

LUNCH K-5

Mon - 09/15/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
PIZZA 4X6 TONY'S	SLICE	300	25	580	250.00	35.00	11.
STRAWBERRY CUP	1 EACH	122	0	4	14.00	33.05	0.
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.
COOKIE, SUGAR REDUCED	1 EACH	111	7	114	0.00	18.19	3.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.

Tue - 09/16/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
POLLOCK HOAGIE	3.6 OZ	190	50	190	*N/A*	14.00	8.
GREEN BEANS, CUT:3/4C	3/4 CUP	50	0	540	0.00	10.00	0.
POTATO, CRINKLE CUT: 3 O	3 OZ	40	0	10	0.00	6.33	1.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.

Wed - 09/17/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHICKEN, POPCORN	SERV 3.85 OZ	289	38	301	25.09	17.56	17.
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	60.00	20.00	2.
POTATOES, MASHED INSTA	1/2 C	140	0	500	40.00	28.00	1.
GRAVY MIX, CHICKEN INSTA	1 OZ	12	2	150	0.00	2.00	0.
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	4.00	15.24	0.

Thu - 09/18/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHILI SPUDS	1/2 CUP	252	15	424	89.48	38.99	6.
VEGETABLES, SANTA FE 3/4	3/4 C	187	0	120	53.36	34.69	0.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.

Fri - 09/19/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
FRENCH TOAST STICKS, W	3 EA	210	120	280	20.00	26.00	9.
SAUSAGE, LINKS LF SKINLE	1 EACH	66	20	224	26.32	1.32	3.
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	20.83	8.
ORANGES,FRESH	1 EACH	45	0	0	38.40	11.28	0.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.
SYRUP CUP, REDUCED CAL	1 EACH	50	0	15	0.00	13.00	0.

Mon - 09/22/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
BEEF, CHICKEN FRIED FIN	4 EACH	80	12	201	9.44	4.65	5.
NOODLES, CHOW MEIN : 4	1 OZ	11	0	18	1.25	2.19	0.
CARROTS, RAW BABY EL	4 OZ	10	0	22	9.07	2.34	0.
STRAWBERRY CUP	1 EACH	122	0	4	14.00	33.05	0.
PEARS, SLICED :1/2 C	1/2 C	160	0	10	0.00	40.00	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.

Tue - 09/23/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CORN PUPS, WHOLE GRAIN	1 EA	600	75	1350	239.93	65.98	26.
BAKED SWEET POTATOES	1/4 CUP	84	0	26	11.86	18.03	1.
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	144	0	15	15.20	37.60	0.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.
MUSTARD: individual PC	Pkt 5g	3	0	57	2.90	0.27	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.

MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
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Wed - 09/24/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
PULLED CHICKEN SAND:K-6	2.852 OZ	308	*53	698	*40.00	42.48	*5.
APPLES,FRESH,W/SKIN	1 EACH	77	0	1	8.94	20.58	0.
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.
JUICE WH FRUIT CUP FZ MI	1 EACH	70	0	5	80.00	18.00	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.

Thu - 09/25/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
VEGETARIAN CHILI :1/2	1/2 c	90	0	442	50.22	13.47	3.
GRILLED CHEESE WHOLE	1 EACH	280	5	610	350.00	31.00	13.
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	60.00	20.00	2.
SPINACH SALAD	1.5 CUP	60	3	254	94.62	8.23	1.
APPLESAUCE, UNSWEETEN	1 CUP	120	0	20	0.00	30.00	0.
COOKIE, CHOCOLATE CHIP	1 EACH	110	5	140	0.00	18.00	3.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.

Fri - 09/26/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
SLIDERS	2 EACH	524	*80	699	*1057.50	*41.87	22.
POTATO, CRINKLE CUT: 3 O	3 OZ	40	0	10	0.00	6.33	1.
APPLESAUCE, CUP STRAW	1 EACH	70	0	15	0.00	16.00	0.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.
PICKLES, DILL CHIPS 3/16 C	SERVG	0	0	371	0.00	0.00	0.
LETTUCE & TOMATO:1 leaf,2	1 lf,2 slc	6	0	2	3.90	1.32	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.

Mon - 09/29/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHICKEN BREAST FILLET, B	1 EACH	332	40	822	55.55	39.88	9.
BEANS, BAKED ORIGINAL:1/	1/2 C	280	0	1100	80.00	58.00	2.
CARROTS, RAW BABY EL	4 OZ	10	0	22	9.07	2.34	0.
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	144	0	15	15.20	37.60	0.
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.

Tue - 09/30/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHICKEN FAJITA QUES W/B	1 EACH	276	46	693	116.64	30.47	9.
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	20.83	8.
MANDARIN ORANGE SEGM	1/2 C	180	0	0	40.00	42.00	0.
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.
SALSA , GREEN CHILI TOMA	1 OZ	6	0	153	0.00	1.39	0.
KETCHUP:3	PKG	10	0	80	0.00	2.00	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.