

Secondary Concept Menu Nutritional Information

MONDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
CHICKEN TENDERS & BIS	3 EACH	780	1290	3.00	41.00	73.00	33.00
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
CHEESE SANDWICH	ONE EACH	273	1108	*2.80	19.97	28.59	9.20
BAKED BEANS	1/2 CUP	140	370	12.00	5.00	30.00	0.00
FRENCH FRIES	2.5 OZ	101	32	0.00	1.26	17.68	3.16
APPLES, FRESH	ONE EACH	72	1	14.34	0.36	19.06	0.23
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
BARBEQUE SAUCE	1 PC TUB	30	160	6.00	0.00	7.00	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1.33	1.33	1.33	13.33
PEPPER GRAVY	2 OZ LADLE	39	158	1.12	0.00	5.60	2.24

TUESDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
FIESTA NACHOS: NEW HS	UNIT	520	740	0.00	19.00	43.00	32.01
NACHO GRANDE: HS	UNIT	521	842	2.00	25.01	47.00	28.01
CHEESE SANDWICH	ONE EACH	273	1108	*2.80	19.97	28.59	9.20
RICE, SPANISH	1/2 CUP	125	139	1.10	1.64	24.97	1.71
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92
REFRIED BEANS	#6 SCOOP	255	802	*0.00	13.15	32.70	8.74
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22
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
SALSA LOW SODIUM	# 24 SCOOP	13	93	1.33	0.00	2.66	0.00
JALAPENOS	# 24 SCOOP	7	167	0.00	0.00	0.67	0.00

WEDNESDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
THAI SWEET CHILI CHICK/	4 OZ/RICE	361	498	15.44	17.66	61.74	4.47
GENERAL TSO'S CHICKEN	4.0 OZ/RICE	392	545	14.00	16.22	66.69	5.67
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
CHEESE SANDWICH	ONE EACH	273	1108	*2.80	19.97	28.59	9.20
SWEET POTATO FRIES	3.0 OZ	178	233	7.78	1.11	26.68	6.67
BROCCOLI	1/2 CUP	32	21	0.00	1.07	4.27	0.00
ORANGE, FRESH	1 EACH	62	0	12.25	1.23	15.39	0.16
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
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
CHEESE STICKS: BOSCO	FOUR STICKS	477	634	4.00	24.62	56.29	15.73
PEPP STKS: BOSCO W/CH	1 EACH	129	249	1.00	6.16	14.07	5.43
CHEESE SANDWICH	ONE EACH	273	1108	*2.80	19.97	28.59	9.20
CARROTS, FRESH	2.5 OZ	29	49	3.36	0.66	6.79	0.17
PARMESAN ROASTED PO	3.25 OZ	107	149	1.30	3.24	16.03	3.39
STRAWBERRY CUP	1 EACH	90	4	18.00	1.00	22.00	0.17
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
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

FRIDAY	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat
CHICKEN WINGS: BUFFAL	3.8 OZ	213	747	1.11	19.34	15.47	8.15
CHICKEN WINGS: REGULA	3.8 OZ	211	555	1.02	19.30	15.24	8.13
GRILLED CHEESE	ONE EACH	402	1231	*4.00	20.27	34.00	21.42
CHEESE SANDWICH	ONE EACH	273	1108	*2.80	19.97	28.59	9.20
BREADSTICK: BAKE CRAF	1 EACH	149	139	1.00	4.16	25.07	2.93
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	1.82	0.65	3.21	0.13
CORN, SEASONED	1/2 CUP	92	0	4.58	2.75	19.24	0.92
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10
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
BARBEQUE SAUCE	1 PC TUB	30	160	6.00	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.