

LUNCH 9-12

Mon - 08/25/2014									
	Portion Size	Cals	Mg Cholest	Mg Sodm	Mg Calcim	G Carb	G T-Fat		
PIZZA, BIG DADDY HARVES SLIDERS	1/8 SLICE	440	35	850	250.00	51.00	16.		
CHICKEN, TERIYAKI	2 EACH	524	*80	699	*1057.50	*41.87	22.		
PRETZEL, SOFT 2.5 OZ WG	SERVG 2.85 OZ	146	53	414	20.00	14.00	2.		
WRAP, HAM 9-12 GRADE	1 EACH	170	0	150	20.00	36.00	1.		
NOODLES, CHOW MEIN VE	1 EACH	518	68	1734	289.56	55.84	21.		
RICE, BROWN LONG, QUICK	4 OZ	42	0	72	5.00	8.75	0.		
POTATO, WEDGE FRIES TH	1/2 cup	108	0	5	10.00	22.39	0.		
SALAD, ROMAINE, 1.5C NO	4 OZ	112	0	0	0.00	16.73	2.		
APPLES, FRESH, W/SKIN	1.5 CUP	55	0	26	43.50	12.52	0.		
FRUIT MIXED, LIGHT: 1/2 C	1 EACH	77	0	1	8.94	20.58	0.		
PEACHES, LIGHT SYRUP: 1/	1/2 C	144	0	15	15.20	37.60	0.		
PEAR, SLICED :1/2 C	1/2 C	140	0	20	0.00	34.00	0.		
PINEAPPLE CHUNKS	1/2 CUP	160	0	10	0.00	40.00	0.		
MANDARIN ORANGE SEGM	1/2 C	146	0	2	34.16	38.31	0.		
JUICE CUP, VARIETY	1 EACH	180	0	0	40.00	42.00	0.		
JUICE WH FRUIT CUP FZ MI	1 EACH	50	0	0	5.00	13.50	0.		
MILK, DARIGOLD WHITE 1%	1/2 C	70	0	5	80.00	18.00	0.		
MILK, DARIGOLD CHOC FF	HALE PINT	110	15	130	300.00	13.00	2.		
JUICE/FRUITABLES/TROPIC	HALE PINT	140	5	190	300.00	28.00	0.		
CARROTS, RAW BABY EL	1	13	*N/A*	3	*N/A*	3.26	*N/A*		
CELERY STICKS	4 OZ	10	0	22	9.07	2.34	0.		
TOMATOES, FRESH RED RI	1 EACH	1	0	3	1.60	0.12	0.		
BROCCOLI, FRESH, RAW	1 TBSP	2	0	1	1.12	0.44	0.		
CAULIFLOWER, raw: fresh	1 OZ	10	0	9	13.32	1.88	0.		
CUCUMBER, RAW	1 OZ	7	0	9	6.24	1.41	0.		
SALAD DRESSING, RANCH	1 OZ	3	0	1	3.97	0.61	0.		
		67	11	113	18.75	1.81	6.		
Tue - 08/26/2014									
	Portion Size	Cals	Mg Cholest	Mg Sodm	Mg Calcim	G Carb	G T-Fat		
CHICKEN NUGGETS, WHOL	5 EACH	180	46	585	38.08	13.03	9.		
POLLOCK BURGER	1 EACH	451	56	689	52.01	51.50	19.		
WRAP, TURKEY 9-12 GRADE	1 EACH	568	56	1644	540.56	57.55	24.		
TURKEY & HAM HOAGIE 9-1	1 EACH	287	44	1347	126.86	29.91	7.		
CHEESEBURGER ON A BUN	1 EACH	345	43	625	160.00	30.00	15.		
NOODLES, CHOW MEIN VE	4 OZ	42	0	72	5.00	8.75	0.		
RICE, BROWN LONG, QUICK	1/2 CUP	108	0	5	10.00	22.39	0.		
POTATO, SHOESTRINGS IN	SERVING	170	0	230	0.00	25.00	7.		
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.		
MILK, DARIGOLD WHITE 1%	HALE PINT	110	15	130	300.00	13.00	2.		
MILK, DARIGOLD CHOC FF	HALE PINT	140	5	190	300.00	28.00	0.		
SALAD, ROMAINE, 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.		
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.		
MANDARIN ORANGE SEGM	1/2 C	180	0	0	40.00	42.00	0.		
APPLES, FRESH, W/SKIN	1 EACH	77	0	1	8.94	20.58	0.		
KIWI FRUIT, CHINESE GOOS	FRUIT	42	0	2	23.46	10.12	0.		
BANANAS, RAW FRESH	1 OZ	90	0	1	5.05	23.07	0.		
GRAPES, FRESH	1 EACH	76	0	2	15.88	19.45	0.		
ORANGES, FRESH	1 OZ	45	0	0	38.40	11.28	0.		
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.		
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.		
PEAR, SLICED :1/2 C	1/2 C	160	0	10	0.00	40.00	0.		
FRUIT MIXED, LIGHT: 1/2 C	1/2 C	144	0	15	15.20	37.60	0.		
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.		
CELERY STICKS	1 EACH	1	0	3	1.60	0.12	0.		
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.		
CAULIFLOWER, raw: fresh	1 OZ	7	0	9	6.24	1.41	0.		
CUCUMBER, RAW	1 OZ	3	0	1	3.97	0.61	0.		
Wed - 08/27/2014									
	Portion Size	Cals	Mg Cholest	Mg Sodm	Mg Calcim	G Carb	G T-Fat		
CHICKEN, BBQ FILLET BUR	1 EACH	350	46	834	78.00	41.00	14.		
MAXSTIX WHOLE GRAIN	2 EACH	300	10	780	300.00	32.00	14.		
DIPPING SAUCE	4 OZ	45	0	557	21.88	11.76	0.		
VEGETABLE WRAP W/CUCU	1 EACH	477	18	998	550.11	60.23	18.		
COD MARINATED: 9-12	6 OZ	125	33	279	10.01	1.50	8.		
RICE, BROWN LONG, QUICK	1/2 CUP	108	0	5	10.00	22.39	0.		
NOODLES, CHOW MEIN VE	4 OZ	42	0	72	5.00	8.75	0.		
POTATO, CURLY FRIES	4 OZ	140	0	350	0.00	20.00	6.		
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.		

MILK DARGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2
MILK, DARGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.
KIWI FRUIT, CHINESE GOOS	FRUIT	42	0	2	23.46	10.12	0.
APPLES, FRESH, W/SKIN	1 EACH	77	0	1	8.94	20.58	0.
GRAPES, FRESH	1 OZ	76	0	2	15.88	19.45	0.
ORANGES, FRESH	1 EACH	45	0	0	38.40	11.28	0.
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.
CELERY STICKS	1 EACH	10	0	3	1.60	0.12	0.
RADISHES, FRESH	1 EACH	1	0	2	1.13	0.15	0.
TOMATOES, FRESH RED RI	1 TBSP	1	0	1	1.12	0.44	0.
BROCCOLI, FRESH, RAW	1 OZ	10	0	9	13.32	1.88	0.
CAULIFLOWER, raw: fresh	1 OZ	7	0	9	6.24	1.41	0.
CUCUMBER, RAW	1 OZ	3	0	1	3.97	0.61	0.

Thu - 08/28/2014	Portion Size	Cals	Mg Cholest	Mg Sodm	Mg Calcm	G Carb	G T-Fat
SLOPY JOE, MANWICH SA	1 CUP	120	0	1520	0.00	28.00	0.
TURKEY & HAM HOAGIE 9 -1	1 EACH	287	44	1347	126.86	29.91	7.
CORN PUPS, WHOLE GRAIN	1 EA	600	75	1350	239.93	65.98	26.
CHICKEN BREADED 8-WAY	SERVG	220	70	360	20.00	12.00	13.
NOODLES, CHOW MEIN VE	4 OZ	42	0	72	5.00	8.75	0.
RICE, BROWN LONG, QUICK	1/2 CUP	108	0	5	10.00	22.39	0.
POTATOES, MASHED INSTA	1/2 CUP	70	0	250	20.00	14.00	0.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
GRAVY MIX, CHICKEN INSTA	1 OZ	12	2	150	0.00	2.00	0.
MILK DARGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.
POTATO, CRINKLE CUT: 3 O	3 OZ	40	0	10	0.00	6.33	1.
APPLES, FRESH W/SKIN	1 EACH	77	0	1	8.94	20.58	0.
BANANAS, RAW/FRESH	1 EACH	90	0	1	5.05	23.07	0.
GRAPES, FRESH	1 OZ	76	0	2	15.88	19.45	0.
PEARS, FRESH	1 EACH	96	0	2	14.94	25.66	0.
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.
PEARS, SLICED 1/2 C	1/2 C	160	0	10	0.00	40.00	0.
FRUIT MIXED, LIGHT: 1/2 C	1/2 C	144	0	15	15.20	37.60	0.
MANDARIN ORANGE SEGMENT	1/2 C	180	0	0	40.00	42.00	0.
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.
CELERY STICKS	1 EACH	1	0	3	1.60	0.12	0.
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.
BROCCOLI, FRESH, RAW	1 OZ	10	0	9	13.32	1.88	0.
CAULIFLOWER, raw: fresh	1 OZ	7	0	9	6.24	1.41	0.
CUCUMBER, RAW	1 OZ	3	0	1	3.97	0.61	0.
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.

Fri - 08/29/2014	Portion Size	Cals	Mg Cholest	Mg Sodm	Mg Calcm	G Carb	G T-Fat
PULLED CHICKEN SAND: 9-1	2.85 OZ	328	*53	828	*100.00	48.47	*4.
CHICKEN, POPCORN	SERV 3.85 OZ	289	38	301	25.09	17.56	17.
CHEESEBURGER ON A BUN	1 EACH	345	43	625	160.00	30.00	15.
POLLOCK NUGGETS: 4 EA	1 EACH	227	13	387	26.68	18.68	10.
PIZZA, BIG DADDY HARVES	1/8 SLICE	440	35	850	250.00	51.00	16.
RICE, BROWN LONG, QUICK	1/2 CUP	108	0	5	10.00	22.39	0.
NOODLES, CHOW MEIN VE	4 OZ	42	0	72	5.00	8.75	0.
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	20.83	8.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
MILK DARGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.
KIWI FRUIT, CHINESE GOOS	FRUIT	42	0	2	23.46	10.12	0.
APPLES, FRESH, W/SKIN	1 EACH	77	0	1	8.94	20.58	0.
GRAPES, FRESH	1 OZ	76	0	2	15.88	19.45	0.
PEARS, FRESH	1 EACH	96	0	2	14.94	25.66	0.
BANANAS, RAW/FRESH	1 EACH	90	0	1	5.05	23.07	0.
ORANGES, FRESH	1 EACH	45	0	0	38.40	11.28	0.
MANDARIN ORANGE SEGMENT	1/2 C	180	0	0	40.00	42.00	0.
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	34.16	38.31	0.
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.

CELERY STICKS	1 EACH	1	0	3	1.60	0.12	0.
TOMATOES, FRESH RED RI	1 TBSP	2	0	1	1.12	0.44	0.
BROCCOLI,FRESH,RAW	1 OZ	10	0	9	13.32	1.88	0.
CAULIFLOWER,raw: fresh	1 OZ	7	0	9	6.24	1.41	0.
CUCUMBER,RAW	1 OZ	3	0	1	3.97	0.61	0.

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.