

December Lunch

Menu Subject to Change
All Lunches Available to all
students.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 3 CEREAL,VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 4 FRENCH TOAST STICKS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 5 BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 6 SAUSAGE WRAP ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 7 MUFFIN GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Avg Nutrients Target Cals... 502 106% Chol... 45 mg Sodium. 548 mg Fiber.. 4.8* g Iron... 3.3 mg Calcium 410.2 mg Vit A 2181* IU Vit C 58.6* mg Sugar 26.5*g 21.1%Cal Prot 15.3*g 12.2%Cal Carb 92.7g 73.9%Cal T.Fat 9.3g 16.6%Cal S.Fat 2.6g 4.7%Cal
Dec - 10 FRUIT TURNOVER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 11 BREAKFAST PIZZA ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 12 POP TARTS GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 13 OATMEAL TOAST,WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 14 MINI CORN DOGS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Avg Nutrients Target Cals... 495 104% Chol... 15 mg Sodium. 574 mg Fiber.. 5.9* g Iron... 2.5 mg Calcium 393.2 mg Vit A 2105* IU Vit C 56.9* mg Sugar 24.5*g 19.8%Cal Prot 16.1*g 13.0%Cal Carb 92.5g 74.7%Cal T.Fat 8.1g 14.7%Cal S.Fat 2.1g 3.8%Cal
Dec - 17 SCRAMBLED EGGS TOAST,WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 18 CEREAL,VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Dec - 19	Dec - 20	Dec - 21	Avg Nutrients Target Cals... 417 88% Chol... 112 mg Sodium. 416 mg Fiber.. 4.1* g Iron... 3.6 mg Calcium 411.3 mg Vit A 2477* IU Vit C 61.5* mg Sugar 30.5*g 29.2%Cal Prot 15.7*g 15.1%Cal Carb 79.6g 76.4%Cal T.Fat 4.9g 10.7%Cal S.Fat 1.3g 2.7%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.