

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 3/2, 3/30	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Chicken Fried Steak Sandwich	1 each	442	21	4.5	595	21	48
Chicken and Waffles with Syrup	1 serving	514	14	1	895	24	75
Potato Rounds	1/2 cup	92	3.5	2	163	1	14
Green Beans	1/2 cup	34	0	0	0	1	5
Mayonnaise	1 packet	40	3	0	105	0	3
Ketchup	1 packet	10	0	0	25	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 each	70	0	0	10	1	18
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 Drumstick	1 each	290	17	4	550	22	11
Mashed Potatoes and Gravy	1/2 cup	98	1	0	606	1.1	21
Wheat Roll	1 each	170	2	0.5	150	5	32
Turkey Bacon Wrap with cheese	1 each	402	18	5	1101	27	33
Baby Carrots	1/2 cup	35	0	0	30	1	9
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Juice, Orange	4 oz	60	0	0	1	0	13

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Lunch 9-12 Week of 3/2, 3/30	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
Wednesday							
Smothered Burrito- chili and cheese	1 each	497	24	11	944	26	45
Chicken Fajita Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1672	23	43
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							3
Baby Carrots	1/2 cup	35	0	0	30	1	9
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Banana	1 each	121	0	0	2	1	31
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2

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Lunch 9-12 Week of 3/2, 3/30	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
Thursday							
Personal Pan Cheese Pizza	1 each	310	13	6	440	16	31
Personal Pan Pepperoni Pizza	1 each	310	13	6	510	17	31
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	500	25	6	787	20	55
Garden Salad	1/2 cup	13	0	0	6.6	1	2.6
Corn	1/2 cup	74	0	0	0	2.5	17
Ranch Dressing	1 oz	71	6.8	1	263	0.6	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	30	0	0	0	0	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							
Teriyaki Chicken Bowl with Egg Roll	1 each	429	9	3	1073	27.5	58
Sweet and Sour Sauce	1 packet	15	0	0	70	0	4
Turkey Bacon Cheeseburger	1 each	389	17	5.5	750	32	30
Hamburger	1 each	334	13.5	4.5	547	27	29
Baked Fries	1/2 cup	170	5	1	200	3	28
Baby Carrots	1/2 cup	35	0	0	30	1	9

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Lunch 9-12 Week of 3/2, 3/30	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Mixed Vegetables	1/2 cup	88	0	0	31.5	2.5	15
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
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Ketchup	1 packet	10	0	0	25	0	2
Mayonnaise	1 packet	40	3	0	105	0	3
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 3/16	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Mini Corn Dogs	6 each	270	12	3.5	410	10	30
Chicken Fried Steak Sandwich	1 each	442	21	4.5	595	21	48
Potato Rounds	1/2 cup	92	3.5	2	163	1	14
Green Beans	1/2 cup	34	0	0	0	1	5
Strawberry Cup	1/2 cup	122	0	0	4	1	33
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mustard	1 packet	0	0	0	65	0	0
Mayonnaise	1 packet	40	3	0	105	0	3
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Ketchup	1 packet	10	0	0	25	0	2
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	220	7	1	450	22	18
Wheat Roll	1 each	170	2	0.5	150	5	32
Turkey Bacon Wrap with Cheese	1 each	402	18	5	1101	27	33
Roasted Potatoes	1/2 cup	100	2	0	115	3	19

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Lunch 9-12 Week of 3/16	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Baby Carrots	1/2 cup	35	0	0	30	1	9
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
Wednesday							
Crispy Chicken Sandwich	1 each	353	10	1	856	26	26
Baked Fries	1/2 cup	170	5	1	200	3	28
Chcken Fajita Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	546	31	5.6	1672	23	43
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							3
Baby Carrots	1/2 cup	35	0	0	30	1	9
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Banana	1 each	121	0	0	2	1	31

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Lunch 9-12 Week of 3/16	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Mustard	1 packet	0	0	0	65	0	0
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Mayonnaise	1 packet	40	3	0	105	0	3
Ketchup	1 packet	10	0	0	25	0	2
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							
Cheese Stuffed Breadsticks	2 each	300	11	6	490	20	30
Marinara	1 ounce	15	0	0	120	1	3
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	500	25	6	787	20	55
Baby Carrots	1/2 cup	35	0	0	30	1	9
Romaine Side Salad	1/2 cup	13	0	0	6.6	1	2.6
Apple Slices	1 pkg	30	0	0	0	0	7
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
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
Friday							
Soft Beef Taco	1 each	286	14	5.5	605	18	24
Tortilla Chips	1 bag	270	15	1.5	220	3	31

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Lunch 9-12 Week of 3/16	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Salsa	1/2 cup	40	0	0	282	0	8
Turkey Bacon Cheeseburger	1 each	389	17	5.5	750	32	30
Hamburger	1 each	334	13.5	4.5	547	27	29
Baked Fries	1/2 cup	170	5	1	200	3	28
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20
Romaine Side Salad	1/2 cup	13	0	0	6.6	1	2.6
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
Mustard	1 packet	0	0	0	65	0	0
Mayonnaise	1 packet	40	3	0	105	0	3
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Ketchup	1 packet	10	0	0	25	0	2
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 3/23	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Monterey Chicken Taco	1 each	250	8	2	660	16	29
Chicken Fried Steak Sandwich	1 each	442	21	4.5	595	21	48
Potato Rounds	1/2 cup	92	3.5	2	163	1	14
Baby Carrots	1/2 cup	35	0	0	30	1	9
Corn	1/2 cup	74	0	0	0	2.5	17
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
Mayonnaise	1 packet	40	3	0	105	0	3
Ketchup	1 packet	10	0	0	25	0	2
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	293	17	3	599	18	17
Macaroni and Cheese	1/2 cup	206	9	1.5	486	11.3	23
Wheat Roll	1 each	170	2	0.5	150	5	32
Turkey Bacon Wrap with cheese	1 each	402	18	5	1101	27	33
Green Beans	1/2 cup	34	0	0	0	1	5
Romaine Side Salad	1/2 cup	13	0	0	6.6	1	2.6
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Juice, Orange	4 oz	60	0	0	1	0	13

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Lunch 9-12 Week of 3/23	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh 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
Wednesday							
BBQ Rib Sub	1 each	330	13	4	550	13	36
BBQ Chicken Salad	1 salad	668	34	7	1430	28	64
BBQ Chicken Salad-shredded chicken							9
BBQ Chicken Salad-cheese							2
BBQ Chicken Salad- lettuce							3
BBQ Chicken Salad- corn							9
BBQ Chicken Salad- tomatoes							2
BBQ Chicken Salad- black beans							6
BBQ Chicken Salad-tortilla chips							31
BBQ Chicken Salad-Ranch dressing							2
Potato Rounds	1/2 cup	92	3.5	2	163	1	14
Pickle Cup	1/2 cup	10	0	0	688	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	30	0	0	0	0	7
Ketchup	1 packet	10	0	0	25	0	2
Mayonnaise	1 packet	40	3	0	105	0	3
Ranch Dressing	1 oz	71	6.8	1	263	0.6	2
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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Lunch 9-12 Week of 3/23	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Thursday							
Big Daddy Cheese Pizza	1 slice	360	16	7	470	21	36
Big Daddy Four Meat Pizza	1 slice	371	17	7	650	20	36
Big Daddy Turkey Pepperoni Pizza	1 slice	370	17	7	550	21	35
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	500	25	6	787	20	55
Mixed Vegetables	1/2 cup	88	0	0	31.5	2.5	15
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Baby Carrots	1/2 cup	35	0	0	30	1	9
Ranch Dressing	1 oz	71	6.8	1	263	0.6	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 chocolate	8 oz	110	0	0	100	8	19
Friday							
Taco Tators	1 serving	315	15	5	864	21	26
Tortilla Chips	1 bag	270	15	1.5	220	3	31
Turkey Bacon Cheeseburger	1 each	389	17	5.5	750	32	30
Hamburger	1 each	334	13.5	4.5	547	27	29
Ranchero Beans	1/2 cup	112	0.5	0	501	6	20
Baked Fries	1/2 cup	170	5	1	200	3	28

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Lunch 9-12 Week of 3/23	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Baby Carrots	1/2 cup	35	0	0	30	1	9
Strawberry Cup	1/2 cup	122	0	0	4	1	33
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mustard	1 packet	0	0	0	65	0	0
Mayonnaise	1 packet	40	3	0	105	0	3
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Ketchup	1 packet	10	0	0	25	0	2
Ranch Dressing	1 ounce	71	6.8	1	263	0.6	2
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19