

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

Wed - 11/01/2017	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 - 11/02/2017	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 - 11/03/2017	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 - 11/06/2017	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 Pc	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 - 11/07/2017	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 - 11/08/2017	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 - 11/09/2017	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 - 11/10/2017	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
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 - 11/13/2017	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 - 11/14/2017	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 - 11/15/2017	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 - 11/16/2017	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 - 11/17/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
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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

Sun - 11/19/2017	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

Mon - 11/20/2017	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 - 11/21/2017	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 - 11/22/2017	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

Sat - 11/25/2017	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: 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 - 11/27/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
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

Tue - 11/28/2017		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

Wed - 11/29/2017		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
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 - 11/30/2017		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

\*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.