

Nutritional Information: June 2022 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	Nutritional Information													Item Name	Nutritional Information																
		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)	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)		
6/1/2022	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	6/10/2022	CHEESY BAKED PENNE ^	357	9	5	0	33	614	46	6	14	22	69	10	451	2	
	Seasoned Diced Potatoes	0	0	0	0	0	0	0	0	0	0	0	0	0	0		WITH GREEN BEANS	100	1	0	0	0	140	20	2	1	4	0	9	20	1	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0		Breadstick ^	105	0	0	0	0	1	27	3	14	1	23	10	6	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0		Fresh Banana	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0		Choice of Milk	280	12	6	0	30	440	29	3	9	15	90	0	250	2	
6/2/2022	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	6/13/2022	GALAXY CHEESE PIZZA ^	69	0	0	0	0	32	15	3	4	3	396	8	36	1	
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0		Country Blend Vegetables	55	0	0	0	0	1	13	1	12	2	0	4	2	0	
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	6/14/2022	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0		Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2	
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0		Potato Wedges	90	2	0	0	0	20	18	1	0	1	0	0	10	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0		Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	
	Ketchup	10	0	0	0	0	25	2	0	2	0	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		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
6/3/2022	VEGETARIAN CHILI	220	0	0	0	0	548	42	12	11	10	47	2	96	4	6/15/2022	TURKEY & CHEESE	275	7	2	0	50	710	28	2	5	24	0	0	134	2	
	WITH BEANS	74	1	0	0	0	17	2	2	2	0	0	3	0	ON A BUN^		5	0	0	0	0	2	1	1	0	0	124	1	9	0		
	Corn	55	0	0	0	0	1	13	1	12	2	0	4	2	0		Romaine Salad	20	0	0	0	0	44	5	2	3	0	391	2	18	0	
	Diced Peaches	120	8	1	0	0	125	12	0	0	1	0	0	20	0		Baby Carrots	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Fritos ^	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Ranch Dressing	67	0	0	0	0	1	18	4	11	0	1	5	10	0	
6/6/2022	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	6/16/2022	Fresh Pear	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Orange Juice	60	0	0	0	0	10	14	0	12	0	7	30	10	0		TURKEY TACOS	130	7	2	0	70	320	2	0	0	13	200	0	60	2	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Fiesta Beans	180	0	0	0	0	395	33	8	3	11	34	3	66	3	
6/7/2022	CHARBROILED HAMBURGER	160	12	5	0	35	220	2	1	1	11	0	0	40	1	6/17/2022 1/2 Day for Students - No Lunch Served	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2		Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3		Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0		Taco Sauce	5	0	0	0	0	55	1	0	0	0	100	0	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	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		6/20/2022 Juneteenth - School Closed															
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		6/21/2022	CHICKEN DUNKERS	327	17	4	0	46	650	23	4	5	21	39	0	80	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			W/PARMESAN MARINARA SAUCE ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1
6/8/2022	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	Breadstick ^		74	1	0	0	0	0	17	2	2	2	0	0	3	0	
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2	Corn		51	0	0	0	0	2	14	1	12	0	1	1	5	0	
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	Choice of Milk		121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	6/22/2022	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	Broccoli		39	0	0	0	0	15	8	4	2	4	1417	56	46	1		
6/9/2022	SANTA FE CHICKEN	200	5	2	0	44	254	23	6	3	17	28	2	68	1		Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0		BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Corn	74	1	0	0	0	17	2	2	2	0	0	3	0	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	6/23/2022 CHEF'S CHOICE MEAL																
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	6/24/2022 Last Day of School - No Lunch Served																