

# East JR/SR High School

## March Lunch

Menu Subject to Change  
All Lunches Available to all students.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 2  HOT DOG ON A BUN HOT DOG SAUCE BAKED BEANS SWEET POTATO FRIES ASSORTED FRUIT MILK - Variety	Mar - 3  TARTAN "T" LETTUCE & TOMATO CARROTS ASSORTED FRUIT MILK - Variety	Mar - 4  SPAGHETTI SALAD, TOSSED RANCH DRESSING SAUTEED MUSHROOMS BREADSTICK ASSORTED FRUIT MILK - Variety	Mar - 5  CHICKEN FAJITA MEXICAN TOPPINGS Black Beans ASSORTED FRUIT MILK - Variety	Mar - 6  CORN DOGS LIMA BEANS VEGETABLE BLEND ASSORTED FRUIT MILK - Variety	Avg Nutrients    Target Cals...            761        100% Chol...            80 mg Sodium...        1275 mg Fiber...           13.3 g Iron...            5.7 mg Calcium 556.1 mg Vit A              7700* IU Vit C              77.4* mg Sugar 28.4*g    14.9%Cal Prot               35.4g    18.6%Cal Carb              115.1g   60.5%Cal T.Fat 20.3*g    24.0%Cal S.Fat              7.0*g    8.3%Cal
Mar - 9  CHICKEN NUGGETS MACARONI AND CHEESE VEGETABLE BLEND CARROTS ASSORTED FRUIT ROLL MILK - Variety	Mar - 10  BEEFY NACHOS MEXICAN TOPPINGS REFRIED BEANS ASSORTED FRUIT MILK - Variety	Mar - 11  CHILI PEANUT BUTTER SAND BROCCOLI, raw CAULIFLOWER, raw RANCH DRESSING ASSORTED FRUIT MILK - Variety	Mar - 12  PIZZA CORN SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Mar - 13  BURRITO Black Beans MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	Avg Nutrients    Target Cals...            792        100% Chol...            41* mg Sodium...        1360* mg Fiber...           14.1 g Iron...            5.5 mg Calcium 618.9 mg Vit A              7739* IU Vit C              89.0* mg Sugar 25.6*g    12.9%Cal Prot               36.5g    18.4%Cal Carb              116.1g   58.6%Cal T.Fat 23.1*g    26.3%Cal S.Fat              7.0*g    7.9%Cal
Mar - 16  BURRITO Black Beans MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	Mar - 17  HAMBURGER LETTUCE & TOMATO FRENCH FRIES ASSORTED FRUIT MILK - Variety	Mar - 18  CHICKEN MASHED POTATOES; TR GREEN BEANS ASSORTED FRUIT ROLL MILK - Variety	Mar - 19  TOMATO SOUP/CRACKE GRILLED CHEESE SAND CARROT & CELERY RANCH DRESSING ASSORTED FRUIT MILK - Variety	Mar - 20  FISH TATER TOTS MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	Avg Nutrients    Target Cals...            734        98% Chol...            36* mg Sodium...        1584* mg Fiber...           14.2* g Iron...            5.0 mg Calcium 644.7* mg Vit A              8018* IU Vit C              75.1* mg Sugar 24.8*g    13.5%Cal Prot               32.0g    17.5%Cal Carb              121.2g   66.0%Cal T.Fat 15.6*g    19.1%Cal S.Fat              4.4*g    5.4%Cal
Mar - 23  CHICKEN QUESADILLA VEGETABLE BLEND GREENS ASSORTED FRUIT MILK - Variety	Mar - 24  Cook's Choice				Avg Nutrients    Target Cals...            681        91% Chol...            20* mg Sodium...        1187* mg Fiber...           11.7* g Iron...            5.9 mg Calcium 789.9* mg Vit A              14497* IU Vit C              111.9* mg Sugar 22.4*g    13.1%Cal Prot               31.6g    18.6%Cal Carb              105.3g   61.9%Cal T.Fat 16.9*g    22.4%Cal S.Fat              4.3*g    5.6%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.