

K-8 Lunch 1 Entree (A)

Mon - 04/02/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
HOT DOG, Plain WG 2.0	1 Each	300	1003	12.73	29.16	14.18	4.41
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
VEG: POTATO Swt, FF Crin	3/4 Cup	158	124	1.13	24.75	5.06	0.00
FRUIT: GrAPPLE, 138ct Wh	Each(138ct)	62	1	0.31	16.52	0.20	0.04
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Tue - 04/03/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: PANCAKES, AP WG	Pouch	230	150	4.00	41.00	7.00	0.50
CHIX Sausage Patty 1ea 1.0	Patty	100	250	11.00	1.00	6.00	1.50
VEG: POTATO, Tater Tots 1	1/2 Cup	136	280	1.69	16.10	6.78	1.69
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc 1/	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Wed - 04/04/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SDW BN, ChixPty Pln WG/	Sandwich	347	698	22.24	38.47	11.94	2.32
COND PC Sauce, BBQ 12g	1 Each	15	160	0.00	3.00	0.00	0.00
VEG: POTATO, Mashed 1/2	1/2 Cup	68	101	1.71	15.38	0.43	0.00
VEG: CELERY, Sticks AP 1/	1/4 Cup	5	26	0.22	0.96	0.06	0.01
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Thu - 04/05/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Pizza Tony's Galaxy Smart C	Pizza	280	440	15.00	29.00	12.00	6.00
VEG: BROCCOLI, GFP IW	1 each	16	15	0.00	3.00	2.00	0.00
VEG: SALAD, Side RomMix	1/2 Cup	6	4	0.40	1.21	0.00	0.00
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
FRUIT: Peaches, Warm Cinn	1/2 Cup	107	5	0.72	27.94	0.04	0.01
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Fri - 04/06/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Chicken, Corn Dog Mini	6 each	271	422	10.55	30.15	12.06	3.77
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
VEG: BEANS, Black Charro	1/2 Cup	194	218	11.67	33.39	1.46	0.30
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CRAISINS, SS Wate	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Mon - 04/09/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FR TST AP, Cinn WG	Pouch	220	380	3.00	37.00	7.00	1.00
CHIX Sausage Patty 1ea 1.0	Patty	100	250	11.00	1.00	6.00	1.50
VEG: POTATO Swt, TaterTo	3/4 Cup	182	280	1.40	32.22	4.90	0.00
FRUIT: CUP SS, Applesc Ci	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Tue - 04/10/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
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Pizza Tony's Galaxy Smart C	Pizza	280	440	15.00	29.00	12.00	6.00
VEG: SALAD, Bean Three 3/	3/4 cup	169	279	8.14	24.94	4.04	0.59
VEG: CARROTS, Sliced Fz	1/4 Cup	16	26	0.25	3.38	0.30	0.05
JUICE SS, Frt Bld 100% 4oz	1 Each	60	10	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Wed - 04/11/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
NACHOS BfGd Bn Scp AP- I	1 Each	327	786	16.04	36.68	12.12	5.40
VEG: SALAD, Side RomMix	1/2 Cup	6	4	0.40	1.21	0.00	0.00
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	0.03
SNACK: BAR, RiceKrTrt Mini	1 Each	50	45	0.00	9.00	1.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Thu - 04/12/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
PASTA, Spaghetti WG 1c	1 CUP	212	14	7.09	40.50	3.85	0.33
SAUCE P, Marin AP 1/2c	1/2 Cup	60	20	2.00	10.00	1.00	0.00
BEEF Meatballs, RS AP 5ea	5 Each	150	210	13.00	2.00	10.00	4.00
VEG: BROCCOLI, Frz Chpd	1/2 Cup	24	9	2.67	4.61	0.10	0.01
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Fri - 04/13/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SDW BN, ChixPty Pln WG/	Sandwich	347	698	22.24	38.47	11.94	2.32
COND PC Sauce, BBQ 12g	1 Each	15	160	0.00	3.00	0.00	0.00
VEG: POTATO, FF CtinaGe	1/2 Cup	120	133	2.00	17.33	4.67	1.33
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
VEG: CELERY, Sticks AP 1/	1/4 Cup	5	26	0.22	0.96	0.06	0.01
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Mon - 04/16/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT BD, AM WG 2.0	Sandwich	363	1297	17.74	27.40	19.42	11.53
VEG: BEANS, Black BBQ 1/	1/2 Cup	227	310	11.77	42.26	1.48	0.30
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	0.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Tue - 04/17/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: WAFFLE, AP WG Map	Pouch	210	170	4.00	38.00	6.00	1.00
CHIX Sausage Patty 1ea 1.0	Patty	100	250	11.00	1.00	6.00	1.50
VEG: POTATO, Tater Tots 3	3/4 Cup	203	419	2.54	24.15	10.17	2.54
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Wed - 04/18/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Pizza Tony's Galaxy Smart C	Pizza	280	440	15.00	29.00	12.00	6.00
VEG: BROCCOLI, GFP IW	each	16	15	0.00	3.00	2.00	0.00
VEG: CELERY, Sticks AP 1/	1/4 Cup	5	26	0.22	0.96	0.06	0.01
FRUIT: Peaches, Warm Cinn	1/2 Cup	107	5	0.72	27.94	0.04	0.01
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Thu - 04/19/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CHIX Tender, KK (3) WG 2.0	3 Each	212	738	15.16	13.14	11.12	2.02
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
COND PC Sauce, BBQ 12g	1 Each	15	160	0.00	3.00	0.00	0.00
VEG: CORN, Fz 1/4c	1/4 Cup	33	0	1.04	7.90	0.27	0.04
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: ORANGE 138ct Who	Each(138ct)	47	0	0.94	11.73	0.12	0.01
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Fri - 04/20/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BEEF Salis Steak AP B 2.0	1 Each	200	350	14.00	4.00	14.00	6.00
PASTA, Noodles EggWGP	1/2 Cup	113	31	3.89	20.36	2.53	0.85
COND Gravy, Brown LS SS	1/4 Cup	26	130	0.54	4.74	0.55	0.26
VEG: POTATO, Mashed 1/2	1/2 Cup	68	101	1.71	15.38	0.43	0.00
VEG: SALAD, Side RomMix	1/2 Cup	6	4	0.40	1.21	0.00	0.00
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	0.03
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Mon - 04/23/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
TACO BfGd Soft AP WG 2.0	2 Each	336	638	21.36	33.95	13.45	6.13
COND PC Sauce, Taco 9g	1 Each	5	55	0.00	1.00	0.00	0.00
VEG: BEANS, Black 1/2c	1/2 Cup	188	145	11.58	32.32	1.33	0.28
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CRAISINS, SS Origi	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Tue - 04/24/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
STICKS, CORN DOG Chix A	1 Each	240	390	9.00	30.00	8.00	2.50
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
VEG: CORN, Fz 3/4c	3/4 Cup	99	1	3.13	23.70	0.82	0.13
FRUIT: CUP SS, Applesc ST	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Wed - 04/25/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BURG, Beef AMAP WG 2.25	1 Each	292	493	19.74	28.97	10.44	4.57
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
COND PC Mustard 6g	1 Each	0	65	0.00	1.00	0.00	0.00
VEG: POTATO, FF CtinaGe	1/2 Cup	120	133	2.00	17.33	4.67	1.33
VEG: BROCCOLI, GFP IW	each	16	15	0.00	3.00	2.00	0.00
FRUIT: ORANGE 138ct Who	Each(138ct)	47	0	0.94	11.73	0.12	0.01
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Thu - 04/26/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Sandwich, Melt Turkey Ham	1 Each	260	610	17.00	30.00	9.00	4.50
BRD: CRACK SS, GFishPrtz	Package	90	200	2.00	16.00	1.50	0.00
VEG: SALAD, Side RomMix	1 CUP	13	8	0.81	2.42	0.00	0.00
VEG: CELERY, Sticks AP 1/	1/4 Cup	5	26	0.22	0.96	0.06	0.01
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
COND PC Drsg French 12g	1 Each	50	130	0.00	3.00	4.50	0.50
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Fri - 04/27/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
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SDW SLDR, ChixPty WG 2.0	Each	343	722	19.66	38.46	11.66	2.48
COND PC Sauce, BBQ 12g	1 Each	15	160	0.00	3.00	0.00	0.00
VEG: CARROTS, Sliced Fz	3/4 Cup	49	77	0.76	10.15	0.89	0.16
Fruit: Clementine GFP 1/2c	1 each	35	0	1.00	9.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	0.00	0.00

Mon - 04/30/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Pizza Tony's Galaxy Smart P	Pizza	290	520	16.00	29.00	12.00	6.00
VEG: BEANS, Bkd Veg AP 1	1/2 Cup	131	555	7.06	29.25	0.00	0.00
VEG: CARROTS, Baby 1/4c	1 Each	28	68	0.00	6.00	0.00	0.00
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
MILK SS, Skim Chocolate	Carton	110	180	8.00	20.00	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.