

# SEPTEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 9 BBQ SANDWICH POTATO WEDGES SLAW ASSORTED FRUIT MILK - Variety	Sep - 10 SUB SANDWICH TATER TOTS CARROT & CELERY ASSORTED FRUIT MILK - Variety	Sep - 11 SPAGHETTI SALAD, TOSSED RANCH DRESSING SAUTEED MUSHROOMS BREADSTICK ASSORTED FRUIT MILK - Variety	Sep - 12 CHICKEN NUGGETS BAKED BEANS SWEET POTATO FRIES ASSORTED FRUIT MILK - Variety	Sep - 13 PIZZA CORN SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 770 100% Chol... 61* mg Sodium. 1241 mg Fiber.. 12.0* g Iron... 4.9 mg Calcium 552.4 mg Vit A 8462* IU Vit C 80.2* mg Sugar 31.1*g 16.2%Cal Prot 34.6g 18.0%Cal Carb 120.6*g 62.6%Cal T.Fat 18.2*g 21.3%Cal S.Fat 4.9*g 5.7%Cal
Sep - 16 CORN DOG MIXED VEGETABLES BROCCOLI ASSORTED FRUIT MILK - Variety	Sep - 17 CHICKEN STRIPS AU GRATIN POTATOES CARROTS ROLL ASSORTED FRUIT MILK - Variety	Sep - 18 CHICKEN FRIED RICE EGG ROLLS VEGETABLE BLEND FORTUNE COOKIE ASSORTED FRUIT MILK - Variety	Sep - 19 HAMBURGER LETTUCE & TOMATO FRENCH FRIES ASSORTED FRUIT MILK - Variety	Sep - 20 PIZZA CORN SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 704 94% Chol... 70* mg Sodium. 931 mg Fiber.. 11.9* g Iron... 4.6* mg Calcium 527.0* mg Vit A 9104* IU Vit C 86.1* mg Sugar 25.8*g 14.6%Cal Prot 33.3*g 18.9%Cal Carb 107.0*g 60.8%Cal T.Fat 18.0*g 23.0%Cal S.Fat 5.0*g 6.4%Cal
Sep - 23 CHICKEN QUESADILLA VEGETABLE BLEND GREENS ASSORTED FRUIT MILK - Variety	Sep - 24 HOT DOG ON A BUN HOT DOG SAUCE BAKED BEANS SWEET POTATO FRIES ASSORTED FRUIT MILK - Variety	Sep - 25	Sep - 26 BEEFY NACHOS MEXICAN TOPPING REFRIED BEANS ASSORTED FRUIT MILK - Variety	Sep - 27 PIZZA CORN SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Avg Nutrients Target Cals... 785 100% Chol... 36* mg Sodium. 1437* mg Fiber.. 12.9* g Iron... 5.2* mg Calcium 671.2* mg Vit A 8450* IU Vit C 89.5* mg Sugar 29.6*g 15.1%Cal Prot 33.6*g 17.1%Cal Carb 118.7*g 60.4%Cal T.Fat 22.5*g 25.8%Cal S.Fat 6.7*g 7.7%Cal
Sep - 30 CHILI PEANUT BUTTER SAND BROCCOLI, raw CAULIFLOWER, raw RANCH DRESSING ASSORTED FRUIT MILK - Variety					Avg Nutrients Target Cals... 837 100% Chol... 49* mg Sodium. 1036* mg Fiber.. 14.9* g Iron... 6.2* mg Calcium 663.9* mg Vit A 4199* IU Vit C 142.6* mg Sugar 24.9*g 11.9%Cal Prot 42.6*g 20.4%Cal Carb 110.8*g 52.9%Cal T.Fat 30.1*g 32.3%Cal S.Fat 8.6*g 9.2%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.