

December Breakfast

Menu Subject to Change
All Lunches Available to all
students.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 3 BEEFY NACHOS SALSA LETTUCE, SHREDDED REFRIED BEANS ASSORTED FRUIT MILK - Variety	Dec - 4 CORN DOG PEAS & CARROTS BROCCOLI/CHEESE SAU ASSORTED FRUIT MILK - Variety	Dec - 5 TOMATO SOUP/CRACKE GRILLED CHEESE SAND CARROT & CELERY RANCH DRESSING ASSORTED FRUIT MILK - Variety	Dec - 6 HAMBURGER LETTUCE & TOMATO FRENCH FRIES ASSORTED FRUIT MILK - Variety	Dec - 7 PIZZA CORN SALAD,TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 735 98% Chol... 35* mg Sodium. 1444* mg Fiber.. 13.4* g Iron... 4.9 mg Calcium 626.8 mg Vit A 10330* IU Vit C 88.7* mg Sugar 26.9*g 14.6%Cal Prot 30.4*g 16.6%Cal Carb 113.0g 61.5%Cal T.Fat 20.0*g 24.5%Cal S.Fat 5.8*g 7.2%Cal
Dec - 10 BBQ SANDWICH POTATO WEDGES SLAW ASSORTED FRUIT MILK - Variety	Dec - 11 CHICKEN STRIPS AU GRATIN POTATOES CARROTS ROLL ASSORTED FRUIT MILK - Variety	Dec - 12 CHICKEN AND NOODLES MASHED POTATOES CHICKEN GRAVY BRUSSEL SPROUTS ROLL ASSORTED FRUIT MILK - Variety	Dec - 13 MEATBALL SANDWICH SWEET POTATO FRIES VEGETABLE BLEND ASSORTED FRUIT MILK - Variety	Dec - 14 FISH TATER TOTS MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 781 100% Chol... 67* mg Sodium. 1155* mg Fiber.. 12.2* g Iron... 4.8 mg Calcium555.2* mg Vit A 8215* IU Vit C 80.7* mg Sugar 26.5*g 13.6%Cal Prot 37.8*g 19.3%Cal Carb 118.1g 60.5%Cal T.Fat 18.3*g 21.0%Cal S.Fat 5.9*g 6.8%Cal
Dec - 17 HOT DOG ON A BUN HOT DOG SAUCE PEAS SWEET POTATO FRIES ASSORTED FRUIT MILK - Variety	Dec - 18 CHICKEN FAJITA SALSA LETTUCE, SHREDDED Black Beans ASSORTED FRUIT MILK - Variety	Dec - 19	Dec - 20	Dec - 21	Avg Nutrients Target Cals... 743 99% Chol... 80* mg Sodium. 1423* mg Fiber.. 13.9* g Iron... 4.8 mg Calcium681.1* mg Vit A 7076* IU Vit C 76.2* mg Sugar 25.5*g 13.7%Cal Prot 38.2*g 20.6%Cal Carb 106.6g 57.4%Cal T.Fat 20.1*g 24.4%Cal S.Fat 7.4*g 8.9%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.