

## Middle School Concept Lunch

Monday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN TENDERS & BISCUIT	3 EACH	780	1290	3.00	41.00	73.00	33.00	7.50
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
SIDEWINDER POTATOES	3.0 OZ	190	400	0.00	2.00	35.00	5.00	0.50
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10	0.02
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24	1.12
Tuesday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
FIESTA NACHOS	UNIT	450	740	0.00	18.00	33.50	28.51	13.50
NACHO GRANDE	UNIT	395	696	1.00	17.48	34.99	22.00	8.40
RICE, SPANISH	1/2 CUP	125	139	1.10	1.64	24.97	1.71	0.34
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92	0.00
REFRIED BEANS	#6 SCOOP	255	802	*0.00	13.15	32.70	8.74	3.71
ORANGE, FRESH	1 EACH	62	0	12.25	1.23	15.39	0.16	0.03
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
SALSA LOW SODIUM	# 24 SCOOP	13	93	1.33	0.00	2.66	0.00	0.00
JALAPENOS	# 24 SCOOP	7	167	0.00	0.00	0.67	0.00	0.00
Wednesday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
THAI SWEET CHILI CHICK/	4 OZ/RICE	361	498	15.44	17.66	61.74	4.47	0.70
GENERAL TSO'S CHICKEN	4.0 OZ/RICE	392	545	14.00	16.22	66.69	5.67	1.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65	3.21	0.13	0.03
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
Thursday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHEESE STICKS: BOSCO	FOUR STICKS	477	634	4.00	24.62	56.29	15.73	7.79
PEPPERONI STICKS: BOSCO	1 EACH	129	249	1.00	6.16	14.07	5.43	2.45
CARROTS, FRESH	2.5 OZ	29	49	3.36	0.66	6.79	0.17	0.02
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1.30	3.24	16.03	3.39	1.01
APPLE, FRESH	ONE EACH	72	1	14.34	0.36	19.06	0.23	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00
MARINARA SAUCE	2 OZ LADLE	34	66	3.89	0.97	5.84	0.73	0.00
Friday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN WINGS: BUFFALO	3.8 OZ	213	747	1.11	19.34	15.47	8.15	1.02
CHICKEN WINGS: REGULAR	3.8 OZ	211	555	1.02	19.30	15.24	8.13	1.02
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42	6.87
BREADSTICK	1 EACH	149	139	1.00	4.16	25.07	2.93	0.45
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92	0.00
FRUIT-CHECK W/ CAMPUS	1/2 CUP	0	0	0.00	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33	2.00

This institution is an equal opportunity provider.

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy.

Ingredients and menu items are subject to change or substitution without notice.

Please consult a medical professional for assistance in planning for or treating medical conditions.