

Sciotoville Community School

HHFKA - 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 1 TARTAN "T" LETTUCE & TOMATO BAKED BEANS ASSORTED FRUIT MILK - Variety	Oct - 2 CHICKEN QUESADILLA VEGETABLE BLEND GREENS ASSORTED FRUIT MILK - Variety	Oct - 3 TOMATO SOUP/CRACKE GRILLED CHEESE SAND CARROT & CELERY RANCH DRESSING ASSORTED FRUIT MILK - Variety	Oct - 4 HOT DOG ON A BUN HOT DOG SAUCE VEGETABLE BLEND SWEET POTATO FRIES ASSORTED FRUIT MILK - Variety	Oct - 5 FISH FRENCH FRIES MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 788 100% Chol... 34* mg Sodium. 1564 mg Fiber.. 13.6* g Iron... 5.1 mg Calcium672.0* mg Vit A 10392* IU Vit C 84.5* mg Sugar 27.9*g 14.2%Cal Prot 31.7g 16.1%Cal Carb 125.2g 63.6%Cal T.Fat 20.4g 23.3%Cal S.Fat 5.4*g 6.1%Cal
Oct - 8 BEEFY NACHOS MEXICAN TOPPINGS REFRIED BEANS ASSORTED FRUIT MILK - Variety	Oct - 9 PIZZA CORN SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Oct - 10 CHICKEN FRIED RICE EGG ROLLS VEGETABLE BLEND FORTUNE COOKIE ASSORTED FRUIT MILK - Variety	Oct - 11 BBQ SANDWICH SWEET POTATOES SLAW ASSORTED FRUIT MILK - Variety	Oct - 12	Avg Nutrients Target Cals... 759 100% Chol... 69* mg Sodium. 1189* mg Fiber.. 12.2* g Iron... 5.0* mg Calcium554.6* mg Vit A 8797* IU Vit C 87.4* mg Sugar 28.6*g 15.1%Cal Prot 36.3*g 19.1%Cal Carb 110.2g 58.1%Cal T.Fat 19.8*g 23.5%Cal S.Fat 5.7*g 6.8%Cal
Oct - 15 HAMBURGER LETTUCE & TOMATO FRENCH FRIES ASSORTED FRUIT MILK - Variety	Oct - 16 CHEESE DUNKERS CHICK PEAS BRUSSEL SPROUTS ASSORTED FRUIT MILK - Variety	Oct - 17 SALISBURY STEAK MASHED POTATOES BROWN GRAVY PEAS ROLL ASSORTED FRUIT MILK - Variety	Oct - 18 CHICKEN STRIPS AU GRATIN POTATOES MIXED VEGETABLES ROLL ASSORTED FRUIT MILK - Variety	Oct - 19	Avg Nutrients Target Cals... 740 99% Chol... 60* mg Sodium. 1013* mg Fiber.. 13.5* g Iron... 4.6* mg Calcium581.6* mg Vit A 4657* IU Vit C 81.2* mg Sugar 24.8*g 13.4%Cal Prot 37.6*g 20.3%Cal Carb 114.4g 61.8%Cal T.Fat 17.6*g 21.4%Cal S.Fat 6.1*g 7.4%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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