



Upperman Middle Breakfast
Breakfast

Putnam County School District

Mon	Tue	Wed	Thu	Fri
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
Main Entree Chicken Tender Biscuit 2oz Cocoa Puff Cereal 2oz Lucky Charms Cereal 2oz Cinnamon Toast Crunch Cereal Grain Cinnamon Toast Plain Biscuit Fruit Whole Banana Fruit Juice Grape Juice Milk 8oz 1% Unflavored Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Mustard Ketchup Strawberry Jelly Grape Jelly Butter Extra item Side of Peppered Gravy	Main Entree Breakfast Pizza 2oz Cinnamon Toast Crunch Cereal 2oz Blueberry Chex Cereal Cup Grain Blueberry Muffin Chocolate Chip Muffin Cinnamon Toast Fruit Sliced Orange Fruit Juice Blue Raspberry Juice Milk 8oz 1% Unflavored Milk 8oz TruMoo Fat Free Chocolate Milk Meat/Meat Alternate Trix Strawberry Banana Bash Yogurt Trix Raspberry Rainbow Yogurt	Main Entree Biscuit with Peppered Gravy 2oz Lucky Charms Cereal 2oz Honey Nut Cheerio Cereal Grain Plain Biscuit Fruit Pineapple Tidbits Fruit Juice Fruit Punch Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Grape Jelly Strawberry Jelly Butter	Main Entree Pancake on a Stick 2oz Cocoa Puff Cereal 2oz Cinnamon Toast Crunch Cereal Grain Chocolate Chip Muffin Blueberry Muffin Fruit Canned Peaches Fruit Juice Apple Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Breakfast Syrup Meat/Meat Alternate Trix Strawberry Banana Bash Yogurt Trix Raspberry Rainbow Yogurt	Main Entree Powdered Donut Holes Caramel Mini Cini Cinnamon Crumb Loaf 2oz Lucky Charms Cereal 2oz Blueberry Chex Cereal Cup Fruit Gala Apple Slices Fruit Juice Grape Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk



Mon	Tue	Wed	Thu	Fri
5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024
Main Entree Bosco Sticks Baked Apple Frudel 2oz Lucky Charms Cereal 2oz Cinnamon Toast Crunch Cereal	Main Entree Sausage Biscuit 2oz Cocoa Puff Cereal 2oz Blueberry Chex Cereal Cup	Main Entree Biscuit with Peppered Gravy 2oz Lucky Charms Cereal 2oz Honey Nut Cheerio Cereal	Main Entree Breakfast Pizza 2oz Cocoa Puff Cereal 2oz Cinnamon Toast Crunch Cereal	Main Entree Strawberry Cream Cheese Mini Bagel Breakfast Honey Bun 2oz Lucky Charms Cereal 2oz Blueberry Chex Cereal Cup
Vegetable Marinara Sauce Cup	Grain Plain Biscuit Chocolate Chip Muffin Blueberry Muffin	Grain Plain Biscuit	Grain Chocolate Chip Muffin Blueberry Muffin	Fruit Gala Apple Slices
Fruit Whole Banana	Fruit Sliced Orange	Fruit Pineapple Tidbits	Fruit Canned Peaches	Fruit Juice Grape Juice
Fruit Juice Orange Tangerine Juice	Fruit Juice Blue Raspberry Juice	Fruit Juice Fruit Punch Juice	Fruit Juice Apple Juice	Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk
Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk	Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk	Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk	Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk	Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk
	Meat/Meat Alternate Trix Strawberry Banana Bash Yogurt Trix Raspberry Rainbow Yogurt	Condiments Grape Jelly Strawberry Jelly Butter	Meat/Meat Alternate Trix Strawberry Banana Bash Yogurt Trix Raspberry Rainbow Yogurt	



Mon	Tue	Wed	Thu	Fri
5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024
Main Entree Breakfast Pizza Breakfast Honey Bun 2oz Lucky Charms Cereal 2oz Cinnamon Toast Crunch Cereal Vegetable Marinara Sauce Cup Fruit Whole Banana Fruit Juice Orange Tangerine Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk	Main Entree Sausage Biscuit 2oz Cocoa Puff Cereal 2oz Blueberry Chex Cereal Cup Grain Plain Biscuit Chocolate Chip Muffin Blueberry Muffin Fruit Sliced Orange Fruit Juice Blue Raspberry Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Grape Jelly Strawberry Jelly Butter Mustard Meat/Meat Alternate Trix Strawberry Banana Bash Yogurt Trix Raspberry Rainbow Yogurt	Main Entree Biscuit with Peppered Gravy 2oz Lucky Charms Cereal 2oz Honey Nut Cheerio Cereal Grain Plain Biscuit Fruit Pineapple Tidbits Fruit Juice Fruit Punch Juice Milk 8oz 1% Unflavored Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Grape Jelly Strawberry Jelly Butter	Main Entree Pancake on a Stick 2oz Cocoa Puff Cereal 2oz Cinnamon Toast Crunch Cereal Grain Chocolate Chip Muffin Blueberry Muffin Fruit Canned Peaches Fruit Juice Apple Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Breakfast Syrup Meat/Meat Alternate Trix Strawberry Banana Bash Yogurt Trix Triple Cherry Yogurt	Main Entree Powdered Donut Holes Caramel Mini Cini Cinnamon Crumb Loaf 2oz Lucky Charms Cereal 2oz Blueberry Chex Cereal Cup Fruit Gala Apple Slices Fruit Juice Grape Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk



Mon	Tue	Wed	Thu	Fri
5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024
Main Entree Sausage Biscuit Strawberry Cream Cheese Mini Bagel 2oz Lucky Charms Cereal 2oz Cinnamon Toast Crunch Cereal Fruit Whole Banana Fruit Juice Orange Tangerine Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Grape Jelly Strawberry Jelly Butter Mustard	Main Entree Biscuit with Peppered Gravy 2oz Lucky Charms Cereal 2oz Honey Nut Cheerio Cereal Grain Plain Biscuit Fruit Sliced Orange Fruit Juice Fruit Punch Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Grape Jelly Strawberry Jelly Butter	Main Entree Breakfast Pizza Breakfast Honey Bun 2oz Lucky Charms Cereal 2oz Cinnamon Toast Crunch Cereal Vegetable Marinara Sauce Cup Fruit Canned Peaches Fruit Juice Grape Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk		10am Dismissal Main Entree Breakfast Honey Bun 2oz Lucky Charms Cereal 2oz Cinnamon Toast Crunch Cereal Fruit Canned Peaches Fruit Juice Grape Juice Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk



Upperman Middle Lunch
Lunch

Putnam County School District

Mon	Tue	Wed	Thu	Fri
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
Main Entree Bosco Sticks Crispy Chicken Sandwich Hot & Spicy Chicken Sandwich	Main Entree Cheesy Potato Soup w/Roll Honey BBQ Rib Sandwich	Main Entree Beefy Mac & Cheese w/Roll Hot & Spicy Chicken Sandwich	Main Entree Chicken Tenders w/Roll Stuffed Crust Pepperoni Pizza	Main Entree Cheeseburger Hamburger Hot & Spicy Chicken Sandwich
Vegetable Cross Trax Sweet Potato Fries Fresh Steamed Broccoli Red Gold - Marinara Sauce Cup Sandwich Trimmings w/ Pickles	Vegetable Cross Trax Sweet Potato Fries Whole Kernel Corn Fresh Broccoli	Vegetable Creamed Potatoes Seasoned Green Beans Sandwich Trimmings w/ Pickles	Vegetable Baked Potato Broccoli & Cheese Baby Carrots w/ Ranch	Vegetable Crinkle Cut French Fries Bush's Baked Beans Sandwich Trimmings w/ Pickles
Fruit Whole Banana Canned Mandarin Oranges	Fruit Gala Apple Slices Frozen Peach Cup	Fruit Frozen Wild Blueberries Canned Peaches	Fruit Sliced Orange Frozen Strawberry Cup	Fruit Gala Apple Slices
Milk 8oz 1% Unflavored Milk 8oz TruMoo Fat Free Chocolate Milk	Milk 8oz 1% Unflavored Milk 8oz TruMoo Fat Free Chocolate Milk	Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk	Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk	Fruit Juice Blue Raspberry-Lemon SideKick Cherry Lemon SideKick
Condiments Ketchup Reduced Calorie Mayonnaise Mustard	Condiments Housemade BBQ Sauce Housemade Ranch Dressing Sour Cream	Condiments Mustard Reduced Calorie Mayonnaise Ketchup	Condiments Housemade Honey Mustard Dressing Housemade Ranch Dressing BBQ Sauce	Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk
				Condiments Mustard Reduced Calorie Mayonnaise Ketchup



Mon	Tue	Wed	Thu	Fri
5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024
Main Entree 8" Taco Wrap Large Grape PBJ Uncrustable Large Strawberry PBJ Uncrustable Vegetable Refried Beans Salsa Cup Taco/Nacho Trimmings Fruit Canned Mandarin Oranges Whole Banana Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Taco Sauce Sour Cream	Main Entree Chicken Tenders w/Roll Hot Dog Vegetable Sweet Potato Fries Seasoned Green Beans Broccoli & Cheese Fruit Canned Peaches Gala Apple Slices Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Housemade Ranch Dressing Housemade Honey Mustard Dressing Mustard Reduced Calorie Mayonnaise Ketchup Relish BBQ Sauce	Main Entree Papa John's Cheese Pizza Papa John's Pepperoni Pizza Turkey & Cheese Sandwich, Vegetable Ranch Mini Roasted Potatoes Whole Kernel Corn Baby Carrots & Celery Sticks Sandwich Trimmings w/ Pickles Fruit Frozen Wild Blueberries Pineapple Tidbits Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Housemade Ranch Dressing Mustard Reduced Calorie Mayonnaise Ketchup	Main Entree Chicken Tender Basket Grilled 3 Cheese & Bacon Sandwich Vegetable Triangle Taters Fresh Sliced Cucumbers Grape Tomatoes Fruit Sliced Orange Frozen Strawberry Cup Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Housemade Ranch Dressing Housemade Honey Mustard Dressing Ketchup	Main Entree Cheeseburger Hamburger Hot & Spicy Chicken Sandwich Vegetable Crinkle Cut French Fries Bush's Baked Beans Sandwich Trimmings w/ Pickles Fruit Gala Apple Slices Fruit Juice Blue Raspberry-Lemon SideKick Cherry Lemon SideKick Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Mustard Reduced Calorie Mayonnaise Ketchup



Mon	Tue	Wed	Thu	Fri
5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024
Main Entree Orange Chicken Chicken Sliders Grain Rice Vegetable Stir Fry Veggies Buttery Cooked Carrots Grape Tomatoes Fruit Canned Mandarin Oranges Whole Banana Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Housemade Ranch Dressing Reduced Calorie Mayonnaise Ketchup Pickle Slices Mustard	Main Entree Beefy Mac & Cheese w/Roll Hot & Spicy Chicken Sandwich Vegetable Creamed Potatoes Seasoned Green Beans Sandwich Trimmings w/ Pickles Fruit Gala Apple Slices Canned Peaches Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Mustard Reduced Calorie Mayonnaise Ketchup	Main Entree Chicken Chunks w/Roll Honey BBQ Rib Sandwich Vegetable Sweet Potato Fries Broccoli & Cheese Fresh Sliced Cucumbers Fruit Frozen Wild Blueberries Pineapple Tidbits Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Housemade Ranch Dressing Housemade Honey Mustard Dressing Ketchup BBQ Sauce	Main Entree 8" Taco Wrap Chicken Tenders w/Roll Vegetable Refried Beans Salsa Cup Taco/Nacho Trimmings Fruit Sliced Orange Frozen Strawberry Cup Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Housemade Ranch Dressing Taco Sauce Sour Cream	Main Entree Cheeseburger Hamburger Hot & Spicy Chicken Sandwich Vegetable Crinkle Cut French Fries Bush's Baked Beans Sandwich Trimmings w/ Pickles Fruit Gala Apple Slices Fruit Juice Blue Raspberry-Lemon SideKick Cherry Lemon SideKick Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Mustard Reduced Calorie Mayonnaise Ketchup



Mon	Tue	Wed	Thu	Fri
5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024
Main Entree Chicken Tenders w/Roll Stuffed Crust Pepperoni Pizza Vegetable Creamed Potatoes Broccoli & Cheese Fresh Cucumbers Fruit Sliced Orange Frozen Strawberry Cup Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Housemade Honey Mustard Dressing Housemade Ranch Dressing BBQ Sauce Ketchup	Main Entree Cheeseburger Hamburger Hot & Spicy Chicken Sandwich Vegetable Crinkle Cut French Fries Bush's Baked Beans Sandwich Trimmings w/ Pickles Fruit Gala Apple Slices Pineapple Tidbits Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk Condiments Mustard Reduced Calorie Mayonnaise Ketchup	Main Entree Large Grape PBJ Uncrustable Large Strawberry PBJ Uncrustable Vegetable Baby Carrots w/ Ranch Wango Mango V-Juice Fruit Gala Apple Slices Milk 8oz 1% Unflavored Milk 8oz Unflavored Skim Milk 8oz TruMoo Fat Free Chocolate Milk		

FILTERS	
Name(s)	Value(s)
Buildings	(Upperman Middle School)
Date Range	(Start = 4/28/2024, End = 5/25/2024)
Menu Plan	(Upperman Middle Breakfast, Upperman Middle Lunch)