

LUNCH 6-8

Mon - 01/05/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
BBQ PORK RIBWMCH	1 EACH	405	870	3.08	69.00	31.08	38.00	20.50	6.00
PIZZA 4x8 TONY'S	SLICE	300	580	1.80	250.00	*N/A*	35.00	11.00	5.00
CORN, CANNED, WHOLE-KE	3/4 C	132	350	1.43	8.00	14.01	30.49	1.64	0.26
POTATO, SWEET KK FRIES	3 OZ	120	135	*N/A*	*N/A*	*N/A*	*N/A*	10.00	2.00
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
Tue - 01/06/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
CHICKEN NUGGETS, WG 5	5 each	180	585	2.00	38.08	1.00	13.03	9.02	2.00
CHICKEN STRIPS, SPICY	1 EACH	88	239	0.53	9.74	0.00	4.87	5.35	1.22
PINEAPPLE CHUNKS	1/2 CUP	73	1	0.34	17.08	11.59	19.15	0.10	0.01
ORANGES,FRESH	1 EACH	45	0	0.10	38.40	51.07	11.28	0.12	0.02
GREEN BEANS, CUT;K-5	3/4 CUP	37	405	0.54	0.00	0.00	7.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
Wed - 01/07/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
PULLED CHICKEN SAND:K-6	2.852 OZ	308	698	*2.88	*40.00	30.10	42.48	*5.50	*1.00
POLLOCK NUGGETS: 4 EA	1 EACH	227	387	0.96	26.68	0.00	18.68	10.67	0.67
POTATO JO-JO	3.0	146	258	5.22	50.00	1.20	12.06	7.12	1.90
EDAMANE SUCCOTASH	3 OZ	100	10	*N/A*	40.00	*N/A*	10.00	3.00	0.50
JUICE WH FRUIT CUP FZ, O	1 EACH	70	5	0.36	80.00	60.00	18.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
Thu - 01/08/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
MAXSTIX WHOLE GRAIN:2E	2 EACH	300	780	1.44	300.00	0.00	32.00	14.00	5.00
CHALUPA BEAN & CHEESE	3.5 OZ	225	278	23.09	2812.70	1.17	19.38	10.47	3.71
SPINACH SALAD	1.5 CUP	60	254	1.24	94.62	34.51	8.23	1.82	0.70
APPLESAUCE, UNSWEETEN	.5 CUP	60	10	1.44	0.00	2.40	15.00	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	113	0.00	18.75	0.07	1.81	6.16	0.59
DRESSING, FF ITALIAN PAC	PACKET	25	370	0.00	0.00	0.00	5.00	0.00	0.00
DRESSING, FF CALIFORNIA	PACKET	45	280	0.00	0.00	0.00	11.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
DIPPING SAUCE	1 OZ	11	139	0.27	5.47	1.81	2.94	0.04	0.01
Fri - 01/09/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
POLLOCK HOAGIE	3.6 OZ	190	190	1.08	*N/A*	*N/A*	14.00	8.00	2.00
CHICKEN BREAST PATTY B	PATTY	240	340	1.80	20.00	0.00	14.00	14.00	4.00
WINTER MIX :3/4 C	3/4 C	67	67	0.96	53.36	96.05	10.67	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
POTATO JO-JO	3.0	146	258	5.22	50.00	1.20	12.06	7.12	1.90
TARTAR SAUCE: scratch	1 OZ	77	148	0.05	8.03	2.34	6.52	6.22	0.62
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
KETCHUP:3	PKG	10	80	0.00	0.00	0.00	2.00	0.00	0.00
Mon - 01/12/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
PIZZA, BIG DADDY HARVES	1/8 SLICE	440	850	3.80	250.00	0.00	51.00	16.00	6.00
BB TACO/BURRITO	1 EACH	280	489	*N/A*	99.82	3.59	34.94	8.98	3.49
APPLES,FRESH,W/SKIN	1 EACH	77	1	0.18	8.94	6.85	20.58	0.25	0.04
CORN, CANNED, WHOLE-KE	1/2 cup	66	175	0.71	4.00	7.00	15.24	0.82	0.13
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
Tue - 01/13/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
POLLOCK NUGGETS: 4 EA	1 EACH	227	387	0.96	26.68	0.00	18.68	10.67	0.67
PULLED CHICKEN SAND: 9-1	2.85 OZ	328	828	*2.88	*100.00	0.10	48.47	*4.50	*1.50
POTATO, SWEET KK FRIES	3 OZ	120	135	*N/A*	*N/A*	*N/A*	*N/A*	10.00	2.00
EDAMANE SUCCOTASH	3 OZ	100	10	*N/A*	40.00	*N/A*	10.00	3.00	0.50
JUICE WH FRUIT CUP FZ MI	1 EACH	70	5	0.36	80.00	60.00	18.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
TARTAR SAUCE: scratch	1 OZ	77	148	0.05	8.03	2.34	6.52	6.22	0.62
Wed - 01/14/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
CHICKEN, POPCORN	SERV 3.85 OZ	289	301	1.81	25.09	0.00	17.56	17.56	3.14
COD ROASTED 2013: K-8	3 OZ	125	255	0.36	10.00	0.80	1.50	8.50	1.25
ROLLS, ROUND WHEAT DIN	1 EACH	110	200	1.08	60.00	0.00	20.00	2.00	0.00
POTATOES, MASHED INSTA	1/2 C	140	500	0.72	40.00	2.40	28.00	1.00	0.00

GRAVY MIX, CHICKEN INSTA	1 OZ	12	150	0.00	0.00	0.00	2.00	0.50	0.00
CARROTS, RAW BABY EL	4 OZ	10	22	0.25	9.07	0.74	2.34	0.04	0.01
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	113	0.00	18.75	0.07	1.81	6.16	0.59

Thu - 01/15/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
MANWICH SLOPPY JOE'S K-	3 OZ	297	800	3.47	55.69	32.00	34.67	11.87	3.62
POLLOCK HOAGIE	3.6 OZ	190	190	1.08	*N/A*	*N/A*	14.00	8.00	2.00
GREEN BEANS, 9-12	3/4 CUP	37	405	0.54	0.00	0.00	7.50	0.00	0.00
BEANS, BAKED ORIGINAL:1/	1/2 C	280	1100	3.60	80.00	0.00	58.00	2.00	0.00
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	72	8	0.40	7.60	2.40	18.80	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00

Fri - 01/16/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
TERIYAKI BEEF FINGERS (J	1 EA	218	440	0.36	300.00	*N/A*	10.00	12.00	4.80
NOODLES, CHOW MEIN : 4	4 OZ	170	290	1.44	20.00	3.60	35.00	1.50	0.00
HAM & CHEESE HOAGIE GR	1 EA	298	1177	2.33	229.03	21.25	30.00	9.39	3.34
WINTER MIX :3/4 C	3/4 C	67	67	0.96	53.36	96.05	10.67	0.00	0.00
PINEAPPLE CHUNKS	1/2 CUP	73	1	0.34	17.08	11.59	19.15	0.10	0.01
APPLESAUCE, UNSWEETEN	1 CUP	120	20	2.88	0.00	4.80	30.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00

Mon - 01/19/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
EGG ROLL SFS MINH TURK	1 EACH	250	680	3.60	60.00	4.80	27.00	9.00	2.50
BEEF, CHICKEN FRIED FIN	4 EACH	80	201	0.70	9.44	0.16	4.65	5.02	1.80
RICE, BROWN LONG, QUICK	1/2 cup	108	5	0.41	10.00	0.00	22.39	0.88	0.18
PINEAPPLE CHUNKS	1/2 CUP	73	1	0.34	17.08	11.59	19.15	0.10	0.01
POTATO, TATER TOTS	1 EACH	17	34	0.04	0.00	0.48	1.90	1.00	0.25
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
KETCHUP, PC 7 GR	PKG	10	80	0.00	0.00	0.00	2.00	0.00	0.00

Tue - 01/20/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
CHALUPA BEAN & CHEESE	3.5 OZ	225	278	23.09	2812.70	1.17	19.38	10.47	3.71
CHICKEN BREAST FILLET, B	1 EACH	332	822	2.68	55.55	29.06	39.88	9.87	2.00
BEANS, BAKED ORIGINAL:1/	1/2 C	280	1100	3.60	80.00	0.00	58.00	2.00	0.00
STRAWBERRY CUP	1 EACH	108	4	0.67	12.44	46.93	29.38	0.15	0.01
FRUIT, MIXED, LIGHT: 1/2 C	1/2 C	72	8	0.40	7.60	2.40	18.80	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00

Wed - 01/21/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
SLIDERS	2 EACH	524	699	4.32	*1057.50	*0.00	*41.87	22.50	9.56
POLLOCK NUGGETS: 4 EA	1 EACH	227	387	0.96	26.68	0.00	18.68	10.67	0.67
RICE, BROWN LONG, QUICK	1/2 cup	108	5	0.41	10.00	0.00	22.39	0.88	0.18
GREEN BEANS, CUT:K-5	3/4 CUP	37	405	0.54	0.00	0.00	7.50	0.00	0.00
CARROTS, RAW BABY EL	4 OZ	10	22	0.25	9.07	0.74	2.34	0.04	0.01
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	113	0.00	18.75	0.07	1.81	6.16	0.59

Thu - 01/22/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
SPAGHETTI AND MEAT SAU	1 CUP	194	449	2.68	68.19	9.77	16.90	10.37	4.09
PHILLY STEAK HOAGIE	1 EACH	287	597	7.83	36.80	25.73	31.84	10.18	3.62
BREAD STICK WG BROWN	STICK	90	170	0.72	20.00	0.00	14.00	2.50	0.00
CORN, CANNED, WHOLE-KE	1/2 cup	66	175	0.71	4.00	7.00	15.24	0.82	0.13
APPLESAUCE, UNSWEETEN	.5 CUP	60	10	1.44	0.00	2.40	15.00	0.00	0.00
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	26	1.06	43.50	56.65	12.52	0.35	0.05
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	113	0.00	18.75	0.07	1.81	6.16	0.59

Fri - 01/23/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
PORK PATTY (BBQ)	1 EACH	245	620	1.28	28.00	1.08	10.00	17.50	6.00
SOCKEYE SALMON FILLET	6 OZ	180	100	0.72	10.01	4.50	1.00	13.01	1.75
RICE, BROWN LONG, QUICK	1/2 cup	108	5	0.41	10.00	0.00	22.39	0.88	0.18
WINTER MIX :3/4 C	3/4 C	67	67	0.96	53.36	96.05	10.67	0.00	0.00
POTATO, CRINKLE CUT OVE	1 OZ	40	10	0.24	0.00	2.00	6.33	1.50	0.50
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
KETCHUP:3	PKG	10	80	0.00	0.00	0.00	2.00	0.00	0.00

Mon - 01/26/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
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	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
CORN PUPS, WHOLE GRAIN	6 ea	300	675	1.62	119.96	0.00	32.99	13.50	3.75
POLLOCK NUGGETS: 4 EA	1 EACH	227	387	0.96	28.68	0.00	18.68	10.67	0.67
POTATO, SWEET KK FRIES	3 OZ	120	135	*N/A*	*N/A*	*N/A*	*N/A*	10.00	2.00
APPLESAUCE, UNSWEETEN	1/5 CUP	60	10	1.44	0.00	2.40	15.00	0.00	0.00
JUICE WH FRUIT CUP FZ, O	1 EACH	70	5	0.36	80.00	60.00	18.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
KETCHUP:3	PKG	10	80	0.00	0.00	0.00	2.00	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	57	0.08	2.90	0.08	0.27	0.20	0.01

Tue - 01/27/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
CHICKEN FAJITA QUES W/B	1 EACH	276	693	1.79	116.64	3.59	30.47	9.89	3.57
CHICKEN STRIPS, SPICY	1 EACH	88	239	0.53	9.74	0.00	4.87	5.35	1.22
BANANAS,RAW FRESH	1 EACH	90	1	0.28	5.05	8.79	23.07	0.33	0.11
CARROTS, RAW BABY EL	4 OZ	10	22	0.25	9.07	0.74	2.34	0.04	0.01
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	113	0.00	18.75	0.07	1.81	6.16	0.59

Wed - 01/28/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
COD ROASTED 2013: K-8	3 OZ	125	255	0.36	10.00	0.80	1.50	8.50	1.25
ROLLS, ROUND WHEAT DIN	1 EACH	110	200	1.08	60.00	0.00	20.00	2.00	0.00
NOODLES, CHOW MEIN : 4	4 OZ	170	290	1.44	20.00	3.60	35.00	1.50	0.00
CHICKEN NUGGETS, WG 5	5 each	180	585	2.00	38.08	1.00	13.03	9.02	2.00
STRAWBERRY CUP	1 EACH	108	4	0.67	12.44	48.93	29.38	0.15	0.01
CORN, CANNED, WHOLE-KE	3/4 C	132	350	1.43	8.00	14.01	30.49	1.64	0.26
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
TARTAR SAUCE: scratch	1 OZ	77	148	0.05	8.03	2.34	6.52	6.22	0.62

Thu - 01/29/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
CHICKEN TACO	2 EACH	223	196	2.80	159.26	4.94	18.17	8.83	3.24
PIZZA, HAWAIIAN	SERVINGS	382	824	2.39	245.75	2.90	45.80	12.72	4.24
REFRIED BEANS, ELEM	1/2 CUP	200	1040	5.40	80.00	2.40	36.00	0.00	0.00
GREEN BEANS, CUT:K-5	3/4 CUP	37	405	0.54	0.00	0.00	7.50	0.00	0.00
ORANGES,FRESH	1 EACH	45	0	0.10	38.40	51.07	11.28	0.12	0.02
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	0.00
LETTUCE & TOMATO:1 leaf,2	1 lf,2 slic	6	2	0.10	3.90	3.95	1.32	0.07	0.01

Fri - 01/30/2015	Portion Size	Cals	Mg Sodm	Mg Iron	Mg Calcm	Mg Vit-C	G Carb	G T-Fat	G S-Fat
PIZZA 4X6 TONY'S	SLICE	300	580	1.80	250.00	*N/A*	35.00	11.00	5.00
TERIYAKI BEEF FINGERS (J	1 EA	218	440	0.36	300.00	*N/A*	10.00	12.00	4.80
RICE, BROWN LONG, QUICK	1/2 cup	108	5	0.41	10.00	0.00	22.39	0.88	0.18
BROCCOLI, FLORETS, FROZ	1 CUP	53	40	0.00	40.00	63.60	8.00	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0.00	5.00	60.00	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	130	0.00	300.00	1.20	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	190	0.36	300.00	1.20	28.00	0.00	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.