

9-12 Lunch Hot 1-Entree

Fri - 12/01/2017	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 CUP	225	63	7.78	40.71	5.06	1.71
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 CUP	13	8	0.81	2.42	0.00	0.00
COND PC Drsg French 12g	1 Each	50	130	0.00	3.00	4.50	0.50
FRUIT: PEARS 135 ct.	Each(135ct)	75	1	0.47	19.95	0.18	0.03
JUICE SS, Apple 100% 4oz	1 Each	60	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 - 12/04/2017	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
RICE, Cilantro WG 1BG	1/2 Cup	115	88	2.79	23.74	1.31	0.05
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/	1/2 Cup	15	4	0.75	3.32	0.17	0.02
FRUIT: CRAISINS, SS Origi	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	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 - 12/05/2017	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
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
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	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 - 12/06/2017	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
SNACK: CHIP SS, SunchpMi	Package	110	170	2.00	15.00	4.00	0.00
COND PC Ketchup 9g Heinz	1 Each	10	85	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
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
JUICE SS, Frt Bld 100% 4oz	1 Each	60	10	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

Thu - 12/07/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
ENT: PASTA, ChixDcd Penn	8oz spdl (2MMA)	277	457	19.02	28.81	9.81	4.53
Roll, DinnerWheatAP(Alpha)	2 each	153	292	5.66	26.46	2.66	0.48
VEG: SALAD, Side RomMix	1 CUP	13	8	0.81	2.42	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
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	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 - 12/08/2017	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: 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
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	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 - 12/11/2017	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
VEG: CARROTS, Baby 1/4c	Each	28	68	0.00	6.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
BRD: CRACK SS, GFishChd	Package	100	170	3.00	14.00	3.50	1.00
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 - 12/12/2017	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
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/	1/2 Cup	15	4	0.75	3.32	0.17	0.02
FRUIT: FRUIT MIX w/Lt Syr	1/2 Cup	69	8	0.51	17.91	0.10	0.01
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 - 12/13/2017	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 CUP	13	8	0.81	2.42	0.00	0.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	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 - 12/14/2017	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
BRD: CRACK SS, Jungle W	Package	130	95	2.00	20.00	4.00	0.00
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, 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/	1/2 Cup	10	52	0.45	1.93	0.11	0.03
FRUIT: CUP SS, Applesc Mi	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	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

Fri - 12/15/2017	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
Breadstick WG 1.0 (Alpha)	Breadstick	63	128	2.45	12.80	0.37	0.07
VEG: BROCCOLI, GFP IW	each	16	15	0.00	3.00	2.00	0.00
VEG: CARROTS, Sliced Fz	1/2 Cup	32	52	0.51	6.77	0.60	0.11
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	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 - 12/18/2017	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 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: TOMATOES, Cherry 1/	1/2 Cup	15	4	0.75	3.32	0.17	0.02
VEG: CORN, Fz 1/2c	1/2 Cup	66	1	2.09	15.80	0.55	0.08
FRUIT: FRUIT MIX w/Lt Syr	1/2 Cup	69	8	0.51	17.91	0.10	0.01
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 - 12/19/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: PANCAKES, AP WG	Pouch	240	200	4.00	40.00	8.00	2.00
CHIX Sausage Patty 2ea 2.0	2 Patty	200	500	22.00	2.00	12.00	3.00
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
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
JUICE SS, Frt Bld 100% 4oz	1 Each	60	10	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
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

Wed - 12/20/2017	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: PEPPERS, Red Strips	1/2 Cup	16	2	0.50	3.02	0.15	0.01
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	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 - 12/21/2017	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: BEANS, Black Charro	1/2 Cup	194	218	11.67	33.39	1.46	0.30
VEG: BROCCOLI, GFP IW	each	16	15	0.00	3.00	2.00	0.00
FRUIT: CRAISINS, SS Orig	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	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

Fri - 12/22/2017	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: SALAD, Side RomMix	1 CUP	13	8	0.81	2.42	0.00	0.00
VEG: POTATO, FF CtinaGe	1/2 Cup	120	133	2.00	17.33	4.67	1.33
FRUIT: ORANGE 138ct Who	Each(138ct)	47	0	0.94	11.73	0.12	0.01
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
COND PC Drsg French 12g	1 Each	50	130	0.00	3.00	4.50	0.50
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.

