LUNCH K-5

Thu - 05/01/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
SPAGHETTI SAUCE W/M-BA	1 CUP	68	0	183	1.45	2.73	15
GREEN BEANS, CUT	3/4 CUP	50	0	540	0.72	0.00	10
BANANAS,RAW FRESH	1 EACH	90	0	1	0.26	1.10	23
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	0.00	34
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28
BREAD STICK WG BROWN	STICK	90	0	170	0.72	2.00	14

Fri - 05/02/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
FRENCH TOAST STICKS, W	2 EACH	70	40	93	0.60	2.33	8
SAUSAGE, LINKS LF SKINLE	1 EACH	66	20	224	0.47	6.58	1
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	2.98	20
ORANGES,FRESH	1 EACH	45	0	0	0.10	0.90	11
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.07	13
SYRUP CUP, REDUCED CAL	1 EACH	50	0	15	0.00	0.00	13
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Mon - 05/05/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
BEEF, CHICKEN FRIED FIN	4 EACH	80	12	201	0.70	4.07	4
CARROTS, BABY RAW	4 OZ	10	0	22	0.25	0.18	2
STRAWBERRY CUP	1 EACH	122	0	4	0.75	0.68	33
PEARS, SLICED :1/2 C	1/2 C	160	0	10	0.72	0.00	40
RICE, BROWN LONG, QUICK	1/2 cup	108	0	5	0.41	2.52	22
SALAD DRESSING, RANCH	1 OZ	67	11	113	0.00	0.56	1
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Tue - 05/06/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
CHICKEN BREAST FILLET, B	1 EACH	332	40	822	2.68	19.44	39
BAKED SWEET POTATOES	1/4 CUP	84	0	26	0.47	0.62	18
POTATO, CRINKLE CUT: 3 O	3 OZ	40	0	10	0.24	0.67	6
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	144	0	15	0.80	1.20	37
KETCHUP, PC 7 GR	PKG	10	0	80	0.00	0.00	2
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Wed - 05/07/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
PULLED CHICKEN SAND:K-6	2.852 OZ	308	*53	698	*2.88	20.00	42
POTATO, WEDGE FRIES THI	4 OZ	112	0	0	0.40	2.23	16
GREEN BEANS, CUT	3/4 CUP	50	0	540	0.72	0.00	10
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.07	13
KETCHUP, PC 7 GR	PKG	10	0	80	0.00	0.00	2
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Thu - 05/08/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
TACO BEEF & BEAN K-8 GR	2 EACH	143	14	322	1.16	7.25	12
REFRIED BEANS, ELEM	1/2 CUP	200	0	1040	5.40	12.00	36
ORANGES,FRESH	1 EACH	45	0	0	0.10	0.90	11
JUICE WH FRUIT CUP FZ, O	1 EACH	70	0	5	0.36	0.00	18
LETTUCE &TOMATO:1 leaf,2	1 lf,2 slc	6	0	2	0.10	0.31	1
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Fri - 05/09/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
EGG ROLL SFS MINH TURK	1 EACH	250	110	680	3.60	15.00	27
NOODLES, CHOW MEIN : 4	1 OZ	11	0	18	0.09	0.25	2
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	0.68	1.02	38
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.07	13

MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Mon - 05/12/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
CHICKEN BREAST FILLET, B	1 EACH	332	40	822	2.68	19.44	39
BEANS, BAKED ORIGINAL:1/	1/2 C	280	0	1100	3.60	12.00	58
CARROTS, BABY RAW	4 OZ	10	0	22	0.25	0.18	2
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.07	13
SALAD DRESSING, RANCH	1 OZ	67	11	113	0.00	0.56	1
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Tue - 05/13/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
CHICKEN NUGGETS, WG 5	5 each	180	46	585	2.00	14.03	13
PEARS, SLICED :1/2 C	1/2 C	160	0	10	0.72	0.00	40
BAKED SWEET POTATOES	1/4 CUP	84	0	26	0.47	0.62	18
APPLESAUCE, UNSWEETEN	1 CUP	120	0	20	2.88	0.00	30
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Wed - 05/14/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
CHICKEN FAJITA QUES W/B	1 EACH	276	46	693	1.79	17.89	30
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	2.98	20
SALAD, ROMAINE: 1.5C NO	1.5 CUP	55	0	26	1.06	1.52	12
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.07	13
SALAD DRESSING, RANCH	1 OZ	67	11	113	0.00	0.56	1
KETCHUP:3	PKG	10	0	80	0.00	0.00	2
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Thu - 05/15/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
BURRITO, BEEF, BEAN & RE	1 EACH	271	10	381	15.05	9.03	35
BANANAS,RAW FRESH	1 EACH	90	0	1	0.26	1.10	23
BROCCOLI, FLORETS, FROZ	1 CUP	53	0	40	0.00	2.60	8
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	0.00	34
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Fri - 05/16/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
BEEF FINGERS 5 each **	2.8 OZ	54	13	110	0.09	4.25	2
VEGETABLES, SANTA FE 3/4	3/4 C	187	0	120	0.96	8.00	34
PINEAPPLE CHUNKS	1/2 CUP	146	0	2	0.68	1.02	38
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.07	13
NOODLES, CHOW MEIN VE	4 OZ	42	0	72	0.36	1.00	8
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Mon - 05/19/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
SALMON WRAP: 3 OZ	3 OZ	180	15	450	1.80	13.00	23
POTATO, TATER TOTS: 12	12 EACH	179	0	387	0.00	2.98	20
MANDARIN ORANGE SEGM	1/2 C	180	0	0	0.00	1.00	42
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.07	13
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

Tue - 05/20/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Iron	G Protn	G Carb
POLLOCK HOAGIE	3.6 OZ	190	50	190	1.08	14.00	14
BEANS, BAKED ORIGINAL:1/	1/2 C	280	0	1100	3.60	12.00	58
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	144	0	15	0.80	1.20	37
JUICE CUP, VARIETY	1 EACH	50	0	0	0.00	0.07	13
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	0.00	9.00	13
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	0.36	8.00	28

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.