LUNCH 6-8

Mon - 03/02/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
PRETZEL CHEESE FILLED	3 OZ	241	20	382	1.45	80.48	8.05	38.23	7.04	2.51
PIZZA 4X6 TONY'S	SLICE	300	25	580	1.80	250.00	16.00	35.00	11.00	5.00
GREEN BEANS, CUT;K-5	.50 CUP	25	0	270	0.36	0.00	0.00	5.00	0.00	0.00
APPLES,FRESH,W/SKIN	1 EACH	77	0	1	0.18	8.94	0.39	20.58	0.25	0.04
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Tue - 03/03/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
SLIDERS	2 EACH	524	*80	699	4.32	*1057.50	31.75	*41.87	22.50	9.56
CHICKEN, POPCORN	SERV 3.85 OZ	289	38	301	1.81	25.09	15.05	17.56	17.56	3.14
CARROTS, BABY RAW	4 OZ	10	0	22	0.25	9.07	0.18	2.34	0.04	0.01
APPLESAUCE, UNSWEETEN	.5 CUP	60	0	10	1.44	0.00	0.00	15.00	0.00	0.00
CRACKERS, GOLD FISH CH	PKG	100	0	180	0.36	20.00	2.00	14.00	3.50	1.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	0.00	18.82	0.56	1.82	6.18	0.60

Wed - 03/04/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
COD ROASTED 2013: K-8	3 OZ	125	32	255	0.36	10.00	10.50	1.50	8.50	1.25
CHICKEN NUGGETS, WG 5	5 each	180	46	585	2.00	38.08	14.03	13.03	9.02	2.00
POTATOES, MASHED INSTA	1/2 C	140	0	500	0.72	40.00	4.00	28.00	1.00	0.00
CORN, CANNED, WHOLE-KE	3/4 C	132	0	350	1.43	8.00	4.30	30.49	1.64	0.26
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
GRAVY MIX, CHICKEN INSTA	1 OZ	12	2	150	0.00	0.00	0.50	2.00	0.50	0.00
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	1.08	60.00	3.00	20.00	2.00	0.00

Thu - 03/05/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
PORK NUGGETS	.90	200	35	560	1.44	40.00	12.00	8.00	13.00	4.50
NOODLES, CHOW MEIN : 4	4 OZ	170	0	290	1.44	20.00	4.00	35.00	1.50	0.00
PEACHES, LIGHT SYRUP: 1/	4 OZ	70	0	10	0.00	0.00	0.00	17.00	0.00	0.00
WINTER MIX :3/4 C	3/4 C	67	0	67	0.96	53.36	5.34	10.67	0.00	0.00
BEANS, BAKED ORIGINAL;1/	1/2 C	140	0	550	1.80	40.00	6.00	29.00	1.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Fri - 03/06/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
MAXSTIX WHOLE GRAIN:2E	2 EACH	300	10	780	1.44	300.00	14.00	32.00	14.00	5.00
APPLESAUCE, CUP STRAW	1 EACH	70	0	15	0.00	0.00	0.00	16.00	0.00	0.00
SPINACH SALAD	1.5 CUP	60	3	254	1.24	94.62	3.24	8.23	1.82	0.70
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	0.00	18.82	0.56	1.82	6.18	0.60
DIPPING SAUCE	1 OZ	11	0	139	0.27	5.47	0.36	2.94	0.04	0.01

Mon - 03/09/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
PIZZA, BIG DADDY HARVES	1/8 SLICE	440	35	850	3.60	250.00	25.00	51.00	16.00	6.00
MANDARIN ORANGE SEGM	.5 cup	90	0	0	0.00	20.00	0.50	21.00	0.00	0.00
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	0.71	4.00	2.15	15.24	0.82	0.13
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Tue - 03/10/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
FRENCH TOAST STICKS, W	3 EA	208	105	268	24.66	7050.24	7.65	25.64	8.78	2.10
SAUSAGE, LINKS LF SKINLE	2 EA	132	39	448	0.95	52.65	13.16	2.63	7.90	2.63
APPLESAUCE, UNSWEETEN	.5 CUP	60	0	10	1.44	0.00	0.00	15.00	0.00	0.00
ORANGES,FRESH	1 EACH	45	0	0	0.10	38.40	0.90	11.28	0.12	0.02
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
SYRUP CUP, REDUCED CAL	1 EACH	50	0	15	0.00	0.00	0.00	13.00	0.00	0.00

Wed - 03/11/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
SOCKEYE SALMON FILLET	6 OZ	180	43	100	0.72	10.01	15.01	1.00	13.01	1.75
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	1.08	60.00	3.00	20.00	2.00	0.00
POTATOES, MASHED INSTA	1/2 C	140	0	500	0.72	40.00	4.00	28.00	1.00	0.00
GRAVY MIX, CHICKEN INSTA	1 OZ	12	2	150	0.00	0.00	0.50	2.00	0.50	0.00
CARROTS, RAW BABY EL	4 OZ	10	0	22	0.25	9.07	0.18	2.34	0.04	0.01
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	0.00	18.82	0.56	1.82	6.18	0.60

Thu - 03/12/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat

CORN PUPS, WHOLE GRAIN	6 ea	300	37	675	1.62	119.96	10.50	32.99	13.50	3.75
GREEN BEANS,9-12	3/4 CUP	37	0	405	0.54	0.00	0.00	7.50	0.00	0.00
BEANS, BAKED ORIGINAL:1/	1/2 C	140	0	550	1.80	40.00	6.00	29.00	1.00	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	72	0	8	0.40	7.60	0.60	18.80	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Fri - 03/13/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
TERIYAKI BEEF FINGERS (J	1 EA	218	52	440	0.36	300.00	17.00	10.00	12.00	4.80
NOODLES, CHOW MEIN : 4	4 OZ	170	0	290	1.44	20.00	4.00	35.00	1.50	0.00
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	0.00	40.00	2.60	8.00	0.00	0.00
PINEAPPLE CHUNKS	1/2 CUP	73	0	1	0.34	17.08	0.51	19.15	0.10	0.01
APPLESAUCE, UNSWEETEN	1 CUP	120	0	20	2.88	0.00	0.00	30.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Mon - 03/16/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
BB TACO/BURRITO	1 EACH	280	25	469	*N/A*	99.82	15.97	34.94	8.98	3.49
REFRIED BEANS, ELEM	1/2 CUP	100	0	520	2.70	40.00	6.00	18.00	0.00	0.00
MANDARIN ORANGE SEGM	.5 CUP	90	0	0	0.00	20.00	0.50	21.00	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Tue - 03/17/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
BEEF & GRAVY	SERVING	462	80	3401	2.16	*0.00	22.00	*0.00	16.00	8.00
WINTER MIX :3/4 C	3/4 C	67	0	67	0.96	53.36	5.34	10.67	0.00	0.00
STRAWBERRY CUP	1 EACH	108	0	4	0.67	12.44	0.60	29.38	0.15	0.01
POTATOES, MASHED INSTA	1/2 C	140	0	500	0.72	40.00	4.00	28.00	1.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	1.08	60.00	3.00	20.00	2.00	0.00

Wed - 03/18/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
CHICKEN FAJITA QUES W/B	1 EACH	276	46	693	1.79	116.64	17.89	30.47	9.89	3.57
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	0.71	4.00	2.15	15.24	0.82	0.13
4 BERRY BLEND FROZEN F	4 OZ	57	*N/A*	*N/A*	0.58	16.20	0.81	13.77	*N/A*	*N/A*
POTATO, SWEET KK FRIES	3 OZ	120	*N/A*	135	*N/A*	*N/A*	*N/A*	*N/A*	10.00	2.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Thu - 03/19/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
MAXSTIX WHOLE GRAIN:2E	2 EACH	300	10	780	1.44	300.00	14.00	32.00	14.00	5.00
SPINACH SALAD	1.5 CUP	60	3	254	1.24	94.62	3.24	8.23	1.82	0.70
APPLESAUCE, UNSWEETEN	.5 CUP	60	0	10	1.44	0.00	0.00	15.00	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	0.00	18.82	0.56	1.82	6.18	0.60

Fri - 03/20/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
Cindys Fiesta Bowl	2 oz	338	87	1090	4.68	350.73	27.51	23.26	15.83	7.38
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	0.71	4.00	2.15	15.24	0.82	0.13
APPLES,FRESH,W/SKIN	1 EACH	77	0	1	0.18	8.94	0.39	20.58	0.25	0.04
PEACHES, LIGHT SYRUP: 1/	4 OZ	70	0	10	0.00	0.00	0.00	17.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Mon - 03/23/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
CORN PUPS, WHOLE GRAIN	6 ea	300	37	675	1.62	119.96	10.50	32.99	13.50	3.75
POTATO, SWEET KK FRIES	3 OZ	120	*N/A*	135	*N/A*	*N/A*	*N/A*	*N/A*	10.00	2.00
APPLESAUCE, UNSWEETEN	.5 CUP	60	0	10	1.44	0.00	0.00	15.00	0.00	0.00
JUICE WH FRUIT CUP FZ, O	1 EACH	70	0	5	0.36	80.00	0.00	18.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Tue - 03/24/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
CHICKEN BREAST PATTY B	PATTY	240	55	340	1.80	20.00	15.00	14.00	14.00	4.00
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	0.71	4.00	2.15	15.24	0.82	0.13
CARROTS, RAW BABY EL	4 OZ	10	0	22	0.25	9.07	0.18	2.34	0.04	0.01
STRAWBERRIES,FRZ,UNSW	.5 CUP	39	0	2	0.83	17.68	0.48	10.09	0.12	0.01
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	67	11	113	0.00	18.82	0.56	1.82	6.18	0.60

Wed - 03/25/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
BEEF TERIYAKI WONDERBI	1 EACH	269	0	755	3.26	0.00	24.52	10.20	14.25	5.70
ROLLS, ROUND WHEAT DIN	1 EACH	110	0	200	1.08	60.00	3.00	20.00	2.00	0.00
NOODLES, CHOW MEIN : 4	4 OZ	170	0	290	1.44	20.00	4.00	35.00	1.50	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
GREEN BEANS, CUT;K-5	.50 CUP	25	0	270	0.36	0.00	0.00	5.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00

Thu - 03/26/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
TACO BEEF & BEAN K-8 GR	2 EACH	143	14	322	1.16	88.17	7.25	12.12	7.47	2.99
REFRIED BEANS, ELEM	1/2 CUP	100	0	520	2.70	40.00	6.00	18.00	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	5.00	0.07	13.50	0.00	0.00
ORANGES,FRESH	1 EACH	45	0	0	0.10	38.40	0.90	11.28	0.12	0.02
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
LETTUCE &TOMATO:1 leaf,2	1 lf,2 slc	6	0	2	0.10	3.90	0.31	1.32	0.07	0.01
CHEESE, CHEDDAR REDUC	1 OZ	77	20	210	0.00	150.00	6.00	2.00	5.00	2.00

Fri - 03/27/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	Mg Calcm	G Protn	G Carb	G T-Fat	G S-Fat
PIZZA 4X6 TONY'S	SLICE	300	25	580	1.80	250.00	16.00	35.00	11.00	5.00
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	0.00	40.00	2.60	8.00	0.00	0.00
PEACHES, LIGHT SYRUP: 1/	1/2 C	9	0	1	0.00	0.00	0.00	2.12	0.00	0.00
POTATO, CRINKLE CUT: 3 O	3 OZ	180	0	45	1.08	0.00	3.00	28.50	6.75	2.25
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	300.00	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	300.00	8.00	28.00	0.00	0.00
COOKIE, CHOCOLATE CHIP	1 EACH	110	5	140	0.72	0.00	1.00	18.00	3.50	1.00

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.