

FIELD/STUDY TRIP MENU (K-8th)



WOW Butter (Soy butter) Sandwich (GS# 134776; 40/4.6 oz./cs)

4 oz. Apple Juice, Shelf Stable (GS# 210061; 40/4.23 oz./cs)

3 oz. Baby Carrots (GS# 820188; 100/3 oz./cs)

Shelf Stable Milk (Choc. NF GS.#203029; 27/8 oz./cs)

(Wh. 1% GS.#203000; 27/8 oz./cs)

This will be the revised sack lunch menu for all field trips following the new nutrition guidelines. A nutritionally adequate meal MUST be offered to ALL STUDENTS EVERY DAY. Regulations require that we do not discriminate against qualified students receiving subsidized meals. All components must be given for each meal.

| ITEM | Cal | Carbs | Sod | Sat Fat | Tot Fat | Chol | Sugar | Prot |
|----------------------------------|-----|-------|-----|---------|---------|------|-------|------|
| WOW Butter Sandwich, oz. | 570 | 55 | 440 | 6 | 32 | 0 | 21 | 19 |
| Apple Juice, 4 oz. | 60 | 15 | 10 | 0 | 0 | 0 | 14 | 0 |
| Baby Carrots, 3 oz. | 35 | 7.5 | 66 | 0 | 0 | 0 | 4.5 | 0 |
| Milk, FF Choc 8 oz. Shelf Stable | 130 | 25 | 170 | 0 | 0 | 5 | 23 | 8 |
| Total | 795 | 102.5 | 686 | 6 | 32 | 5 | 62.5 | 27 |

**Order paper sacks from the Warehouse