

**K-8 Lunch 1 Entree (A)**

Mon - 08/07/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SDW BN, BfGd SIJoe SS W	Sandwich	284	559	18.23	31.48	9.33	3.09
VEG: POTATO, FF CtinaGe	1/2 Cup	120	133	2.00	17.33	4.67	1.33
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	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 - 08/08/2017	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: 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 - 08/09/2017	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 Italian 12g	1 Each	30	130	0.00	0.00	3.00	0.00
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	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

Thu - 08/10/2017	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
BRD: CRACK SS, ScoobyDo	Package	120	115	2.00	21.00	3.50	1.00
VEG: BROCCOLI, Frz Chpd	1/2 Cup	24	9	2.67	4.61	0.10	0.01
VEG: TOMATOES, Cherry 1/	1/4 Cup	8	2	0.38	1.66	0.09	0.01
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 - 08/11/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT MUFF, EggPty CSauA	Sandwich	335	810	21.50	26.50	17.00	5.25
VEG: POTATO, Tater Tots 1	1/2 Cup	136	280	1.69	16.10	6.78	1.69
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 - 08/14/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
TACO ChixGd Soft WG 2.0 2	2 Each	372	602	27.28	32.24	15.16	5.87
RICE, Mex Spiced WG 1BG	1/2 Cup	108	65	2.67	22.45	1.09	0.04
COND PC Sauce, Taco 9g	1 Each	5	55	0.00	1.00	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	Each	28	68	0.00	6.00	0.00	0.00
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	0.00
FRUIT: BANANA (100-120ct)	Each(100-120ct)	94	1	1.15	24.11	0.35	0.12
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 - 08/15/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
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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 1	1/2 Cup	136	280	1.69	16.10	6.78	1.69
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	0.00
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 - 08/16/2017	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: PEAS, Green Fz 1/4c	1/4 Cup	37	34	2.41	6.69	0.13	0.02
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

Thu - 08/17/2017	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: BEANS, Black BBQ 1/	1/2 Cup	227	310	11.77	42.26	1.48	0.30
VEG: TOMATOES, Cherry 1/	1/4 Cup	8	2	0.38	1.66	0.09	0.01
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 - 08/18/2017	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 EggWGPar	1/2 Cup	113	50	3.89	20.36	2.53	1.02
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 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

Mon - 08/21/2017	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: TOMATOES, Cherry 1/	1/4 Cup	8	2	0.38	1.66	0.09	0.01
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 - 08/22/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
STICKS, MAX SNAX Pizza A	2 Each	260	600	16.00	30.00	8.00	2.00
SAUCE P, Marin AP 1/4c	1/4 Cup	30	10	1.00	5.00	0.50	0.00
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	0.00
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 - 08/23/2017	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 - 08/24/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
ENT: PASTA, ChixDcd Penn Roll, DinnerWheatAP(Alpha)	8oz spdl (2MMA) 2 each	277 153	457 292	19.02 5.66	28.81 26.46	9.81 2.66	4.53 0.48
VEG: SALAD, Side RomMix	1/2 Cup	6	4	0.40	1.21	0.00	0.00
VEG: PEAS, Green Fz 1/2c	1/2 Cup	73	68	4.83	13.37	0.25	0.05
Fruit: Clementine GFP 1/2c	1 each	35	0	1.00	9.00	0.00	0.00
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 - 08/25/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
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: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
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

Mon - 08/28/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT SUB AP, BfMtbl Pizza	Sandwich	335	786	20.63	34.26	13.18	5.36
VEG: BEANS, Bkd Veg AP 1	1/2 Cup	131	555	7.06	29.25	0.00	0.00
VEG: CARROTS, Baby 1/4c	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

Tue - 08/29/2017	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
BRD: CRACK SS, Animal W	Package	130	110	2.00	21.00	4.00	1.00
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
VEG: TOMATOES, Cherry 1/	1/4 Cup	8	2	0.38	1.66	0.09	0.01
FRUIT: FRUIT MIX w/Lt Syr	1/2 Cup	69	8	0.51	17.91	0.10	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

Wed - 08/30/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CHIX Nugget, WG (5) 2.0	5 Each	203	444	16.49	12.68	10.15	1.90
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
COND PC Ketchup 9g Heinz	1 Each	10	85	0.00	3.00	0.00	0.00
VEG: POTATO, Tater Tots 1	1/2 Cup	136	280	1.69	16.10	6.78	1.69
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: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	0.03
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 - 08/31/2017	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 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: CELERY, Sticks AP 1/	1/4 Cup	5	26	0.22	0.96	0.06	0.01
FRUIT: CUP SS, Applesc Mi	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

\*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.