

LUNCH K-5

Mon - 11/03/2014	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	9.00
SAUSAGE, LINKS LF SKINLE	1 EACH	66	20	224	26.32	1.32	3.95
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.00
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	20.83	8.93
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SYRUP CUP, REDUCED CAL	1 EACH	50	0	15	0.00	13.00	0.00
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.00
Tue - 11/04/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHALUPA BEAN & CHEESE	3.5 OZ	225	18	278	2812.70	19.38	10.47
BAKED SWEET POTATOES	1/4 CUP	84	0	26	11.86	18.03	1.38
POTATO, CRINKLE CUT: 3 O	3 OZ	180	0	45	0.00	28.50	6.75
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	144	0	15	15.20	37.60	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
Wed - 11/05/2014	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	9.89
POTATO, TATER TOTS	1 EACH	17	0	34	0.00	1.90	1.00
MANDARIN ORANGE SEGM	1 CUP	180	0	0	40.00	42.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.00
Thu - 11/06/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
SPAGHETTI AND MEAT SAU	1 CUP	194	25	449	68.19	16.90	10.37
BREAD STICK WG BROWN	STICK	90	0	170	20.00	14.00	2.50
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	4.00	15.24	0.82
APPLESAUCE, UNSWEETEN	1 CUP	60	0	10	0.00	15.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	43.50	12.52	0.35
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
Fri - 11/07/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CHICKEN NUGGETS, WG 5	5 each	180	46	585	38.08	13.03	9.02
RICE, BROWN LONG, QUICK	1/2 cup	108	0	5	10.00	22.39	0.88
GREEN BEANS, CUT:3/4C	3/4 CUP	50	0	540	0.00	10.00	0.00
BEANS, BAKED ORIGINAL:1/	1/2 C	280	0	1100	80.00	58.00	2.00
PEARS, SLICED :1/2 C	1/2 C	160	0	10	0.00	40.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
Mon - 11/10/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CORN PUPS, WHOLE GRAIN	6 ea	300	37	675	119.96	32.99	13.50
POTATO, CRINKLE CUT: 3 O	3 OZ	180	0	45	0.00	28.50	6.75
APPLESAUCE, CUP STRAW	1 EACH	70	0	15	0.00	16.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
KETCHUP:3	PKG	10	0	80	0.00	2.00	0.00
Tue - 11/11/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
POLLOCK NUGGETS: 4 EA	1 EACH	227	13	387	26.68	18.68	10.67
RICE, BROWN LONG, QUICK	1/2 cup	108	0	5	10.00	22.39	0.88
BEANS, BAKED ORIGINAL:1/	1/2 C	280	0	1100	80.00	58.00	2.00
GREEN BEANS, CUT:3/4C	3/4 CUP	50	0	540	0.00	10.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
TARTAR SAUCE: scratch	1 OZ	77	6	148	8.03	6.52	6.22

Wed - 11/12/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
SLIDERS	2 EACH	524	*80	699	*1057.50	*41.87	22.50
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.04
JUICE WH FRUIT CUP FZ, O	1 EACH	70	0	5	80.00	18.00	0.00
POTATO, TATER TOTS	1 EACH	17	0	34	0.00	1.90	1.00
LETTUCE & TOMATO: 1 leaf, 2	1 If, 2 slc	6	0	2	3.90	1.32	0.07
KETCHUP, PC 7 GR	PKG	10	0	80	0.00	2.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
Thu - 11/13/2014	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	6.56
WINTER MIX : 3/4 C	3/4 C	67	0	67	53.36	10.67	0.00
PEARS, SLICED : 1/2 C	1/2 C	160	0	10	0.00	40.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
Fri - 11/14/2014	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	5.02
RICE, BROWN LONG, QUICK	1/2 cup	108	0	5	10.00	22.39	0.88
BROCCOLI, FRESH, RAW	1 OZ	10	0	9	13.32	1.88	0.10
POTATO, SWEET KK FRIES	3 OZ	120	*N/A*	135	*N/A*	*N/A*	10.00
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
Mon - 11/17/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
BEEF TERIYAKI WONDERBI	1 EACH	269	0	755	0.00	10.20	14.25
RICE, BROWN LONG, QUICK	1/2 cup	108	0	5	10.00	22.39	0.88
BEANS, BAKED ORIGINAL: 1/	1/2 C	280	0	1100	80.00	58.00	2.00
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.04
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	144	0	15	15.20	37.60	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
Tue - 11/18/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
BBQ PORK RIBWICH	1 EACH	405	46	870	69.00	38.00	20.50
POTATO, SWEET KK FRIES	3 OZ	120	*N/A*	135	*N/A*	*N/A*	10.00
PEARS, SLICED : 1/2 C	1/2 C	160	0	10	0.00	40.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
Wed - 11/19/2014	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	17.56
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	60.00	20.00	2.00
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	20.83	8.93
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.00
BANANAS, RAW FRESH	1 EACH	90	0	1	5.05	23.07	0.33
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
Thu - 11/20/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
MAXSTIX WHOLE GRAIN: 2E	2 EACH	300	10	780	300.00	32.00	14.00
SPINACH SALAD	1.5 CUP	60	3	254	94.62	8.23	1.82
GREEN BEANS, CUT	3/4 CUP	50	0	540	0.00	10.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
DIPPING SAUCE	1 OZ	11	0	139	5.47	2.94	0.04
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16
Fri - 11/21/2014	Portion		Mg	Mg	Mg	G	G

	Size	Cals	Cholst	Sodm	Calcm	Carb	T-Fat
TERIYAKI BEEF FINGERS (J	1 EA	218	52	440	300.00	10.00	12.00
NOODLES, CHOW MEIN : 4	1 OZ	42	0	72	5.00	8.75	0.38
WINTER MIX :3/4 C	3/4 C	67	0	67	53.36	10.67	0.00
PINEAPPLE CHUNKS	1/2 CUP	148	0	2	34.16	38.31	0.20
APPLESAUCE, UNSWEETEN	1 CUP	60	0	10	0.00	15.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00

Mon - 11/24/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
RAVIOLI, BEEF W/WHEAT M	1 EACH	250	30	690	20.00	30.00	8.00
BREAD STICK WG BROWN	STICK	90	0	170	20.00	14.00	2.50
CARROTS, BABY RAW	4 OZ	10	0	22	9.07	2.34	0.04
MANDARIN ORANGE SEGM	1/2 C	180	0	0	40.00	42.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	18.75	1.81	6.16

Tue - 11/25/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
MANWICH SLOPPY JOE'S K-	3 OZ	297	22	800	55.69	34.67	11.87
PINEAPPLE CHUNKS	1/2 CUP	148	0	2	34.16	38.31	0.20
ORANGES,FRESH	1 EACH	45	0	0	38.40	11.28	0.12
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	40.00	8.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00

Wed - 11/26/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CORN PUPS, WHOLE GRAIN	6 EA	300	37	675	119.96	32.99	13.50
POTATO, SWEET KK FRIES	3 OZ	120	*N/A*	135	*N/A*	*N/A*	10.00
APPLESAUCE, UNSWEETEN	1 CUP	60	0	10	0.00	15.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
COOKIE, CHOCOLATE CHIP	1 EACH	110	5	140	0.00	18.00	3.50
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
KETCHUP:3	PKG	10	0	80	0.00	2.00	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

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.