

# MSHS April 2021 Menu - Nutritional Information Addendum - Week 1

**Everyday Items:**

\*Menu Subject to Change

<p><b>Drink Choices:</b>  <b>Chocolate Milk (236ml)</b>                  Calories: 120    Total Fat: 0g                  Cholesterol: 5mg    Sodium: 180mg                  Total Carbs: 20g    Protein: 8g</p>	<p><b>White Milk (236ml)</b>                  Calories: 110    Total Fat: 2.5g                  Cholesterol: 10mg    Sodium: 130mg                  Total Carbs: 13g    Protein: 8g</p>	<p><b>Substitute Entrees:</b>  <b>Dannon Yogurt (4oz.)</b>                  Calories: 70    Total Fat: 0g                  Cholesterol: 5mg    Sodium: 65mg                  Total Carbs: 14g    Protein: 4g</p>	<p><b>Uncrustable (2.6oz.) 76g</b>                  Calories: 300    Total Fat: 17g                  Cholesterol: 0mg    Sodium: 280mg                  Total Carbs: 32g    Protein: 9g</p>
<p style="text-align: right;"><b>Salad (1 cup)</b>                  Calories: 8    Total Fat: 0.1g                  Cholesterol: 0mg    Sodium: 6mg                  Total Carbs: 1.7g    Protein: 0.5g</p>			

			<p><b>THURSDAY (4/1/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Breakfast Sandwich-                  Egg, Cheese &amp; Sausage</b>                  Calories: 300    Total Fat: 15g                  Cholesterol: 132mg    Sodium: 865mg                  Total Carbs: 22.5g    Protein: 18.5g</p> <p><b><u>LUNCH:</u></b>  <b>Cheese Ravioli (122g)</b>                  Calories: 240    Total Fat: 5g                  Cholesterol: 30mg    Sodium: 360mg                  Total Carbs: 30g    Protein: 16g</p> <p><b>Spaghetti Sauce (½ cup)</b>                  Calories: 60    Total Fat: 1g                  Cholesterol: 0mg    Sodium: 140mg                  Total Carbs: 12g    Protein: 2g</p> <p><b>Corn (½ cup)</b>                  Calories: 70    Total Fat: 1g                  Cholesterol: 0mg    Sodium: 0mg                  Total Carbs: 16g    Protein: 2g</p> <p><b>Whole Grain Roll (1)</b>                  Calories: 130    Total Fat: 2.5g                  Cholesterol: 10mg    Sodium: 140mg                  Total Carbs: 24g    Protein: 4g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90                  calories and 14g to 22g of carbs.</p>	<p><b>FRIDAY (4/2/21)</b>  <b>NO SCHOOL</b></p>
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## MSHS April 2021 Menu - Nutritional Information Addendum - Week 3

### Everyday Items:

\*Menu Subject to Change

<b>Drink Choices:</b> <b>Chocolate Milk (236ml)</b> Calories: 120      Total Fat: 0g Cholesterol: 5mg      Sodium: 180mg Total Carbs: 20g      Protein: 8g	<b>White Milk (236ml)</b> Calories: 110      Total Fat: 2.5g Cholesterol: 10mg      Sodium: 130mg Total Carbs: 13g      Protein: 8g	<b>Substitute Entrees:</b> <b>Dannon Yogurt (4oz.)</b> Calories: 70      Total Fat: 0g Cholesterol: 5mg      Sodium: 65mg Total Carbs: 14g      Protein: 4g	<b>Uncrustable (2.6oz.) 76g</b> Calories: 300      Total Fat: 17g Cholesterol: 0mg      Sodium: 280mg Total Carbs: 32g      Protein: 9g
<b>Salad (1 cup)</b> Calories: 8      Total Fat: 0.1g Cholesterol: 0mg      Sodium: 6mg Total Carbs: 1.7g      Protein: 0.5g			

<b>MONDAY (4/12/21)</b>  <u><b>BREAKFAST:</b></u> <b>Apple Cinnamon Muffin</b> Calories: 300      Total Fat: 10g Cholesterol: 30mg      Sodium: 310mg Total Carbs: 49g      Protein: 4g  <u><b>LUNCH:</b></u> <b>Cheese Max Sticks (3)</b> Calories: 480      Total Fat: 21g Cholesterol: 30mg      Sod. 1,020mg Total Carbs: 48g      Protein: 21g  <b>Marinara Sauce (1)</b> Calories: 100      Total Fat: 0g Cholesterol: 0mg      Sodium: 500mg Total Carbs: 20g      Protein: 5g  <b>Carrots (0.67 cup)</b> Calories: 30      Total Fat: 0.5g Cholesterol: 0mg      Sodium: 50mg Total Carbs: 7g      Protein: 0g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>TUESDAY (4/13/21)</b>  <u><b>BREAKFAST:</b></u> <b>French Toast Sticks</b> Calories: 160      Total Fat: 3.5g Cholesterol: 105mg      Sodium: 270mg Total Carbs: 23g      Protein: 8g  <u><b>LUNCH:</b></u> <b>Walking Taco (1)</b> <b>Taco Meat</b> Calories: 110      Total Fat: 5g Cholesterol: 35mg      Sodium: 290mg Total Carbs: 5g      Protein: 13g  <b>Doritos Chips (1 Bag)</b> Calories: 130      Total Fat: 5g Cholesterol: 0mg      Sodium: 200mg Total Carbs: 20g      Protein: 2g  <b>Spanish Rice (¾ cup)</b> Calories: 200      Total Fat: 0.5g Cholesterol: 0mg      Sodium: 660mg Total Carbs: 43g      Protein: 5g  <b>Corn (½ cup)</b> Calories: 70      Total Fat: 1g Cholesterol: 0mg      Sodium: 0mg Total Carbs: 16g      Protein: 2g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>WEDNESDAY (4/14/21)</b>  <u><b>BREAKFAST:</b></u> <b>Sausage Gravy &amp; Biscuit</b> Calories: 270      Total Fat: 12g Cholesterol: 10mg      Sodium: 900mg Total Carbs: 33g      Protein: 7g  <u><b>LUNCH:</b></u> <b>Domino's Pizza (1)</b> Calories: 340      Total Fat: 14g Cholesterol: 45mg      Sodium: 760mg Total Carbs: 35g      Protein: 15g  <b>Salad (1 cup)</b> Calories: 8      Total Fat: 0.1g Cholesterol: 0mg      Sodium: 6mg Total Carbs: 1.7g      Protein: 0.5g  <b>TT Fruitable (1)</b> Calories: 60      Total Fat: 0g Cholesterol: 0mg      Sodium: 15mg Total Carbs: 14g      Protein: 0g  <b>Baked Chocolate Chip Cookie (1)</b> Calories: 190      Total Fat: 6g Cholesterol: 20mg      Sodium: 170mg Total Carbs: 34g      Protein: 3g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>THURSDAY (4/15/21)</b>  <u><b>BREAKFAST:</b></u> <b>Breakfast Sandwich- Egg, Cheese &amp; Sausage</b> Calories: 300      Total Fat: 15g Cholesterol: 132mg      Sodium: 865mg Total Carbs: 22.5g      Protein: 18.5g  <u><b>LUNCH:</b></u> <b>Cheeseburger (1)</b> Calories: 420      Total Fat: 23g Cholesterol: 82mg      Sodium: 855mg Total Carbs: 26.5g      Protein: 24.5g  <b>Baked Beans (½ cup)</b> Calories: 140      Total Fat: 1g Cholesterol: 0mg      Sodium: 550mg Total Carbs: 29g      Protein: 6g  <b>Waffle Fries (3.02oz.)</b> Calories: 140      Total Fat: 5g Cholesterol: 0mg      Sodium: 500mg Total Carbs: 22g      Protein: 2g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>FRIDAY (4/16/21)</b>  <u><b>BREAKFAST:</b></u> <b>Breakfast Pizza</b> Calories: 210      Total Fat: 8g Cholesterol: 55mg      Sodium: 320mg Total Carbs: 25g      Protein: 10g  <u><b>LUNCH:</b></u> <b>Mac &amp; Cheese (1 cup)</b> Calories: 310      Total Fat: 9g Cholesterol: 15mg      Sodium: 850mg Total Carbs: 44g      Protein: 13g  <b>Broccoli (½ cup)</b> Calories: 25      Total Fat: 0g Cholesterol: 0mg      Sodium: 0mg Total Carbs: 5g      Protein: 3g  <b>PP Fruitable (1)</b> Calories: 60      Total Fat: 0g Cholesterol: 0mg      Sodium: 15mg Total Carbs: 14g      Protein: 0g  <b>Chocolate Gripz (1 Bag)</b> Calories: 120      Total Fat: 3.5g Cholesterol: 0mg      Sodium: 80mg Total Carbs: 20g      Protein: 2g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.
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## MSHS April 2021 Menu - Nutritional Information Addendum - Week 4

### Everyday Items:

\*Menu Subject to Change

<b>Drink Choices:</b> <b>Chocolate Milk (236ml)</b> Calories: 120      Total Fat: 0g Cholesterol: 5mg      Sodium: 180mg Total Carbs: 20g      Protein: 8g	<b>White Milk (236ml)</b> Calories: 110      Total Fat: 2.5g Cholesterol: 10mg      Sodium: 130mg Total Carbs: 13g      Protein: 8g	<b>Substitute Entrees:</b> <b>Dannon Yogurt (4oz.)</b> Calories: 70      Total Fat: 0g Cholesterol: 5mg      Sodium: 65mg Total Carbs: 14g      Protein: 4g	<b>Uncrustable (2.6oz.) 76g</b> Calories: 300      Total Fat: 17g Cholesterol: 0mg      Sodium: 280mg Total Carbs: 32g      Protein: 9g
<b>Salad (1 cup)</b> Calories: 8      Total Fat: 0.1g Cholesterol: 0mg      Sodium: 6mg Total Carbs: 1.7g      Protein: 0.5g			

<b>MONDAY (4/19/21)</b>  <b><u>BREAKFAST:</u></b> <b>Chocolate Muffin</b> Calories: 380      Total Fat: 15g Cholesterol: 35mg      Sodium: 530mg Total Carbs: 56      Protein: 5g  <b><u>LUNCH:</u></b> <b>Fiesta (1)</b> Calories: 360      Total Fat: 14g Cholesterol: 25mg      Sodium: 710mg Total Carbs: 43g      Protein: 17g  <b>Refried Beans (½ cup)</b> Calories: 140      Total Fat: 1.5g Cholesterol: 0mg      Sodium: 510mg Total Carbs: 14g      Protein: 8g  <b>Corn (½ cup)</b> Calories: 70      Total Fat: 1g Cholesterol: 0mg      Sodium: 0mg Total Carbs: 16g      Protein: 2g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>TUESDAY (4/20/21)</b>  <b><u>BREAKFAST:</u></b> <b>Pancake Sausage Wrap</b> Calories: 240      Total Fat: 15g Cholesterol: 25mg      Sodium: 360mg Total Carbs: 18g      Protein: 7g  <b><u>LUNCH:</u></b> <b>Baked Ziti (1 cup)</b> Calories: 375      Total Fat: 15g Cholesterol: 56mg      Sodium: 498mg Total Carbs: 36g      Protein: 23g  <b>Green Beans (½ cup)</b> Calories: 20      Total Fat: 0g Cholesterol: 0mg      Sodium: 0mg Total Carbs: 4g      Protein: 1g  <b>Garlic Breadstick (1)</b> Calories: 110      Total Fat: 4g Cholesterol: 0mg      Sodium: 200mg Total Carbs: 15g      Protein: 2.5g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>WEDNESDAY (4/21/21)</b>  <b><u>BREAKFAST:</u></b> <b>Sausage Gravy &amp; Biscuit</b> Calories: 270      Total Fat: 12g Cholesterol: 10mg      Sodium: 900mg Total Carbs: 33g      Protein: 7g  <b><u>LUNCH:</u></b> <b>Pizza Hut (1)</b> Calories: 290      Total Fat: 8g Cholesterol: 20mg      Sodium: 590mg Total Carbs: 34g      Protein: 21g  <b>Salad (1 cup)</b> Calories: 8      Total Fat: 0.1g Cholesterol: 0mg      Sodium: 6mg Total Carbs: 1.7g      Protein: 0.5g  <b>TT Fruitable (1)</b> Calories: 60      Total Fat: 0g Cholesterol: 0mg      Sodium: 15mg Total Carbs: 14g      Protein: 0g  <b>Goldfish (1 Bag)</b> Calories: 100      Total Fat: 3.5g Cholesterol: 5mg      Sodium: 180mg Total Carbs: 14g      Protein: 2g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>THURSDAY (4/22/21)</b>  <b><u>BREAKFAST:</u></b> <b>Breakfast Sandwich-Egg, Cheese &amp; Bacon</b> Calories: 270      Total Fat: 13g Cholesterol: 117mg      Sodium: 795mg Total Carbs: 22.5g      Protein: 15.5g  <b><u>LUNCH:</u></b> <b>Meatball Sub (1)</b> Calories: 260      Total Fat: 10.5g Cholesterol: 35mg      Sodium: 430mg Total Carbs: 26g      Protein: 17g  <b>Mozzarella (0.25 cup)</b> Calories: 90      Total Fat: 6g Cholesterol: 15mg      Sodium: 180mg Total Carbs: 1g      Protein: 7g  <b>Carrots (0.67 cup)</b> Calories: 30      Total Fat: 0.5g Cholesterol: 0mg      Sodium: 50mg Total Carbs: 7g      Protein: 0g  <b>Tater Tots (2.52oz.)</b> Calories: 130      Total Fat: 6g Cholesterol: 0mg      Sodium: 310mg Total Carbs: 16g      Protein: 2g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>FRIDAY (4/23/21)</b>  <b><u>BREAKFAST:</u></b> <b>Apple or Cherry Frudel</b> Calories: 210      Total Fat: 6g Cholesterol: 0mg      Sodium: 260mg Total Carbs: 36g      Protein: 5g  <b><u>LUNCH:</u></b> <b>BBQ Rib Sandwich</b> Calories: 310      Total Fat: 11.5g Cholesterol: 40mg      Sodium: 880mg Total Carbs: 34g      Protein: 19g  <b>Baked Beans (½ cup)</b> Calories: 140      Total Fat: 1g Cholesterol: 0mg      Sodium: 550mg Total Carbs: 29g      Protein: 6g  <b>Curly Fries (3 oz.)</b> Calories: 140      Total Fat: 4g Cholesterol: 0mg      Sodium: 300mg Total Carbs: 24g      Protein: 2g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.
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## MSHS April 2021 Menu - Nutritional Information Addendum - Week 5

### Everyday Items:

\*Menu Subject to Change

<p><b>Drink Choices:</b>  <b>Chocolate Milk (236ml)</b>                  Calories: 120      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 180mg                  Total Carbs: 20g      Protein: 8g</p>	<p><b>White Milk (236ml)</b>                  Calories: 110      Total Fat: 2.5g                  Cholesterol: 10mg      Sodium: 130mg                  Total Carbs: 13g      Protein: 8g</p>	<p><b>Substitute Entrees:</b>  <b>Dannon Yogurt (4oz.)</b>                  Calories: 70      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 65mg                  Total Carbs: 14g      Protein: 4g</p>	<p><b>Uncrustable (2.6oz.) 76g</b>                  Calories: 300      Total Fat: 17g                  Cholesterol: 0mg      Sodium: 280mg                  Total Carbs: 32g      Protein: 9g</p>
<p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p>			

<p><b>MONDAY (4/26/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Variety Muffin Mix</b>                  Calories: 350      Total Fat: 10g                  Cholesterol: 35mg      Sodium: 360mg                  Total Carbs: 61g      Protein: 5g</p> <p><b><u>LUNCH:</u></b>  <b>Garlic Cheesy Flatbread (2)</b>                  Calories: 320      Total Fat: 12g                  Cholesterol: 15mg      Sodium: 550mg                  Total Carbs: 36g      Protein: 16g</p> <p><b>Marinara Sauce (1)</b>                  Calories: 100      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 500mg                  Total Carbs: 20g      Protein: 5g</p> <p><b>Peas (1/2 cup)</b>                  Calories: 60      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 11g      Protein: 4g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>TUESDAY (4/27/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Cinnamon Mini Rolls</b>                  Calories: 240      Total Fat: 7g                  Cholesterol: 0mg      Sodium: 270mg                  Total Carbs: 39g      Protein: 5g</p> <p><b><u>LUNCH:</u></b>  <b>Chicken Nuggets (7)</b>                  Calories: 252      Total Fat: 11g                  Cholesterol: 49mg      Sodium: 532mg                  Total Carbs: 18g      Protein: 21g</p> <p><b>French Fries (3.02oz.)</b>                  Calories: 140      Total Fat: 5g                  Cholesterol: 0mg      Sodium: 500mg                  Total Carbs: 22g      Protein: 2g</p> <p><b>Corn (1/2 cup)</b>                  Calories: 70      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 16g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>WEDNESDAY (4/28/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Sausage Gravy &amp; Biscuit</b>                  Calories: 270      Total Fat: 12g                  Cholesterol: 10mg      Sodium: 900mg                  Total Carbs: 33g      Protein: 7g</p> <p><b><u>LUNCH:</u></b>  <b>Gionino's Pizza (1)</b>                  Calories: 340      Total Fat: 13g                  Cholesterol: 25mg      Sodium: 710mg                  Total Carbs: 36g      Protein: 16g</p> <p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p> <p><b>Baby Carrots (1 Bag)</b>                  Calories: 50      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 90mg                  Total Carbs: 12g      Protein: 1g</p> <p><b>Annie's Bunny Crackers (1)</b>                  Calories: 160      Total Fat: 6g                  Cholesterol: 0mg      Sodium: 105mg                  Total Carbs: 24g      Protein: 3g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>THURSDAY (4/29/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Breakfast Sandwich-Egg, Cheese &amp; Sausage</b>                  Calories: 300      Total Fat: 15g                  Cholesterol: 132mg      Sodium: 865mg                  Total Carbs: 22.5g      Protein: 18.5g</p> <p><b><u>LUNCH:</u></b>  <b>Chicken Sandwich</b>                  Calories: 340      Total Fat: 17g                  Cholesterol: 27mg      Sodium: 570mg                  Total Carbs: 28g      Protein: 19g</p> <p><b>Green Beans (1/2 cup)</b>                  Calories: 20      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 4g      Protein: 1g</p> <p><b>Parsley Potatoes (0.67 cup)</b>                  Calories: 70      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 280mg                  Total Carbs: 14g      Protein: 1g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>FRIDAY (4/30/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Mini Pancakes</b>                  Calories: 210      Total Fat: 6g                  Cholesterol: 0mg      Sodium: 270mg                  Total Carbs: 38g      Protein: 4g</p> <p><b><u>LUNCH:</u></b>  <b>Mac &amp; Cheese (1 cup)</b>                  Calories: 310      Total Fat: 9g                  Cholesterol: 15mg      Sodium: 850mg                  Total Carbs: 44g      Protein: 13g</p> <p><b>Broccoli (1/2 cup)</b>                  Calories: 25      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 5g      Protein: 3g</p> <p><b>PP Fuitable (1)</b>                  Calories: 60      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 15mg                  Total Carbs: 14g      Protein: 0g</p> <p><b>Goldfish Cinnamon Grahams (1)</b>                  Calories: 120      Total Fat: 4g                  Cholesterol: 0mg      Sodium: 140mg                  Total Carbs: 19g      Protein: 1g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>
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