9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/13	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Mini Corn Dogs	1 serving	269	12	3.7	417	10.4	30
Chicken Fried Steak Sandwich	1 each	465	22	5	595	22	48
Potato Rounds	1/2 cup	129	6	1	307	2	16
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
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
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 chocolate	8 oz	110	0	0	100	8	19
Tuesday							
Chicken Tenders	3 each	285	13.5	2.25	465	24	16.5
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
Hot Ham and Cheese Sandwich	1 each	274	9	2.7	616	16	29
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
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Applesauce Cup	1/2 cup	90	0	0	15	0	22

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/13	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Wednesday							
Spicy Chicken Sandwich	1 each	376	10.5	1.5	814	27	45
Chicken Fajita Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
Chicken Fajita Salad-fajita meat							0.8
Chicken Fajita Salad-cheese							2
Chicken Fajita Salad- lettuce							2.5
Chicken Fajita Salad- salsa							4
Chicken Fajita Salad-tortilla chips							31
Chicken Fajita Salad-Ranch dressing							3
Corn	1/2 cup	68	0.5	0	1	2	16
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
Apple Slices	1 pkg	34	0	0	0	0	8
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Thursday							
Soft Turkey Taco	1 each	278	12	6	591	22	22
Salsa	1/2 cup	25	0	0	177	0	5

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/13	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Tortilla Chips	1 bag	270	15	1.5	220	3	31
Turkey Bacon Cheeseburger	1 each	411	17.5	6.3	739	44	30
Hamburger	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
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Ranchero Beans	1/2 cup	110	0.5	0	490	6	20
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
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 chocolate	8 oz	110	0	0	100	8	19
Friday							
Cheese Stuffed Breadsticks	2 each	310	13	7	590	18	31
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	521	26.5	7	742	20	51
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Green Beans	1/2 cup	23	0	0	7	1.2	5
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Juice, Orange	4 oz	60	0	0	1	0	13

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/13	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Juice, Apple	4 oz	60	0	0	5	0	14
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 chocolate	8 oz	110	0	0	100	8	19

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/20	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Beef and Cheese Taco Stick	1 each	345	12.8	8.3	630	20	31
Chicken Fried Steak Sandwich	1 each	465	22	5	595	22	48
Potato Rounds	1/2 cup	129	6	1	307	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Ranchero Beans	1/2 cup	110	0.5	0	490	6	20
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
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
Tuesday							
Chicken Smackers	10 each	272	14	3	590	18	17
Macaroni and Cheese	1/2 cup	197	7.5	4.5	485	11	21
Wheat Roll	1 each	171	2	0.5	150	5	32
Hot Ham and Cheese Sandwich	1 each	274	9	2.7	616	16	29
Green Beans	1/2 cup	23	0	0	7	1.2	5
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/20	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
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 chocolate	8 oz	110	0	0	100	8	19
Wednesday							
Crispy Fish Sandwich- Spicy	1 each	350	11.5	1.5	590	22	44
Spicy Sweet Asian Salad- chicken chunks, lettuce,tomatoes, edamame, mandarin oranges, carrots, dressing, spicy sweet doritos	1 salad	827	44.6	7.2	1159	29	73
Asian salad-chicken							26
Asian salad-lettuce							2.7
Asian salad- tomatoes							2.5
Asian salad- edamame							2.3
Asian salad-mandarin oranges							8
Asian salad-carrots							2.7
Asian salad- chips							18
Asian salad-Ranch dressing							11
Potato Rounds	1/2 cup	129	6	1	307	2	16
Pickle Cup	1/2 cup	10	0	0	688	0	2
Juice, Orange	4 oz	60	0	0	1	0	13

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/20	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Juice, Apple	4 oz	60	0	0	5	0	14
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Thursday							
Meaty Cheese Nachos- turkey taco meat, cheddar cheese sauce, tortilla chips	1 serving	501	29	8	1054	27	36
Turkey Bacon Cheeseburger	1 each	411	17.5	6.3	739	44	30
Hamburger	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
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	59	0	0	9	0	14.7
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Friday							
Big Daddy Cheese Pizza	1 slice	340	15	7	670	18	36
Big Daddy Four Meat Pizza	1 slice	371	17	7	650	20	36

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/20	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Big Daddy Turkey Pepperoni Pizza	1 slice	370	17	7	551	21	35
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	521	26.5	7	742	20	51
Mixed Vegetables	1/2 cup	81	0	0	29	3.5	14
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
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 chocolate	8 oz	110	0	0	100	8	19

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/27	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Chicken and Waffles	1 serving	452	12	1	736	23	65
Chicken Fried Steak Sandwich	1 each	465	22	5	595	22	48
Potato Rounds	1/2 cup	129	6	1	307	2	16
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
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
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 chocolate	8 oz	110	0	0	100	8	19
Tuesday							
Steak Fingers	4 each	290	18	6	510	16	16
Wheat Roll	1 each	171	2	0.5	150	5	32
Hot Ham and Cheese Sandwich	1 each	274	9	2.7	616	16	29
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
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
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9	1	13

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/27	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Wednesday							
Cheeseburger Steak	5 each	170	10	5	390	14.5	9.7
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
Chicken Fajita Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1700	23	43
Chicken Fajita Salad-fajita meat							0.8
Chicken Fajita Salad-cheese							2
Chicken Fajita Salad- lettuce							2.5
Chicken Fajita Salad- salsa							4
Chicken Fajita Salad-tortilla chips							31
Chicken Fajita Salad-Ranch dressing							3
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fresh Orange	1 each	53	0	0	0	1	13
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Thursday							
Fajita Chicken Bowl- rice, beans, meat , queso	1 each	345	7.7	2.8	1125	21	47.5

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/27	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Tortilla Chips	1 bag	270	15	1.5	220	3	31
Turkey Bacon Cheeseburger	1 each	411	17.5	6.3	739	44	30
Hamburger	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
Seasoned Fries	1/2 cup	125	4	0.5	140	1	20.8
Ranchero Beans	1/2 cup	110	0.5	0	490	6	20
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
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Friday							
Cheese Calzone	1 each	360	17	8	580	22	32
Pepperoni Calzone	1 each	364	17	7	657	21	32
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	521	26.5	7	742	20	51
Corn	1/2 cup	68	0.5	0	1	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 8/27	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
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 chocolate	8 oz	110	0	0	100	8	19