrots & Celery w/ Ranch<br><br>Honeydew<br>1% & Fat-Free Milk | 8<br>Turkey Sandwich<br>WG Pullman Bread<br><br>Coleslaw<br><br>Pineapple<br>1% & Fat-Free Milk                                                            | 9<br>Panzanella Salad<br>Chickpeas<br>WG Bread<br><br>Diced Tomatoes w/ Basil &<br>Balsamic Vinegar<br><br>Strawberries<br>1% & Fat-Free Milk |
| 12<br>Lemon Pepper Chicken Wrap<br>WG Tortilla<br><br>Sliced Cucumbers<br>Shredded Lettuces<br><br>Bananas<br>1% & Fat-Free Milk | 13<br>Garlic Ginger Rice Noodles<br>Rice Noodles<br>Edamame<br><br>Sauteed Cabbage & Spinach<br>Peppers & Onions<br><br>Green Apples<br>1% & Fat-Free Milk | 14<br>Southwest Chicken* Pasta Salad<br>WG Penne<br><br>Sauteed Corn<br>Roasted Red Peppers<br><br>Apples<br>1% & Fat-Free Milk  | 15<br>Cheddar Cheese Sandwich<br>on Brioche Roll<br><br>Carrots & Celery w/ Ranch<br><br>Honeydew<br>1% & Fat-Free Milk                                    | 16<br>Chicken Ceasar Salad<br>Parmesan Crisp<br>Homemade Croutons<br><br>Cherry Tomatoes<br><br>Pears<br>1% & Fat-Free Milk                   |
| 19<br>Jerk Chicken Wrap<br>Spinach Tortilla<br><br>Sliced Cucumbers<br>Shredded Lettuces<br><br>Bananas<br>1% & Fat-Free Milk    | 20<br>Jerk Chicken Wrap<br>Spinach Tortilla<br><br>Sliced Cucumbers<br>Shredded Lettuces<br><br>Bananas<br>1% & Fat-Free Milk                              | 21<br>Pasta Primavera<br>Diced Mozzarella Cheese<br><br>Broccoli<br>Cherry Tomatoes<br><br>Watermelon<br>1% & Fat-Free Milk      | 22<br>Chicken Tacos<br>WW Tortillas<br><br>Shredded Lettuce<br>Pico De Gallo<br><br>Watermelon<br>1% & Fat-Free Milk                                       | 23<br>Pizza Bagel w/<br>Mozzarella Cheese<br>WG Mini Bagel<br><br>Carrots & Celery w/ Ranch<br><br>Honeydew<br>1% & Fat-Free Milk             |
| 26<br>Turkey Sandwich<br>WG Pullman Bread<br><br>Coleslaw<br><br>Pineapple<br>1% & Fat-Free Milk                                 | 27<br>Panzanella Salad<br>Chickpeas<br>WG Bread<br><br>Diced Tomatoes w/ Basil &<br>Balsamic Vinegar<br><br>Strawberries<br>1% & Fat-Free Milk             | 28<br>Lemon Pepper Chicken Wrap<br>WG Tortilla<br><br>Sliced Cucumbers<br>Shredded Lettuces<br><br>Bananas<br>1% & Fat-Free Milk | 29<br>Garlic Ginger Rice Noodles<br>Rice Noodles<br>Edamame<br><br>Sauteed Cabbage & Spinach<br>Peppers & Onions<br><br>Green Apples<br>1% & Fat-Free Milk | 30<br>Southwest Chicken* Pasta Salad<br>WG Penne<br><br>Sauteed Corn<br>Roasted Red Peppers<br><br>Apples<br>1% & Fat-Free Milk               |

| _row_group_by                    | Serving Size     | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) | Vitamin A (µg) | Vitamin C (mg) | Vitamin D (µg) | Calcium (mg) | Iron (mg) | Calories from Sa | Calories from Ad | Grain Credit | Fruit Credit | Red/Orange Veg | Dark Green Veg | Starchy Veg | Cres | Beans, Peas, an | Other Veg | Credit | Meat/Altern | Milk Credit |   |
|----------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|--------------------|-------------------|------------------|------------------|-------------|----------------|----------------|----------------|--------------|-----------|------------------|------------------|--------------|--------------|----------------|----------------|-------------|------|-----------------|-----------|--------|-------------|-------------|---|
| [SBP] Monday 01/05/2026 - Break  | 579.27           | 10.757          | 2.983         | 0                 | 17.1          | 526.62           | 93.145      | 8.536              | 46.791            | 4                | 30.962           | 71.541 *    | 11.832 *       | 0 *            | 830.7 *        | 0            | 220       | 14.9 *           | 4.635            | 2.762        | 1            | 1 *            |                |             |      |                 |           |        |             |             | 0 |
|                                  | 1 c              | 160             | 3             | 0.5               | 0             | 0                | 200         | 30                 | 3                 | 0                | 0                | 5 *         | -              | -              | -              | 0            | 220       | 14.4             | 2.813 *          |              | 1            | 0              |                |             |      |                 | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 each           | 121.04          | 0.449         | 0.152             | 0             | 0                | 1.36        | 31.062             | 3.536             | 16.633 *         |                  | 1.482       | 26.112         | 11.832         | 0              | 6.8          | 0.354     | 1.13 *           |                  | 0            | 1            |                |                |             |      | 0               | 0         | 0      | 0           | 0           |   |
|                                  | 1 c              | 102.48          | 2.367         | 1.544 *           |               | 12.2             | 107.36      | 12.176             | 0                 | 12.688 *         |                  | 8.223       | 34.404         | 0              | 0              | 305          | 0.073     | 13.56 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 1           |   |
|                                  | 1 c              | 85.75           | 0.441         | 0.287 *           |               | 4.9              | 102.9       | 11.907             | 0                 | 12.47 *          |                  | 8.257       | 11.025         | 0              | 0              | 298.9        | 0.073     | 3.012 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 1           |   |
|                                  | 8 fl oz          | 110             | 4.5           | 0.5               | 0             | 0                | 115         | 8                  | 2                 | 5                | 4                | 8 *         | -              | -              | -              | 0            | 298.9     | 0.073            | 4.091 *          |              | 0            | 0              |                |             |      |                 | 0         | 0      | 0           | 0           | 1 |
|                                  |                  | 699.08          | 37.187 *      | 19.588            |               | 102.95           | 596.06      | 62.788             | 5.51              | 53.985           | 4                | 31.287      | 727.119 *      | 52.065 *       | 0 *            | 758.5 *      | 0.531 *   | 25.218           | 2.289            | 2            | 1 *          |                |                |             |      |                 |           |        |             |             | 3 |
| [SBP] Tuesday 01/06/2026 - Break | 1 each           |                 |               |                   |               |                  |             |                    |                   |                  |                  |             |                |                |                |              |           |                  |                  | 2            | 0            |                |                |             |      |                 | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 package, small | 297.5           | 29.274        | 17.181 *          |               | 85.85            | 266.9       | 4.692              | 0                 | 3.196 *          |                  | 5.228       | 283.305        | 0              | 0              | 82.45        | 0.093     | 51.976 *         |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 c              | 103.35          | 0.605         | 0.076             | 0             | 3.9              | 26.013      | 3.51               | 1.579             | 20.631 *         |                  | 1.579       | 398.386        | 52.065         | 0              | 72.157       | 0.292     | 0.662 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 c              | 85.75           | 0.441         | 0.287 *           |               | 4.9              | 102.9       | 11.907             | 0                 | 12.47 *          |                  | 8.257       | 11.025         | 0              | 0              | 298.9        | 0.073     | 3.012 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 1 |
|                                  | 1 c              | 102.48          | 2.367         | 1.544 *           |               | 12.2             | 107.36      | 12.176             | 0                 | 12.688 *         |                  | 8.223       | 34.404         | 0              | 0              | 305          | 0.073     | 13.56 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 1 |
|                                  | 8 fl oz          | 110             | 4.5           | 0.5               | 0             | 0                | 115         | 8                  | 2                 | 5                | 4                | 8 *         | -              | -              | -              | 0            | 298.9     | 0.073            | 4.091 *          |              | 0            | 0              |                |             |      |                 | 0         | 0      | 0           | 0           | 1 |
|                                  |                  | 1130.903        | 27.11         | 5.728             | 0.036 *       | 24.45 *          | 982.306 *   | 180.505            | 18.812            | 90.263 *         | 4.544 *          | 47.462      | 188.334 *      | 98.786 *       | 0 *            | 984.393 *    | 5.315 *   | 4.558            | 1.607            | 4            | 1 *          |                |                |             |      |                 |           |        |             |             | 3 |
| [SBP] Wednesday 01/07/2026 - Br  | 1 each           | 442.304         | 10.727        | 2.297             | 0.018         | 7.35             | 370.946     | 75.671             | 6.676             | 34.754           |                  | 14.015      | 19.691         | 1.168          | 0              | 267.878      | 2.575     | 4.674 *          |                  | 2            | 0            |                |                |             |      | 0               | 0         | 0      | 1           | 0           |   |
|                                  | 0.5 c            | 309.519         | 8.828         | 1.072             | 0.018         | 0                | 284.45      | 52.06              | 6.506             | 11.326 *         |                  | 7.465       | 0.949          | 0.103          | 0              | 41.665       | 2.38      | 3.117 *          |                  | 2            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 c              | 80.85           | 0.247         | 0.028             | 0             | 0                | 1.65        | 20.691             | 3.63              | 14.025 *         |                  | 1.502       | 122.265        | 97.515         | 0              | 70.95        | 0.214     | 0.312 *          |                  | 0            | 1            |                |                |             |      | 0               | 0         | 0      | 0           | 0           |   |
|                                  | 1 c              | 102.48          | 2.367         | 1.544 *           |               | 12.2             | 107.36      | 12.176             | 0                 | 12.688 *         |                  | 8.223       | 34.404         | 0              | 0              | 305          | 0.073     | 13.56 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 1           |   |
|                                  | 1 c              | 85.75           | 0.441         | 0.287 *           |               | 4.9              | 102.9       | 11.907             | 0                 | 12.47 *          |                  | 8.257       | 11.025         | 0              | 0              | 298.9        | 0.073     | 3.012 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 1           |   |
|                                  | 8 fl oz          | 110             | 4.5           | 0.5               | 0             | 0                | 115         | 8                  | 2                 | 5                | 4                | 8 *         | -              | -              | -              | 0            | 298.9     | 0.073            | 4.091 *          |              | 0            | 0              |                |             |      |                 | 0         | 0      | 0           | 0           | 1 |
|                                  |                  | 1478.23         | 89.7          | 52.865            | 0             | 232.1            | 569.51      | 141.265            | 8.1               | 92.706           | 5 *              | 30.025      | 815.379 *      | 14.55 *        | 0 *            | 754.4 *      | 1.806 *   | 32.186           | 1.353            | 2            | 1 *          |                |                |             |      |                 |           |        |             |             | 3 |
| [SBP] Thursday 01/08/2026 - Brea | 1 each           | 120             | 1 *           |                   |               |                  | 200         | 23                 | 2                 |                  | 1                | 4 *         | -              | -              | -              | 99           | 1 *       |                  |                  | 2            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 100 g            | 278             | 0.07          | 0.01 *            |               | 0                | 32          | 68.86              | 1.1               | 48.5 *           |                  | 0.37        | 0              | 8.8            | 0              | 20           | 0.49      | 0.032 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 100 g            | 717             | 81.11         | 50.489 *          |               | 215              | 11          | 0.06               | 0                 | 0.06 *           |                  | 0.85        | 749.7          | 0              | 0              | 24           | 0.02      | 63.375 *         |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 c              | 65              | 0.212         | 0.035             | 0             | 0                | 1.25        | 17.262             | 3                 | 12.988 *         |                  | 0.325       | 20.25          | 5.75           | 0              | 7.5          | 0.15      | 0.485 *          |                  | 0            | 1            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 c              | 102.48          | 2.367         | 1.544 *           |               | 12.2             | 107.36      | 12.176             | 0                 | 12.688 *         |                  | 8.223       | 34.404         | 0              | 0              | 305          | 0.073     | 13.56 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 1           |   |
|                                  | 1 c              | 85.75           | 0.441         | 0.287 *           |               | 4.9              | 102.9       | 11.907             | 0                 | 12.47 *          |                  | 8.257       | 11.025         | 0              | 0              | 298.9        | 0.073     | 3.012 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 1           |   |
|                                  | 8 fl oz          | 110             | 4.5           | 0.5               | 0             | 0                | 115         | 8                  | 2                 | 5                | 4                | 8 *         | -              | -              | -              | 0            | 298.9     | 0.073            | 4.091 *          |              | 0            | 0              |                |             |      |                 | 0         | 0      | 0           | 0           | 1 |
| [SBP] Friday 01/09/2026 - Breaka | 1 each           | 121.04          | 0.449         | 0.152             | 0             | 0                | 1.36        | 31.062             | 3.536             | 16.633 *         |                  | 1.482       | 26.112         | 11.832         | 0              | 6.8          | 0.354     | 1.13 *           |                  | 0            | 1            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 c              | 102.48          | 2.367         | 1.544 *           |               | 12.2             | 107.36      | 12.176             | 0                 | 12.688 *         |                  | 8.223       | 34.404         | 0              | 0              | 305          | 0.073     | 13.56 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 1 |
|                                  | 1 c              | 85.75           | 0.441         | 0.287 *           |               | 4.9              | 102.9       | 11.907             | 0                 | 12.47 *          |                  | 8.257       | 11.025         | 0              | 0              | 298.9        | 0.073     | 3.012 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 1 |
|                                  | 8 fl oz          | 110             | 4.5           | 0.5               | 0             | 0                | 115         | 8                  | 2                 | 5                | 4                | 8 *         | -              | -              | -              | 0            | 298.9     | 0.073            | 4.091 *          |              | 0            | 0              |                |             |      |                 | 0         | 0      | 0           | 0           | 1 |
|                                  |                  | 747.811         | 16.208        | 6.008             | 0.011 *       |                  | 53.076      | 851.675            | 121.684           | 9.801            | 68.912           | 4           | 32.746         | 138.673 *      | 13.423 *       | 0.159 *      | 722.65 *  | 2.792 *          | 7.231            | 2.14         | 2            | 1.125 *        |                |             |      |                 |           |        |             |             | 3 |
|                                  | 2 oz             | 328.541         | 8.451         | 3.525             | 0.011         | 35.976           | 525.055     | 58.539             | 4.265             | 22.121 *         |                  | 6.784       | 67.132         | 1.591          | 0.159          | 111.95       | 2.292     | 9.656 *          |                  | 2            | 0.125        |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
|                                  | 1 each           | 121.04          | 0.449         | 0.152             | 0             | 0                | 1.36        | 31.062             | 3.536             | 16.633 *         |                  | 1.482       | 26.112         | 11.832         | 0              | 6.8          | 0.354     | 1.13 *           |                  | 0            | 1            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 0 |
| [NSLP] Monday 01/05/2026 - Lun   | 1 c              | 102.48          | 2.367         | 1.544 *           |               | 12.2             | 107.36      | 12.176             | 0                 | 12.688 *         |                  | 8.223       | 34.404         | 0              | 0              | 305          | 0.073     | 13.56 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 1 |
|                                  | 1 c              | 85.75           | 0.441         | 0.287 *           |               | 4.9              | 102.9       | 11.907             | 0                 | 12.47 *          |                  | 8.257       | 11.025         | 0              | 0              | 298.9        | 0.073     | 3.012 *          |                  | 0            | 0            |                |                |             |      | 0               | 0         | 0      | 0           | 0           | 1 |
|                                  | 8 fl oz          | 110             | 4.5           | 0.5               | 0             | 0                | 115         | 8                  | 2                 | 5                | 4                | 8 *         | -              | -              | -              | 0            | 298.9     | 0.073            | 4.091 *          |              | 0            | 0              |                |             |      |                 | 0         | 0      | 0           | 0           | 1 |
|                                  |                  | 834.586         | 24.763        | 7.094 *           | 0.055 *       | 393.976 *        | 1969.024    | 108.073            | 11.501            | 60.476           | 5                | 45.913      | 5754.465 *     | 67.413 *       | 2 *            | 845.266 *    | 5.077 *   | 7.65             | 2.396            | 2            | 1.5          | 1.25           | 0.25 *         |             |      |                 |           |        |             |             | 3 |
|                                  | 2 oz             | 143             | 9.51          | 3.126             | 0.038         | 372              | 142         | 0.72               | 0                 | 0.37 *           |                  | 12.56       | 162            |                |                |              |           |                  |                  |              |              |                |                |             |      |                 |           |        |             |             |   |

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