

# MAY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		May - 1	May - 2 HAMBURGER LETTUCE & TOMATO FRENCH FRIES ASSORTED FRUIT MILK - Variety	May - 3 PIZZA CORN SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 753 100% Chol... 40* mg Sodium. 1076 mg Fiber.. 10.7 g Iron... 4.8 mg Calcium 591.1 mg Vit A 5150* IU Vit C 79.2* mg Sugar 28.0*g 14.9%Cal Prot 30.8g 16.4%Cal Carb 110.9g 58.9%Cal T.Fat 22.9g 27.4%Cal S.Fat 6.3g 7.6%Cal
May - 6 BURRITO Black Beans MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	May - 7 CHICKEN STRIPS FRENCH FRIES MIXED VEGETABLES ROLL ASSORTED FRUIT MILK - Variety	May - 8 HOT DOG ON A BUN HOT DOG SAUCE VEGETABLE BLEND SWEET POTATO FRIES ASSORTED FRUIT MILK - Variety	May - 9 SLOPPY JOE ON A BUN SWEET POTATO FRIES GREENS ASSORTED FRUIT MILK - Variety	May - 10 <b>COOK'S CHOICE</b>	Avg Nutrients Target Cals... 762 100% Chol... 54* mg Sodium. 1251 mg Fiber.. 14.1 g Iron... 5.6 mg Calcium 620.7 mg Vit A 13031* IU Vit C 78.9* mg Sugar 25.8*g 13.6%Cal Prot 35.2g 18.5%Cal Carb 119.5g 62.7%Cal T.Fat 17.9g 21.2%Cal S.Fat 5.6g 6.7%Cal
May - 13 CHEESEBURGER ON A B FRENCH FRIES LETTUCE & TOMATO ASSORTED FRUIT MILK - Variety	May - 14 CHICKEN NUGGETS TATER TOTS PEAS ROLL ASSORTED FRUIT MILK - Variety	May - 15 CHICKEN QUESADILLA VEGETABLE BLEND GREENS ASSORTED FRUIT MILK - Variety	May - 16 <b>COOK'S CHOICE</b>	May - 17 <b>COOK'S CHOICE</b>	Avg Nutrients Target Cals... 761 100% Chol... 45* mg Sodium. 1075 mg Fiber.. 11.9* g Iron... 5.0 mg Calcium 595.4 mg Vit A 7571* IU Vit C 86.8* mg Sugar 24.9*g 13.1%Cal Prot 34.5g 18.1%Cal Carb 112.7g 59.2%Cal T.Fat 22.0g 26.0%Cal S.Fat 5.6*g 6.7%Cal
May - 20 <b>COOK'S CHOICE</b>	May - 21 <b>COOK'S CHOICE</b>	May - 22 <b>COOK'S CHOICE</b>	May - 23 <b>COOK'S CHOICE</b>	May - 24 <b>COOK'S CHOICE</b>	Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Sodium. *N/A* mg Fiber.. *N/A* g Iron... *N/A* mg Calcium *N/A* mg Vit A *N/A* IU Vit C *N/A* mg Sugar *N/A*g *N/A*%Cal Prot *N/A*g *N/A*%Cal Carb *N/A*g *N/A*%Cal T.Fat *N/A*g *N/A*%Cal S.Fat *N/A*g *N/A*%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.