

## K-8 Lunch Salad Only Menu

Fri - 12/01/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, RomMix CH MZ AP	1 Each	214	409	14.86	4.58	15.00	9.50
Roll, DinnerWheatAP(Alpha)	2 each	153	292	5.66	26.46	2.66	0.48
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
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 - 12/04/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Yogurt with Trailmix	Each	428	193	11.36	88.89	4.23	1.00
BRD: CRACK SS, ScoobyDo	Package	120	115	2.00	21.00	3.50	1.00
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 Orig	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 - 12/05/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Farmer's Market Salad	1 Each	120	282	9.99	12.83	2.76	2.04
Breadstick WG 1.0 (Alpha)	Breadstick	63	128	2.45	12.80	0.37	0.07
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
BRD: CRACK SS, GFishChd	Package	100	170	3.00	14.00	3.50	1.00
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 - 12/06/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, HamTky CH MZ AP	1 Each	179	634	17.36	5.08	10.00	5.50
COND PC Drsg French 12g	1 Each	50	130	0.00	3.00	4.50	0.50
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
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 - 12/07/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, Egg Chef AP W 2.0	1 Each	144	169	10.36	4.08	8.75	3.87
Breadstick WG 1.0 (Alpha)	Breadstick	63	128	2.45	12.80	0.37	0.07
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
BRD: CRACK SS, GFishPrtz	Package	90	200	2.00	16.00	1.50	0.00
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 - 12/08/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, Tky CH MZ AP W 2.	1 Each	174	429	16.86	5.58	9.50	5.25
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
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 - 12/11/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Farmer's Market Salad	1 Each	112	259	10.36	11.50	2.83	2.06
Breadstick WG 1.0 (Alpha)	Breadstick	63	128	2.45	12.80	0.37	0.07
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
BRD: CRACK SS, GFishChd	Package	100	170	3.00	14.00	3.50	1.00
VEG: BEANS, Bkd Veg AP 1	1/2 Cup	131	555	7.06	29.25	0.00	0.00
VEG: CARROTS, Baby 1/4c	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 - 12/12/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, APPLE Slcd IW CH	1 Each	210	380	14.00	7.00	14.00	9.00
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 - 12/13/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD NAC, BfGd IWCHIP	1 Each	294	516	16.90	25.22	14.14	6.97
BRD: CRACK SS, Jungle W	Package	130	95	2.00	20.00	4.00	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 - 12/14/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, ChixPop CH AP W	1 Each	261	397	16.09	14.81	15.39	5.09
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
Roll, DinnerWheatAP(Alpha)	2 each	153	292	5.66	26.46	2.66	0.48
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

Fri - 12/15/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, RomMix CH MZ AP	1 Each	214	409	14.86	4.58	15.00	9.50
Roll, DinnerWheatAP(Alpha)	1 each	76	146	2.83	13.23	1.33	0.24
COND PC Drsg French 12g	1 Each	50	130	0.00	3.00	4.50	0.50
VEG: BROCCOLI, GFP IW	each	16	15	0.00	3.00	2.00	0.00
VEG: CARROTS, Sliced Fz	1/4 Cup	16	26	0.25	3.38	0.30	0.05
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 - 12/18/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
Yogurt with Trailmix	Each	428	193	11.36	88.89	4.23	1.00
BRD: CRACK SS, ScoobyDo	Package	120	115	2.00	21.00	3.50	1.00
VEG: TOMATOES, Cherry 1/	1/4 Cup	8	2	0.38	1.66	0.09	0.01
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
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
Farmer's Market Salad	1 Each		112	259	10.36	11.50	2.83	2.06
Breadstick WG 1.0 (Alpha)	Breadstick		63	128	2.45	12.80	0.37	0.07
BRD: CRACK SS, Chz-lt W	Package		100	150	2.00	14.00	3.50	1.00
COND PC Drsg Ranch 12g	1 Each		50	100	0.00	1.00	5.00	1.00
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
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 - 12/20/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, RomMix CH MZ AP	1 Each		214	409	14.86	4.58	15.00	9.50
Roll, DinnerWheatAP(Alpha)	2 each		153	292	5.66	26.46	2.66	0.48
COND PC Drsg French 12g	1 Each		50	130	0.00	3.00	4.50	0.50
VEG: CORN, Fz 1/2c	1/2 Cup		66	1	2.09	15.80	0.55	0.08
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 - 12/21/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, Egg Chef AP W 2.0	1 Each		144	169	10.36	4.08	8.75	3.87
Roll, DinnerWheatAP(Alpha)	2 each		153	292	5.66	26.46	2.66	0.48
COND PC Drsg French 12g	1 Each		50	130	0.00	3.00	4.50	0.50
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 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

Fri - 12/22/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
SALAD, Tky CH MZ AP W 2.	Each		174	429	16.86	5.58	9.50	5.25
Roll, DinnerWheatAP(Alpha)	2 each		153	292	5.66	26.46	2.66	0.48
COND PC Drsg Ranch 12g	1 Each		50	100	0.00	1.00	5.00	1.00
VEG: SALAD, Side RomMix	1/2 Cup		6	4	0.40	1.21	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
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.