Nutritional Information: DECEMBER 2021 LUNCH

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
12/1/2021	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/2/2021	HAMBURGER W/BAKED BEANS	332	11	4	0	40	433	39	8	8	22	1	0	117	5
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/3/2021	TURKEY & CHEESE ON A BUN^	275	7	2	0	50	710	28	2	5	24	0	0	134	2
	Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/6/2021	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2
	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/7/2021	PENNE PASTA W/MEAT SAUCE ^	320	9	4	0	36	454	40	4	11	19	9	0	93	4
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/8/2021	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2
	Corn	110	1	0	0	0	0	26	2	4	4	0	0	5	0
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/9/2021	HOT DOG WITH POTATO ROUNDS	268	18	6	0	30	830	19	2	2	7	0	1	0	1
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/10/2021	BEEF BOLOGNA & CHEESE SANDWICH^	305	15	6	0	35	442	32	3	4	14	0	1	134	2
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/13/2021	MAC & CHEESE ^	332	10	6	0	32	797	42	2	11	19	449	1	478	1
	Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
12/14/2021	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/15/2021	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/16/2021	TURKEY TACOS	150	8	2	0	47	300	6	2	2	15	562	0	0	1
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0
	Ruby Rusher Vegetable Juice	50	0	0	0	0	35	14	0	12	0	500	70	10	0
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/17/2021	HAMBURGER W/BAKED BEANS	332	11	4	0	40	433	39	8	8	22	1	0	117	5
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/20/2021	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2
	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/21/2021	BBQ CHICKEN TATER TOT-CHOS	346	13	4	0	46	702	36	3	12	21	1	2	120	1
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/22/2021	SALISBURY STEAK W/GRAVY & MASHED POTATOES	304	14	4	0	31	722	27	2	3	16	3	58	83	1
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
12/23/2021	CHICKEN NUGGETS ^	230	14	3	0	25	330	14	2	1	13	0	1	20	2
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0

12/24/2021 - 1/2/2022 Holiday Recess - School Closed