

October 2021 Elementary School Lunch Nutritionals (Grades PK-5)

Fri - 10/01/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Cheese	slice	310	470	3.00	3.00	21.00	29.00	13.00	6.00
Pizza, Pepperoni	slice	350	680	4.00	3.00	20.00	29.00	16.00	8.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Roasted Red Potatoes	1/2 cup	116	8	2.32	1.36	2.57	21.63	2.34	0.40
Carrots, Baby	1/2 cup	25	55	2.04	3.35	0.45	5.79	0.09	0.02
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Ranch Cup	1 oz	80	230	0.00	1.00	1.00	2.00	7.00	1.00

Mon - 10/04/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheese Crunchers	4 Crunchers	420	800	4.00	2.00	20.00	42.00	20.00	9.00
Marinara Sauce	2 OZ	32	61	0.91	3.63	0.91	5.44	0.68	0.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Carrots, Steamed	1/2 cup	38	112	2.16	4.32	1.08	7.56	0.00	0.00
Broccoli, Steamed	1/2 cup	24	72	2.92	0.97	2.92	3.90	0.00	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50

Tue - 10/05/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Soft Shell Taco	2 tacos	290	660	1.97	3.08	20.44	10.78	16.85	9.11
Hard Shell Tacos	2 tacos	460	660	3.97	4.08	22.44	33.78	24.85	11.11
Chicken Hard Taco	2 each	338	600	3.02	5.41	17.97	31.94	14.94	6.19
Chicken Soft Taco	2 each	223	695	1.02	4.41	18.97	9.44	11.44	7.19
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Pinto Beans, Seasoned	4 oz	146	533	5.31	1.32	6.64	26.57	0.66	0.00
Corn, Seasoned	1/2 cup	67	48	1.99	2.54	2.11	15.98	0.55	0.09
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Taco Sauce	packs	5	80	0.00	0.00	0.00	1.00	0.00	0.00

Wed - 10/06/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Macaroni and Cheese	4 oz	187	447	1.33	4.00	11.34	19.34	7.34	3.34
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Green Beans	4 oz	32	315	2.10	1.48	1.45	5.69	0.40	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Assorted WG Cookie	1 ea	169	109	1.52	14.00	1.80	27.00	6.00	1.54
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Thu - 10/07/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Baked Beans	1/2 cup	140	370	5.99	11.99	4.99	29.96	0.50	0.00
Seasoned Fresh Potato Wed	1/2 cup	125	18	2.51	1.34	2.86	24.07	2.32	0.36
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00

Fri - 10/08/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Cheese	slice	310	470	3.00	3.00	21.00	29.00	13.00	6.00
Pizza, Pepperoni	slice	350	680	4.00	3.00	20.00	29.00	16.00	8.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Carrots, Baby	1/2 cup	25	55	2.04	3.35	0.45	5.79	0.09	0.02
Roasted Red Potatoes	1/2 cup	116	8	2.32	1.36	2.57	21.63	2.34	0.40
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ranch Cup	1 oz	80	230	0.00	1.00	1.00	2.00	7.00	1.00
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00

Mon - 10/11/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Stuffed Crust Dippers	2 ct	290	530	3.00	4.00	19.00	30.00	11.00	5.00
Marinara Sauce	2 OZ	32	61	0.91	3.63	0.91	5.44	0.68	0.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Mashed Potatoes	4 OZ	65	276	0.81	0.83	1.64	13.66	0.83	0.00
Green Beans	4 oz	32	315	2.10	1.48	1.45	5.69	0.40	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50

Tue - 10/12/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Nachos w/ Chili & Cheese	6 oz	495	958	5.53	4.48	17.85	50.25	24.26	9.12
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Pinto Beans, Seasoned	4 oz	146	533	5.31	1.32	6.64	26.57	0.66	0.00
Corn, Seasoned	1/2 cup	67	48	1.99	2.54	2.11	15.98	0.55	0.09
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50

Wed - 10/13/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Orange Chicken	4.3 oz(10 ct)	312	666	3.00	8.12	18.00	30.03	13.00	3.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Rice- Brown	1/2 cup serving	126	95	1.49	0.00	2.97	26.01	1.49	0.00
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Broccoli, Steamed	1/2 cup	24	72	2.92	0.97	2.92	3.90	0.00	0.00
Carrots, Steamed	1/2 cup	38	112	2.16	4.32	1.08	7.56	0.00	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Assorted WG Cookie	1 ea	169	109	1.52	14.00	1.80	27.00	6.00	1.54
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50

Thu - 10/14/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Tater Tots	4 oz(12 pieces)	200	481	2.67	0.00	2.67	25.39	9.35	1.34
Baked Beans	1/2 cup	140	370	5.99	11.99	4.99	29.96	0.50	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00

Fri - 10/15/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Cheese	slice	310	470	3.00	3.00	21.00	29.00	13.00	6.00
Pizza, Pepperoni	slice	350	680	4.00	3.00	20.00	29.00	16.00	8.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Roasted Red Potatoes	1/2 cup	116	8	2.32	1.36	2.57	21.63	2.34	0.40
Carrots, Baby	1/2 cup	25	55	2.04	3.35	0.45	5.79	0.09	0.02
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Ranch Cup	1 oz	80	230	0.00	1.00	1.00	2.00	7.00	1.00

Mon - 10/18/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheese Crunchers	4 Crunchers	420	800	4.00	2.00	20.00	42.00	20.00	9.00
Marinara Sauce	2 OZ	32	61	0.91	3.63	0.91	5.44	0.68	0.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Carrots, Steamed	1/2 cup	38	112	2.16	4.32	1.08	7.56	0.00	0.00
Broccoli, Steamed	1/2 cup	24	72	2.92	0.97	2.92	3.90	0.00	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50

Tue - 10/19/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Soft Shell Taco	2 tacos	290	660	1.97	3.08	20.44	10.78	16.85	9.11
Hard Shell Tacos	2 tacos	460	660	3.97	4.08	22.44	33.78	24.85	11.11
Chicken Hard Taco	2 each	338	600	3.02	5.41	17.97	31.94	14.94	6.19
Chicken Soft Taco	2 each	223	695	1.02	4.41	18.97	9.44	11.44	7.19
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Pinto Beans, Seasoned	4 oz	146	533	5.31	1.32	6.64	26.57	0.66	0.00
Corn, Seasoned	1/2 cup	67	48	1.99	2.54	2.11	15.98	0.55	0.09
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Taco Sauce	packs	5	80	0.00	0.00	0.00	1.00	0.00	0.00

Wed - 10/20/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Smackers	4.3 oz	269	590	3.00	0.00	18.00	20.00	13.00	3.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Macaroni and Cheese	4 oz	187	447	1.33	4.00	11.34	19.34	7.34	3.34
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Green Beans	4 oz	32	315	2.10	1.48	1.45	5.69	0.40	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Assorted WG Cookie	1 ea	169	109	1.52	14.00	1.80	27.00	6.00	1.54
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
BBQ Packet	Packs	15	85	0.00	4.00	0.00	4.00	0.00	0.00
Honey Mustard Cup	1 oz	130	90	0.00	7.00	0.00	9.00	10.00	2.00

Thu - 10/21/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Cheeseburger on WW Bun	sandwiches	341	724	2.85	6.90	25.58	34.63	13.71	5.46
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Baked Beans	1/2 cup	140	370	5.99	11.99	4.99	29.96	0.50	0.00
Seasoned Fresh Potato Wed	1/2 cup	125	18	2.51	1.34	2.86	24.07	2.32	0.36
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00

Fri - 10/22/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Pizza, Cheese	slice	310	470	3.00	3.00	21.00	29.00	13.00	6.00
Pizza, Pepperoni	slice	350	680	4.00	3.00	20.00	29.00	16.00	8.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Carrots, Baby	1/2 cup	25	55	2.04	3.35	0.45	5.79	0.09	0.02
Roasted Red Potatoes	1/2 cup	116	8	2.32	1.36	2.57	21.63	2.34	0.40
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ranch Cup	1 oz	80	230	0.00	1.00	1.00	2.00	7.00	1.00
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00

Mon - 10/25/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Stuffed Crust Dippers	2 ct	290	530	3.00	4.00	19.00	30.00	11.00	5.00
Marinara Sauce	2 OZ	32	61	0.91	3.63	0.91	5.44	0.68	0.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Mashed Potatoes	4 OZ	65	276	0.81	0.83	1.64	13.66	0.83	0.00
Green Beans	4 oz	32	315	2.10	1.48	1.45	5.69	0.40	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50

Tue - 10/26/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Nachos w/ Chili & Cheese	6 oz	495	958	5.53	4.48	17.85	50.25	24.26	9.12
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Breadstick Garlic WG	1 oz	110	200	2.00	2.00	3.00	17.00	4.00	1.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Pinto Beans, Seasoned	4 oz	146	533	5.31	1.32	6.64	26.57	0.66	0.00
Corn, Seasoned	1/2 cup	67	48	1.99	2.54	2.11	15.98	0.55	0.09
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50

Wed - 10/27/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Orange Chicken	4.3 oz(10 ct)	312	666	3.00	8.12	18.00	30.03	13.00	3.00
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Rice- Brown	1/2 cup serving	126	95	1.49	0.00	2.97	26.01	1.49	0.00
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Broccoli, Steamed	1/2 cup	24	72	2.92	0.97	2.92	3.90	0.00	0.00
Carrots, Steamed	1/2 cup	38	112	2.16	4.32	1.08	7.56	0.00	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Assorted WG Cookie	1 ea	169	109	1.52	14.00	1.80	27.00	6.00	1.54
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50

Thu - 10/28/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Sandwich	sandwich	390	886	3.75	7.60	27.48	46.63	10.61	2.02
Chicken Sandwich - Spicy	Sandwich	390	756	4.75	5.60	27.48	47.63	10.61	2.02
Grilled Cheese Sandwich	Sandwiches	320	880	2.00	6.00	20.00	34.00	14.00	7.00
Yogurt and String Cheese	serving	161	262	0.00	12.32	10.08	15.32	6.08	3.54
Cracker, Goldfish	.75 oz	100	170	1.00	0.00	3.00	14.00	3.50	1.00
Buffalo Chicken Salad	1 salad	527	1375	4.24	6.80	27.20	37.27	30.04	9.92
Crispy Chicken Salad	1 salad	489	1004	4.24	6.80	27.20	36.51	26.26	9.17
Garden Salad	6 OZ	80	207	1.09	1.91	3.99	5.38	4.69	3.03
Tater Tots	4 oz(12 pieces)	200	481	2.67	0.00	2.67	25.39	9.35	1.34
Baked Beans	1/2 cup	140	370	5.99	11.99	4.99	29.96	0.50	0.00
Assorted Melons	1/2 cup serving	50	18	1.05	11.14	0.97	12.49	0.24	0.05
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Ice Cream Cup	3 oz serving	70	60	0.00	9.00	2.00	14.00	1.00	0.50
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	1 ea	30	85	0.00	0.00	0.00	1.00	3.00	0.00

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.