

K-8 Lunch 1 Entree (A)

| 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 | 1/2 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 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 |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| 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 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 |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| 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 - 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 |
| 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 - 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 | 1/2 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 |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| 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 - 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 |
| 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/ | 1/4 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 |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| 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 - 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 |
| 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 |

| 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 | 1/4 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 |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| 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/ | 1/4 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 |
|------------------|--------------|------|---------|---------|--------|---------|---------|
|------------------|--------------|------|---------|---------|--------|---------|---------|

| | | | | | | | |
|----------------------------|-------------|-----|-----|-------|-------|------|------|
| BRD: PANCAKES, AP WG | Pouch | 240 | 200 | 4.00 | 40.00 | 8.00 | 2.00 |
| 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 | 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 |
|-----------------------------|--------------|------|---------|---------|--------|---------|---------|
| 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: 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 |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| 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 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 |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| 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: 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.