

Sciotoville Community School

HHFKA - 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 3	Sep - 4 TARTAN "T" LETTUCE & TOMATO LIMA BEANS ASSORTED FRUIT MILK - Variety	Sep - 5 BEEFY NACHOS MEXICAN TOPPINGS REFRIED BEANS ASSORTED FRUIT MILK - Variety	Sep - 6 HOT DOG ON A BUN HOT DOG SAUCE VEGETABLE BLEND SWEET POTATO FRIES ASSORTED FRUIT MILK - Variety	Sep - 7 FISH TATER TOTS MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 771 100% Chol... 44 mg Sodium. 1287* mg Fiber.. 13.0 g Iron... 4.9 mg Calcium523.6* mg Vit A 5679* IU Vit C 77.8* mg Sugar 24.0*g 12.4%Cal Prot 32.6*g 16.9%Cal Carb 114.7g 59.5%Cal T.Fat 21.7*g 25.3%Cal S.Fat 6.4*g 7.5%Cal
Sep - 10 SUB SANDWICH LETTUCE & TOMATO POTATO WEDGES ASSORTED FRUIT MILK - Variety	Sep - 11 TOMATO SOUP/CRACKE GRILLED CHEESE SAND CARROT & CELERY RANCH DRESSING ASSORTED FRUIT MILK - Variety	Sep - 12 SALISBURY STEAK MASHED POTATOES CHICKEN GRAVY CORN ROLL ASSORTED FRUIT MILK - Variety	Sep - 13 CHICKEN QUESADILLA VEGETABLE BLEND GREENS ASSORTED FRUIT MILK - Variety	Sep - 14 CHICKEN STRIPS PEAS & CARROTS BAKED BEANS ROLL ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 739 98% Chol... 48* mg Sodium. 1430* mg Fiber.. 12.4* g Iron... 4.6 mg Calcium642.9* mg Vit A 10176* IU Vit C 82.4* mg Sugar 28.2*g 15.3%Cal Prot 34.0*g 18.4%Cal Carb 118.6g 64.2%Cal T.Fat 17.2*g 21.0%Cal S.Fat 5.0*g 6.1%Cal
Sep - 17 PIZZA SALAD, TOSSED RANCH DRESSING BRUSSEL SPROUTS ASSORTED FRUIT MILK - Variety	Sep - 18 HAMBURGER LETTUCE & TOMATO FRENCH FRIES ASSORTED FRUIT MILK - Variety	Sep - 19 CHICKEN AND NOODLES MASHED POTATOES CHICKEN GRAVY GREEN BEANS ROLL ASSORTED FRUIT MILK - Variety	Sep - 20 CHICKEN FAJITA MEXICAN TOPPINGS Black Beans ASSORTED FRUIT MILK - Variety	Sep - 21 BBQ RIB SANDWICH SWEET POTATOES SLAW ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 769 100% Chol... 69* mg Sodium. 1264* mg Fiber.. 11.5* g Iron... 5.4 mg Calcium588.5* mg Vit A 6480* IU Vit C 87.8* mg Sugar 25.6*g 13.3%Cal Prot 36.1*g 18.8%Cal Carb 112.1g 58.3%Cal T.Fat 21.3*g 24.9%Cal S.Fat 6.6*g 7.7%Cal

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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 24	Sep - 25	Sep - 26	Sep - 27	Sep - 28	Avg Nutrients Target
CORN DOG	CHEF SALAD	SPAGHETTI	MEATBALL SANDWICH	CHICKEN SANDWICH	Cals... 755 100%
CHICK PEAS	RANCH DRESSING	SALAD,TOSSED	SWEET POTATO FRIES	AU GRATIN POTATOES	Chol... 93* mg
BROCCOLI/CHEESE SAU	RED PEPPER STRIPS	RANCH DRESSING	VEGETABLE BLEND	MIXED VEGETABLES	Sodium. 1264* mg
ASSORTED FRUIT	BREADSTICK	SAUTEED MUSHROOMS	ASSORTED FRUIT	ASSORTED FRUIT	Fiber.. 13.1* g
MILK - Variety	ASSORTED FRUIT	BREADSTICK	MILK - Variety	MILK - Variety	Iron... 6.0* mg
	MILK - Variety	ASSORTED FRUIT			Calcium624.6* mg
		MILK - Variety			Vit A 6435* IU
					Vit C 89.7* mg
					Sugar 24.6*g 13.0%Cal
					Prot 36.4*g 19.3%Cal
					Carb 109.9*g 58.2%Cal
					T.Fat 19.7*g 23.4%Cal
					S.Fat 7.1*g 8.5%Cal

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