

LUNCH 6-8

Fri - 05/01/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHICKEN FAJITA QUES WB	1 EACH	358	46	953	6.02	2.87	248.64	158	13.58	20.88	48.47	10.39	4.07
CHICKEN STRIPS, SPICY	1 EACH	263	37	716	0.00	1.58	28.21	145	0.00	14.60	14.60	15.06	3.55
BROCCOLI, FLORETS, FROZ	1/2 C	27	0	20	21.30	0.00	20.00	85	31.80	1.30	4.00	0.00	0.00
PINEAPPLE CHUNKS	1/2 CUP	73	0	1	0.98	0.34	17.08	46	11.59	0.51	19.15	0.10	0.01
STRAWBERRY CUP	1 EACH	108	0	4	2.13	0.67	12.44	28	46.93	0.60	29.38	0.15	0.01
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
Mon - 05/04/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
BURRITO, BEEF, BEAN & RE	1 EACH	271	10	381	3.01	15.05	4.01	20	4.01	9.03	35.12	11.04	2.51
BBQ PORK RIBWCH	1 EACH	405	46	870	3.90	3.08	69.00	138	31.08	18.80	38.00	20.50	6.00
BEANS, BAKED ORIGINAL:1/	1/2 C	140	0	550	5.00	1.80	40.00	0	0.00	8.00	29.00	1.00	0.00
CORN, CANNED, WHOLE-KE	1/2 cup	66	0	175	1.80	0.71	4.00	66	7.00	2.15	15.24	0.82	0.13
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.00	5.00	0	60.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
Tue - 05/05/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
POLLOCK NUGGETS: 4 EA	1 EACH	227	13	387	1.33	0.96	28.68	0	0.00	13.34	18.68	10.67	0.87
CHICKEN NUGGETS, WG 5	5 each	180	46	585	1.00	2.00	38.08	142	1.00	14.03	13.03	9.02	2.00
CARROTS, RAW BABY EL	4 OZ	10	0	22	0.82	0.25	9.07	3909	0.74	0.18	2.34	0.04	0.01
RICE, BROWN LONG, QUICK	1/2 cup	108	0	5	1.80	0.41	10.00	0	0.00	2.52	22.39	0.88	0.18
4 BERRY BLEND FROZEN F	4 OZ	57	"N/A"	"N/A"	4.05	0.58	16.20	81	28.18	0.81	13.77	"N/A"	"N/A"
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
SALAD DRESSING, RANCH	1.5 OZ	101	16	170	0.00	0.00	28.24	47	0.11	0.85	2.73	9.27	0.89
TARTAR SAUCE: scratch	1 OZ	77	6	148	0.29	0.05	8.03	1	2.34	0.29	6.52	6.22	0.62
Wed - 05/06/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
FRENCH TOAST STICKS, W	3 EA	208	105	268	2.39	24.65	7050.24	2	0.80	7.65	25.64	8.78	2.10
SAUSAGE LINKS	2 EACH	87	23	233	"N/A"	0.24	"N/A"	"N/A"	"N/A"	6.00	2.00	6.00	2.33
SUNFLOWER B & J	2.5 OZ	310	"N/A"	250	5.00	0.36	400.00	"N/A"	"N/A"	10.00	33.00	17.00	2.00
POTATO, TATER TOTS: 12	12 EACH	179	0	387	2.98	0.00	0.00	0	1.79	2.98	29.83	8.93	1.49
MANDARIN ORANGE SEGM	5 CUP	90	0	0	1.00	0.00	20.00	214	6.00	0.50	21.00	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.00	5.00	0	60.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
SYRUP CUP, REDUCED CAL	1 EACH	50	0	15	0.00	0.00	0.00	0	0.00	0.00	13.00	0.00	0.00
Thu - 05/07/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Fish Salad Mini's	4 oz	278	20	427	3.08	1.60	6.65	245	0.41	8.43	37.34	9.38	0.85
CHICKEN, POPCORN	SERV 3.85 OZ	289	38	301	1.25	1.81	25.09	125	0.00	15.05	17.56	17.56	3.14
SALAD, ROMAINE, 1.5C NO	1.5 CUP	55	0	28	2.82	1.06	43.50	12183	56.85	1.52	12.52	0.35	0.95
FRUIT MIXED, LIGHT: 1/2 C	1/2 C	72	0	8	1.40	0.40	7.60	132	2.40	0.60	18.60	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
SALAD DRESSING, RANCH	1.5 OZ	101	16	170	0.00	0.00	28.24	47	0.11	0.85	2.73	9.27	0.89
DRESSING, FF CALIFORNIA	PACKET	45	0	260	0.00	0.00	0.00	0	0.00	0.00	11.00	0.00	0.00
DRESSING, FF ITALIAN PAC	PACKET	25	0	370	0.00	0.00	0.00	0	0.00	0.00	5.00	0.00	0.00
CRACKERS, GOLD FISH CH	PKG	100	0	180	0.00	0.36	20.00	0	0.00	2.00	14.00	3.50	1.00
Fri - 05/08/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
BEEF TERIYAKI WONDERBI	1 EACH	269	0	755	0.00	3.26	0.00	76	0.05	24.52	10.20	14.25	5.70
MEATBALL, MARINARA SUB	1 EACH	378	34	583	4.94	4.38	90.37	2411	48.69	20.93	37.15	16.49	5.30
GREEN BEANS, CUT:K-5	.50 CUP	25	0	270	1.00	0.36	0.00	200	0.00	0.00	5.00	0.00	0.00
PINEAPPLE CHUNKS	1/2 CUP	73	0	1	0.98	0.34	17.08	46	11.59	0.51	19.15	0.10	0.01
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.00	5.00	0	60.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
Mon - 05/11/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
GRILLED CHEESE WHOLE	1 EACH	280	5	810	3.00	1.44	350.00	100	"N/A"	14.00	31.00	13.00	3.50
CHICKEN, POPCORN	SERV 3.85 OZ	289	38	301	1.25	1.81	25.09	125	0.00	15.05	17.56	17.56	3.14
GREEN BEANS, CUT:K-5	.50 CUP	25	0	270	1.00	0.36	0.00	200	0.00	0.00	5.00	0.00	0.00
MANDARIN ORANGE SEGM	.5 cup	90	0	0	1.00	0.00	20.00	214	6.00	0.50	21.00	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.00	5.00	0	60.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
Tue - 05/12/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
BEEF & GRAVY	SERVING	285	80	490	0.00	2.18	0.00	0	0.00	22.00	0.00	16.00	8.00
CHICKEN PATTY BREADED	1 EACH	359	48	834	4.00	3.80	78.00	140	31.00	19.00	41.00	14.00	2.00
BREAD STICK WG BROWN	STICK	90	0	170	1.00	0.72	20.00	0	0.00	2.00	14.00	2.50	0.00
POTATOES, MASHED INSTA	1/2 C	140	0	500	2.00	0.72	40.00	100	2.40	4.00	28.00	1.00	0.00
WINTER MIX, 1/2 C	1/2 C	33	0	33	2.67	0.48	26.68	267	48.03	2.67	5.34	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.00	5.00	0	60.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
Wed - 05/13/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
PRETZEL CHEESE FILLED	3 OZ	241	20	352	4.02	1.45	80.48	0	1.21	8.05	38.23	7.04	2.51
HAM & CHEESE HOAGIE GR	1 EA	298	46	1177	3.11	2.33	229.03	374	21.25	23.84	30.00	9.38	3.34
4 BERRY BLEND FROZEN F	4 OZ	57	"N/A"	"N/A"	4.05	0.58	16.20	81	28.18	0.81	13.77	"N/A"	"N/A"
BEANS, BAKED ORIGINAL:1/	1/2 C	140	0	550	5.00	1.80	40.00	0	0.00	8.00	29.00	1.00	0.00
CARROTS, RAW BABY EL	4 OZ	10	0	22	0.82	0.25	9.07	3909	0.74	0.18	2.34	0.04	0.01
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
SALAD DRESSING, RANCH	1.5 OZ	101	16	170	0.00	0.00	28.24	47	0.11	0.85	2.73	9.27	0.89
Thu - 05/14/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CORN PUPS, WHOLE GRAIN	8 EA	300	37	675	4.50	1.62	119.98	0	0.00	10.50	32.99	13.50	3.75
PIZZA 4X6 TONY'S	SLICE	300	25	580	4.00	1.80	250.00	300	"N/A"	16.00	35.00	11.00	5.00
POTATO, TATER TOTS: 12	12 EACH	179	0	387	2.98	0.00	0.00	0	1.79	2.98	29.83	8.93	1.49
SPINACH SALAD	1.5 CUP	69	4	207	0.80	1.18	92.85	4284	34.51	2.86	8.99	2.30	0.91
PEACHES, LIGHT SYRUP: 1/	4 OZ	70	0	10	0.00	0.00	0.00	300	0.00	17.00	17.00	30.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00

Fri - 05/15/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
Cindys Fiesta Bowl	2 oz	338	87	1090	4.01	4.68	350.73	600	0.00	27.51	23.26	15.83	7.38
PHILLY STEAK HOAGIE	1 EACH	287	31	597	4.00	7.83	36.80	125	25.73	16.46	31.84	10.18	3.62
CORN, CANNED, WHOLE-KE	1/2 cup	86	0	175	1.80	0.71	4.00	66	7.00	2.15	15.24	0.82	0.13
ORANGES, FRESH	1 EACH	45	0	0	2.30	0.10	38.40	216	51.07	0.90	11.28	0.12	0.02
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.00	5.00	0	60.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
Mon - 05/18/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
CHALUPA BEAN & CHEESE	3.5 OZ	225	18	278	2.66	23.09	2812.70	583	1.17	14.96	18.38	10.47	3.71
CHICKEN BREAST FILLET, B	1 EACH	332	40	822	2.67	2.68	55.55	0	28.06	19.44	39.88	9.87	2.00
POTATO, SWEET KK FRIES	3 OZ	120	*N/A*	135	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	10.00	2.00
APPLESAUCE, UNSWEETEN	.5 CUP	60	0	10	2.00	1.44	0.00	0	2.40	0.00	15.00	0.00	0.00
JUICE WH FRUIT CUP FZ MI	1 EACH	70	0	5	3.00	0.36	80.00	300	60.00	0.00	18.00	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
Tue - 05/19/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
RAVIOLI, BEEF WWHEAT M	1 EACH	250	30	690	5.00	2.70	20.00	200	0.00	18.00	30.00	8.00	3.50
CHICKEN NUGGETS, WG 5	5 each	180	46	585	1.00	2.00	38.06	142	1.00	14.03	13.03	9.02	2.00
BREAD STICK WG BROWN	STICK	90	0	170	1.00	0.72	20.00	0	0.00	2.00	14.00	2.50	0.00
CORN, CANNED, WHOLE-KE	1/2 cup	86	0	175	1.80	0.71	4.00	66	7.00	2.15	15.24	0.82	0.13
STRAWBERRIES, FRZ, UNSW	.5 CUP	39	0	2	2.32	0.83	17.68	50	45.53	0.48	10.08	0.12	0.01
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.00	5.00	0	60.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	28.00	0.00	0.00
Wed - 05/20/2015	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
POLLOCK NUGGETS: 4 EA	1 EACH	227	13	387	1.33	0.96	28.68	0	0.00	13.34	18.68	10.67	0.67
POTATO JO-JO	3.0	146	*N/A*	258	2.90	5.22	50.00	*N/A*	1.20	2.32	12.08	7.12	1.80
EDAMAME SUCCOTASH	3 OZ	100	*N/A*	10	5.00	*N/A*	40.00	300	*N/A*	7.00	10.00	3.00	0.50
FRUIT MIXED, LIGHT: 1/2 C	1/2 C	72	0	8	1.40	0.40	7.80	132	2.40	0.80	18.80	0.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.00	5.00	0	60.00	0.07	13.50	0.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	0.00	300.00	500	1.20	9.00	13.00	2.50	1.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.00	0.36	300.00	500	1.20	8.00	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.