

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

Fri - 06/01/2018	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: SALAD, Side RomMix	1/2 Cup	6	4	0.40	1.21	0.00	0.00
VEG: CARROTS, Sliced Fz	1/2 Cup	32	52	0.51	6.77	0.60	0.11
COND PC Drsg Ranch 12g	1 Each	50	100	0.00	1.00	5.00	1.00
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 - 06/04/2018	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	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 - 06/05/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: PANCAKES, AP WG	Pouch	220	130	4.00	40.00	6.00	0.50
YOGURT SS, Trix Strawb/Ba	1 Each	100	50	3.00	20.00	0.50	0.50
VEG: POTATO, Tater Tots 3	3/4 Cup	203	419	2.54	24.15	10.17	2.54
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	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 - 06/06/2018	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, Diced Cajun	1/2 Cup	89	128	1.72	14.60	2.33	0.33
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 - 06/07/2018	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 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 - 06/08/2018	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
Breadstick WG 1.0 (Alpha)	Breadstick	63	128	2.45	12.80	0.37	0.07
VEG: BROCCOLI, GFP IW	1 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
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

Mon - 06/11/2018	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 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: CRAISINS, SS Wate	Box (1.16oz)	110	0	0.00	28.00	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 - 06/12/2018	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 - 06/13/2018	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, 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 - 06/14/2018	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 - 06/15/2018	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: 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: 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

\*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.