

**K-8 NUTRIENT INFORMATION**

<b>Lunch K-8 Week of 9/5, 9/25</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>							
<b>Mini Corn Dogs</b>	1 serving	269	12	3.7	417	10.4	30
<b>Grilled Cheese Sandwich</b>	1 each	284	10	5.7	655	18.5	30.5
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Glazed Carrots	1/2 cup	72	0	0	76	1.6	13.4
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Ketchup	1 packet	10	0	0	25	0	2
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Tuesday</b>							
<b>Beef and Cheese Taco Stick</b>	1 each	345	12.8	8.3	630	20	31.8
<b>Turkey Flatbread</b>	1 each	204	7	2.5	593	22	17
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Funyons	1 bag	100	3.5	0.5	125	2	14
Baked Beans, Vegetarian	1/2 cup	140	0.5	0	370	5	30
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Wednesday</b>							

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<b>Cheeseburger</b>	1 each	394	16	6	694	31	30
<b>Hamburger</b>	1 each	356	14	5	547	28	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Ketchup	1 packet	10	0	0	25	0	2
Potato Rounds	1/2 cup	129	6	1	307	2	16
<b>Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing</b>	1 salad	522	30	5.6	1700	22	43
<b>Fiesta Salad-fajita meat</b>							0.8
<b>Fiesta Salad-cheese</b>							2
<b>Fiesta Salad- lettuce</b>							2.5
<b>Fiesta Salad- salsa</b>							4
<b>Fiesta Salad-tortilla chips</b>							31
<b>Fiesta Salad-Ranch dressing</b>							3
Lettuce/ Tomato/ Pickle Cup	1/2 cup	18	0.2	0.04	252	1.1	3.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Ketchup	1 packet	10	0	0	25	0	2
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Thursday</b>							
<b>Chicken Smackers</b>	10 each	293	17	3	599	18	17

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Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Wheat Roll	1 each	171	2	0.5	150	5	32
<b>Ants on a Log Plate-</b> Raisins, Cheese Stick, Celery Sticks, Peanut Free Spread	1 each	393	18	5	497	16.8	43
Green Peas	1/2 cup	78	0	0	0	5.5	13.3
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Apple Slices	1 pkg	34	0	0	0	0	8
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Friday</b>							
<b>Cheese Stuffed Breadsticks</b>	2 each	310	13	7	590	18	31
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
<b>Chicken Popper Salad-</b> chicken smackers, romaine lettuce, cheese, tomatoes, ranch dressing, crackers	1 salad	630	34.5	6.3	1500	27	54
<b>Chicken</b>							17
<b>Lettuce/Tomatoes</b>							5.3
<b>Cheese</b>							1
<b>Ranch Dressing</b>							3
<b>Whole Grain Crackers</b>							28
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fresh Orange	1/2 cup	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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Milk, Skim plain	8 oz	80	0	0	125	8	12

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<b>Lunch K-8 Week of 9/11</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>							
<b>Turkey Hot Dog</b>	1 each	270	11	2.5	530	15	29
<b>Grilled Cheese Sandwich</b>	1 each	284	10	5.7	655	18.5	30.5
Green Beans	1/2 cup	23	0	0	7	1.2	5
Corn on the Cob	1 ear	170	2	0	0	5	36
Mandarin Orange Slices	1/2 cup	53	0	0	7	0	13.6
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Tuesday</b>							
<b>Spaghetti and Meat Sauce</b>	1 serving	282	10	3.5	758	15.7	32
<b>Garlic Bread</b>	1 piece	100	2.5	0.5	170	4	15
<b>Turkey Flatbread</b>	1 each	204	7	2.5	593	22	17
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Funyons	1 bag	100	3.5	0.5	125	2	14
Italian Vegetable Blend	1/2 cup	50	0.5	0	20	2	11
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16

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Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Wednesday</b>							
<b>Steak Bites</b>	1 serving	300	20	6	450	15	16
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Wheat Roll	1 each	171	2	0.5	150	5	32
<b>Fiesta Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1672	23	43
<b>Fiesta Salad-fajita meat</b>							0.8
<b>Fiesta Salad-cheese</b>							2
<b>Fiesta Salad- lettuce</b>							2.5
<b>Fiesta Salad- salsa</b>							4
<b>Fiesta Salad-tortilla chips</b>							31
<b>Fiesta Salad-Ranch dressing</b>							3
Baked Beans, Vegetarian	1/2 cup	140	0.5	0	370	5	30
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Thursday</b>							
<b>Chicken Drumstick</b>	1 each	190	11	2.5	450	16	5

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<b>Macaroni and Cheese</b>	1/2 cup	197	7.5	4.5	485	11	21
<b>Ants on a Log Plate- Raisins, Cheese Stick, Celery Sticks, Peanut Free Spread</b>	1 each	393	18	5	497	16.8	43
Glazed Carrots	1/2 cup	72	0	0	76	1.6	13.4
Wheat Roll	1 each	171	2	0.5	150	5	32
Garden Salad	1/2 cup	14	0	0	6.6	1	2.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Friday</b>							
<b>Big Daddy Cheese Pizza</b>	1 slice	340	15	7	670	18	36
<b>Big Daddy Turkey Pepperoni Pizza</b>	1 slice	370	17	7	551	21	35
<b>Italian Chopped Pasta Salad- turkey ham, turkey salami, turkey pepperoni, shredded cheese, lettuce, whole grain rotini pasta,light Italian dressing</b>	1 salad	390	10.7	4.4	566	21	50
<b>Meat</b>							1
<b>Cheese</b>							1
<b>Lettuce</b>							2
<b>Italian Dressing</b>							4
<b>Whole Grain Pasta</b>							42

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Green Beans	1/2 cup	23	0	0	7	1.2	5
Celery Sticks	1/2 cup	11	0	0	56	0.5	2
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12



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<b>Lunch K-8 Week of 9/18</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>							
<b>BBQ Beef Rib Sub</b>	1 each	309	10	3.5	528	17	38
<b>Grilled Cheese Sandwich</b>	1 each	284	10	5.7	655	18.5	30.5
Baked Beans, Vegetarian	1/2 cup	140	0.5	0	370	5	30
Glazed Carrots	1/2 cup	72	0	0	76	1.6	13.4
Strawberry Cup	1/2 cup	81	0	0	2	0.5	21
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Tuesday</b>							
<b>Italian Cheese Roll</b>	1 serving	324	13.2	6.4	886	20.6	29.4
<b>Garlic Bread</b>	1 piece	100	2.5	0.5	170	4	15
<b>Turkey Flatbread</b>	1 each	204	7	2.5	593	22	17
Mayonnaise	1 packet	40	4	0.5	90	0	2
Baked Funyons	1 bag	100	3.5	0.5	125	2	14
Italian Vegetable Blend	1/2 cup	50	0.5	0	20	2	11
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Mixed Fruit	1/2 cup	57	0	0	9	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Wednesday</b>							
<b>Crispy Chicken Sandwich</b>	1 each	376	10.5	1.5	856	27	26

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Potato Rounds	1/2 cup	129	6	1	307	2	16
<b>Fiesta Salad-</b> chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	42
<b>Fiesta Salad-fajita meat</b>							0.8
<b>Fiesta Salad-cheese</b>							2
<b>Fiesta Salad- lettuce</b>							2.5
<b>Fiesta Salad- salsa</b>							4
<b>Fiesta Salad-tortilla chips</b>							31
<b>Fiesta Salad-Ranch dressing</b>							2
Lettuce/ Tomato/ Pickle Cup	1/2 cup	18	0.2	0.04	252	1.1	3.6
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Thursday</b>							
<b>Chicken Rings</b>	5 each	300	18	3.5	450	21	15
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
<b>Ants on a Log Plate- Raisins, Cheese Stick, Celery Sticks, Peanut Free Spread</b>	1 each	393	18	5	497	16.8	43
Wheat Roll	1 each	171	2	0.5	150	5	32
Green Beans	1/2 cup	23	0	0	7	1.2	5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Fresh Orange	1 each	53	0	0	0	1	13

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Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Friday</b>							
<b>Personal Pan Cheese Pizza</b>	1 each	320	12	6	480	17	35
<b>Personal Pan Pepperoni Pizza</b>	1 each	330	13	5	540	17	35
<b>Spinach Salad</b> -spinach, shredded mozzarella cheese, tomatoes , turkey bacon, boiled egg, light ranch dressing, whole grain crackers	1 salad	544	32	7.5	1381	27	38
<b>Boiled Egg</b>							1
<b>Cheese</b>							1
<b>Turkey Bacon</b>							0
<b>Spinach/ Tomatoes</b>							5
<b>Ranch Dressing</b>							3
<b>Whole Grain Crackers</b>							28
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Corn	1/2 cup	81	0	0	0	2.7	19
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Apple Slices	1 pkg	34	0	0	0	0	8
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12