

Elementary Lunch

Cycle 1

MONDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
BURGER ON BUN: NEW	1 EACH	350	540	4.00	24.00	29.00	15.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
SWEET POTATO FRIES	4.5 OZ	267	350	11.67	1.67	40.02	10.01
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33

TUESDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
CHICKEN NUGGETS	10 NUGGETS	269	590	0.00	18.00	20.00	13.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
BAKED BEANS	3/4 CUP	210	555	18.00	7.50	45.00	0.00
FRUIT-CHECK WITH CAMP	1/2 CUP	0	0	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00

WEDNESDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
PIZZA STICKS	2 EACH	300	740	6.00	14.00	34.00	12.00
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92
STRAWBERRY CUP	1 EACH	90	4	18.00	1.00	22.00	0.17
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33
MARINARA SAUCE	2 OZ LADLE	34	66	3.89	0.97	5.84	0.73

THURSDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
STEAK FINGERS/BREADS	4 EACH /BRSTICK	459	449	3.00	19.16	44.07	21.93
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
BROCCOLI	3/4 CUP	48	32	0.00	1.60	6.40	0.00
FRUIT-CHECK WITH CAMP	1/2 CUP	0	0	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00

FRIDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
CHEESE PIZZA	8 CUT	360	600	9.00	21.00	34.00	16.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00	34.00	16.00
FRENCH FRIES	3.75 OZ	152	47	0.00	1.89	26.51	4.74
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33

Elementary Lunch

Cycle 2

MONDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
CHICKEN FRIED STEAK SA	ONE EACH	460	590	6.00	22.00	48.00	21.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
BAKED BEANS	3/4 CUP	210	555	18.00	7.50	45.00	0.00
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00

TUESDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
MAC & CHEESE/BREADSTI	6 OZ/BREADSTICK	436	826	7.15	21.59	55.84	14.22
BROCCOLI	3/4 CUP	48	32	0.00	1.60	6.40	0.00
FRUIT-CHECK WITH CAMP	1/2 CUP	0	0	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00

WEDNESDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
CHICKEN LEG WITH ROLL	1 EACH	355	790	*4.21	20.32	34.58	14.06
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
SWEET POTATO FRIES	4.5 OZ	267	350	11.67	1.67	40.02	10.01
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33

THURSDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
BREADED CHICKEN ON B	ONE EACH	447	706	11.42	24.03	46.03	17.96
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
CORN, SEASONED	3/4 CUP	137	0	6.87	4.12	28.86	1.37
FRUIT-CHECK WITH CAMP	1/2 CUP	0	0	0.00	0.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00

FRIDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
CHEESE PIZZA	8 CUT	360	600	9.00	21.00	34.00	16.00
PEPPERONI PIZZA	8 CUT	370	660	9.00	21.00	34.00	16.00
FRENCH FRIES	3.75 OZ	152	47	0.00	1.89	26.51	4.74
STRAWBERRY CUP	1 EACH	90	4	18.00	1.00	22.00	0.17
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00
KETCHUP	1 PC TUB	30	75	5.00	0.00	7.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33

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.