

High School Lunch

Mon - 02/01/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHICKEN FRIED STEAK SANDWICH	ONE EACH	460	590	6.00	22.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
BAKED BEANS	1/2 CUP	140	370	12.00	5.00
SIDEWINDER POTATOES	3.0 OZ	190	400	0.00	2.00
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00
Tue - 02/02/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHICKEN LEG WITH ROLL	ONE EACH	355	790	*4.21	20.32
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69
BROCCOLI	1/2 CUP	32	21	0.00	1.07
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00
Wed - 02/03/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
PIZZA STICKS	THREE STICKS	450	1110	9.00	21.00
SWEET POTATO FRIES	3.0 OZ	178	233	7.78	1.11
GREEN BEANS	1/2 CUP	16	149	1.00	1.00
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33
MARINARA SAUCE	2 OZ LADLE	34	66	3.89	0.97
Thu - 02/04/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
ORANGE CHICKEN/RICE	4.3 OZ/RICE	476	646	0.00	20.89
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
CARROTS, FRESH	2.5 OZ	29	49	3.36	0.66
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1.30	3.24
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33
Fri - 02/05/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHEESE PIZZA	8 CUT	360	600	9.00	21.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33
Mon - 02/08/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
BURGER ON BUN	ONE EACH	350	540	4.00	24.00
CHEESEBURGER ON BUN	ONE EACH	345	673	*N/A*	21.54
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75
SIDEWINDER POTATOES	3.0 OZ	190	400	0.00	2.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00

KETCHUP	1 PC TUB	30	75	5.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00
Tue - 02/09/2021					
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHICKEN NUGGETS/GARLIC TOAST	10 NUGGET/GARLIC TOAST	369	710	1.00	21.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69
BROCCOLI	1/2 CUP	32	21	0.00	1.07
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00
Wed - 02/10/2021					
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
STEAK FINGERS/BREADSTICK	4 EACH/BREADSTICK	459	449	3.00	19.16
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
SWEET POTATO FRIES	3.0 OZ	178	233	7.78	1.11
GREEN BEANS	1/2 CUP	16	149	1.00	1.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
Thu - 02/11/2021					
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
BREADED CHICKEN ON BUN	ONE EACH	447	706	5.06	24.03
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1.30	3.24
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00
Fri - 02/12/2021					
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHEESE PIZZA	8 CUT	360	600	9.00	21.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33
Wed - 02/17/2021					
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHICKEN LEG WITH ROLL	ONE EACH	355	790	*4.21	20.32
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69
BROCCOLI	1/2 CUP	32	21	0.00	1.07
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00
Thu - 02/18/2021					
	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHEESE PIZZA	8 CUT	360	600	9.00	21.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00

RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33
Fri - 02/19/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
ORANGE CHICKEN/RICE	4.3 OZ/RICE	476	646	0.00	20.89
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
CARROTS, FRESH	2.5 OZ	29	49	3.36	0.66
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1.30	3.24
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33
Mon - 02/22/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
BURGER ON BUN	ONE EACH	350	540	4.00	24.00
CHEESEBURGER ON BUN	ONE EACH	345	673	*N/A*	21.54
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75
SIDEWINDER POTATOES	3.0 OZ	190	400	0.00	2.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
MUSTARD	ONE PC PACKET	5	70	0.00	1.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00
Tue - 02/23/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
STEAK FINGERS/BREADSTICK	4 EACH /BREADSTICK	459	449	3.00	19.16
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
SWEET POTATO FRIES	3.0 OZ	178	233	7.78	1.11
GREEN BEANS	1/2 CUP	16	149	1.00	1.00
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
Wed - 02/24/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHICKEN NUGGETS/GARLIC TOAST	10 NUGGET/GARLIC TOAST	369	710	1.00	21.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
MASHED POTATOES	1/2 CUP	98	131	0.97	1.69
BROCCOLI	1/2 CUP	32	21	0.00	1.07
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00
Thu - 02/25/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
CHEESE PIZZA	8 CUT	360	600	9.00	21.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75
FRESH FRUIT	1/2 CUP	104	2	20.19	1.98
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33
Fri - 02/26/2021	Portion Size	Calories	Mg Sodium	G Sugars	G Protein
BREADED CHICKEN ON BUN	ONE EACH	447	706	5.06	24.03
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27
LETTUCE,TOMATO,PICKLE	SERVING	15	231	1.90	0.75
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1.30	3.24
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00
KETCHUP	1 PC TUB	30	75	5.00	0.00

MUSTARD	ONE PC PACKET	5	70	0.00	1.00
MAYONNAISE	1 PC PACKET	25	105	0.00	0.00

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.

G Carb	G T-Fat	G S-Fat
48.00	21.00	4.50
34.00	21.42	6.87
30.00	0.00	0.00
35.00	5.00	0.50
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
0.00	0.00	0.00
2.00	2.50	0.00
G Carb	G T-Fat	G S-Fat
34.58	14.06	3.78
34.00	21.42	6.87
17.14	2.54	1.01
4.27	0.00	0.00
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
5.60	2.24	1.12
G Carb	G T-Fat	G S-Fat
51.00	18.00	6.00
26.68	6.67	1.11
3.00	0.08	0.03
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
1.33	13.33	2.00
5.84	0.73	0.00
G Carb	G T-Fat	G S-Fat
62.49	15.15	3.10
34.00	21.42	6.87
6.79	0.17	0.02
16.03	3.39	1.01
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
1.33	13.33	2.00
G Carb	G T-Fat	G S-Fat
34.00	16.00	7.00
34.00	16.00	7.00
3.21	0.13	0.03
19.24	0.92	0.00
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
1.33	13.33	2.00
G Carb	G T-Fat	G S-Fat
29.00	15.00	5.00
32.01	15.03	5.77
34.00	21.42	6.87
3.08	0.20	0.04
35.00	5.00	0.50
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00

7.00	0.00	0.00
0.00	0.00	0.00
2.00	2.50	0.00
G Carb	G T-Fat	G S-Fat
34.00	16.50	3.50
34.00	21.42	6.87
17.14	2.54	1.01
4.27	0.00	0.00
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
5.60	2.24	1.12
G Carb	G T-Fat	G S-Fat
44.07	21.93	5.45
34.00	21.42	6.87
26.68	6.67	1.11
3.00	0.08	0.03
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
G Carb	G T-Fat	G S-Fat
46.03	17.96	2.66
34.00	21.42	6.87
3.08	0.20	0.04
16.03	3.39	1.01
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
0.00	0.00	0.00
2.00	2.50	0.00
G Carb	G T-Fat	G S-Fat
34.00	16.00	7.00
34.00	16.00	7.00
3.21	0.13	0.03
19.24	0.92	0.00
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00
1.33	13.33	2.00
G Carb	G T-Fat	G S-Fat
34.58	14.06	3.78
34.00	21.42	6.87
17.14	2.54	1.01
4.27	0.00	0.00
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
5.60	2.24	1.12
G Carb	G T-Fat	G S-Fat
34.00	16.00	7.00
34.00	16.00	7.00
3.21	0.13	0.03
19.24	0.92	0.00
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00

1.33	13.33	2.00
G Carb	G T-Fat	G S-Fat
62.49	15.15	3.10
34.00	21.42	6.87
6.79	0.17	0.02
16.03	3.39	1.01
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
1.33	13.33	2.00
G Carb	G T-Fat	G S-Fat
29.00	15.00	5.00
32.01	15.03	5.77
34.00	21.42	6.87
3.08	0.20	0.04
35.00	5.00	0.50
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
0.00	0.00	0.00
2.00	2.50	0.00
G Carb	G T-Fat	G S-Fat
44.07	21.93	5.45
34.00	21.42	6.87
26.68	6.67	1.11
3.00	0.08	0.03
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
G Carb	G T-Fat	G S-Fat
34.00	16.50	3.50
34.00	21.42	6.87
17.14	2.54	1.01
4.27	0.00	0.00
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00
5.60	2.24	1.12
G Carb	G T-Fat	G S-Fat
34.00	16.00	7.00
34.00	16.00	7.00
3.21	0.13	0.03
19.24	0.92	0.00
25.53	0.78	0.08
12.00	2.50	1.50
19.00	0.00	0.00
1.33	13.33	2.00
G Carb	G T-Fat	G S-Fat
46.03	17.96	2.66
34.00	21.42	6.87
3.08	0.20	0.04
16.03	3.39	1.01
22.31	0.22	0.04
12.00	2.50	1.50
19.00	0.00	0.00
7.00	0.00	0.00

0.00	0.00	0.00
2.00	2.50	0.00