

High School Concept

Mon - 05/03/2021		Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total							
CHICKEN TENDERS & BISCUIT	3 EACH	780	1290	3	41.0	73.0	33.0	7.50
GRILLED CHEESE	ONE EACH	402	1231	*4	20.27	34.0	21.42	6.87
BAKED BEANS	1/2 CUP	140	370	12	5.0	30.0	0.0	0.00
SIDEWINDER POTATOES	3.0 OZ	190	400	0	2.0	35.0	5.0	0.50
FRESH FRUIT	1/2 CUP	104	2	20	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00
KETCHUP	1 PC TUB	30	75	5	0.0	7.0	0.0	0.00
PEPPER GRAVY	2 OZ LADLE	39	158	1	0.0	5.6	2.24	1.12
Tue - 05/04/2021		Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total							
FIESTA NACHOS: NEW HS	UNIT	520	740	0	19.0	43.0	32.01	14.00
NACHO GRANDE: HS	UNIT	521	842	2	25.01	47.0	28.01	9.80
RICE, SPANISH	1/2 CUP	125	139	1	1.64	24.97	1.71	0.34
CORN, SEASONED	1/2 CUP	92	0	5	2.75	19.24	0.92	0.00
REFRIED BEANS	#6 SCOOP	255	802	*0	13.15	32.7	8.74	3.71
APPLESAUCE CUP	1 EACH	87	3	19	0.2	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00
SALSA LOW SODIUM	# 24 SCOOP	13	93	1	0.0	2.66	0.0	0.00
JALAPENOS	# 24 SCOOP	7	167	0	0.0	0.67	0.0	0.00
Wed - 05/05/2021		Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total							
THAI SWEET CHILI CHICK/RICE	4 OZ/RICE	361	498	15	17.66	61.74	4.47	0.70
GENERAL TSO'S CHICKEN/RICE GD	4.0 OZ/RICE	392	545	14	16.22	66.69	5.67	1.00
GRILLED CHEESE	ONE EACH	402	1231	*4	20.27	34.0	21.42	6.87
SWEET POTATO FRIES	3.0 OZ	178	233	8	1.11	26.68	6.67	1.11
BROCCOLI	1/2 CUP	32	21	0	1.07	4.27	0.0	0.00
FRESH FRUIT	1/2 CUP	104	2	20	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00
KETCHUP	1 PC TUB	30	75	5	0.0	7.0	0.0	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1	1.33	1.33	13.33	2.00
Thu - 05/06/2021		Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total							
CHEESE STICKS: BOSCO	FOUR STICKS	477	634	4	24.62	56.29	15.73	7.79
PEPP STKS: BOSCO W/CHEESE	1 EACH	129	249	1	6.16	14.07	5.43	2.45
CARROTS, FRESH	2.5 OZ	29	49	3	0.66	6.79	0.17	0.02
PARMESAN ROASTED POTATOES	3.25 OZ	107	149	1	3.24	16.03	3.39	1.01
APPLESAUCE CUP	1 EACH	87	3	19	0.2	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00
KETCHUP	1 PC TUB	30	75	5	0.0	7.0	0.0	0.00
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1	1.33	1.33	13.33	2.00
MARINARA SAUCE	2 OZ LADLE	34	66	4	0.97	5.84	0.73	0.00
Fri - 05/07/2021		Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total							
CHICKEN WINGS: BUFFALO	3.8 OZ	213	747	1	19.34	15.47	8.15	1.02
CHICKEN WINGS: REGULAR	3.8 OZ	211	555	1	19.3	15.24	8.13	1.02
GRILLED CHEESE	ONE EACH	402	1231	*4	20.27	34.0	21.42	6.87
BREADSTICK: BAKE CRAFTER'S	1 EACH	149	139	1	4.16	25.07	2.93	0.45
CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	2	0.65	3.21	0.13	0.03
CORN, SEASONED	1/2 CUP	92	0	5	2.75	19.24	0.92	0.00
FRESH FRUIT	1/2 CUP	104	2	20	1.98	25.53	0.78	0.08
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00
KETCHUP	1 PC TUB	30	75	5	0.0	7.0	0.0	0.00

RANCH DRESSING (LITE)		# 24 SCOOP	147	360	1	1.33	1.33	13.33	2.00
Mon - 05/10/2021			Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total								
CHICKEN TENDERS & BISCUIT	3 EACH	780	1290	3	41.0	73.0	33.0	7.50	
GRILLED CHEESE	ONE EACH	402	1231	*4	20.27	34.0	21.42	6.87	
BAKED BEANS	1/2 CUP	140	370	12	5.0	30.0	0.0	0.00	
SIDEWINDER POTATOES	3.0 OZ	190	400	0	2.0	35.0	5.0	0.50	
APPLESAUCE CUP	1 EACH	87	3	19	0.2	22.31	0.22	0.04	
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50	
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00	
KETCHUP	1 PC TUB	30	75	5	0.0	7.0	0.0	0.00	
PEPPER GRAVY	2 OZ LADLE	39	158	1	0.0	5.6	2.24	1.12	
Tue - 05/11/2021			Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total								
THAI SWEET CHILI CHICK/RICE	4 OZ/RICE	361	498	15	17.66	61.74	4.47	0.70	
GENERAL TSO'S CHICKEN/RICE GD	4.0 OZ/RICE	392	545	14	16.22	66.69	5.67	1.00	
GRILLED CHEESE	ONE EACH	402	1231	*4	20.27	34.0	21.42	6.87	
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BROCCOLI	1/2 CUP	32	21	0	1.07	4.27	0.0	0.00	
FRESH FRUIT	1/2 CUP	104	2	20	1.98	25.53	0.78	0.08	
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50	
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00	
KETCHUP	1 PC TUB	30	75	5	0.0	7.0	0.0	0.00	
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1	1.33	1.33	13.33	2.00	
Wed - 05/12/2021			Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total								
FIESTA NACHOS: NEW HS	UNIT	520	740	0	19.0	43.0	32.01	14.00	
NACHO GRANDE: HS	UNIT	521	842	2	25.01	47.0	28.01	9.80	
RICE, SPANISH	1/2 CUP	125	139	1	1.64	24.97	1.71	0.34	
CORN, SEASONED	1/2 CUP	92	0	5	2.75	19.24	0.92	0.00	
REFRIED BEANS	#6 SCOOP	255	802	*0	13.15	32.7	8.74	3.71	
APPLESAUCE CUP	1 EACH	87	3	19	0.2	22.31	0.22	0.04	
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50	
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00	
SALSA LOW SODIUM	# 24 SCOOP	13	93	1	0.0	2.66	0.0	0.00	
JALAPENOS	# 24 SCOOP	7	167	0	0.0	0.67	0.0	0.00	
Thu - 05/13/2021			Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total								
CHICKEN WINGS: BUFFALO	3.8 OZ	213	747	1	19.34	15.47	8.15	1.02	
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CUCUMBER/TOMATO	1.5 OZ/1.5 OZ	14	3	2	0.65	3.21	0.13	0.03	
CORN, SEASONED	1/2 CUP	92	0	5	2.75	19.24	0.92	0.00	
FRESH FRUIT	1/2 CUP	104	2	20	1.98	25.53	0.78	0.08	
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50	
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00	
KETCHUP	1 PC TUB	30	75	5	0.0	7.0	0.0	0.00	
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1	1.33	1.33	13.33	2.00	
Fri - 05/14/2021			Calories	Sodium	Sugars	Protein	Carb	Fat	Sat. Fat
High School Concept	Total								
CHEESE STICKS: BOSCO	FOUR STICKS	477	634	4	24.62	56.29	15.73	7.79	
PEPP STKS: BOSCO W/CHEESE	1 EACH	129	249	1	6.16	14.07	5.43	2.45	
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APPLESAUCE CUP	1 EACH	87	3	19	0.2	22.31	0.22	0.04	
MILK, 1% LOWFAT	HALF PINT	100	125	12	8.0	12.0	2.5	1.50	
MILK, CHOC, NON FAT	HALF PINT	110	100	18	8.0	19.0	0.0	0.00	
KETCHUP	1 PC TUB	30	75	5	0.0	7.0	0.0	0.00	
RANCH DRESSING (LITE)	# 24 SCOOP	147	360	1	1.33	1.33	13.33	2.00	
MARINARA SAUCE	2 OZ LADLE	34	66	4	0.97	5.84	0.73	0.00	

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.