Nutritional Information: LUNCH

	February 2020 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)
2/3/2020	PANCAKES & SAUSAGE^	290	14	4	0	40	400	28	3	6	15	0	0	89	2
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/4/2020	3 CHEESE PANINI^	278	13	7	0	35	658	28	2	3	15	38	0	313	2
	Tomato Soup^	226	12	2	0	1	633	25	1	5	4	0	0	49	1
	Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0
	Light Ranch Dressing	30	2	0	0	5	55	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
2/5/2020	CHICKEN TENDERS W/POTATO WEDGES	313	17	2	0	25	409	24	4	1	16	30	2	0	2
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0
	BBQ Sauce	25	0	0	0	0	50	7	0	4	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
2/6/2020	CHEESY TACO MEAT	181	12	6	0	40	429	7	2	2	13	149	1	125	2
	Tortilla Chips^	120	4	0	0	0	105	18	2	0	2	0	0	20	0
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0
	Jalepenos	5	0	0	0	0	394	1	1	1	0	39	5	26	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
2/7/2020	CHEESE PIZZA	298	10	5	0	23	724	36	2	3	17	69	0	406	2
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1
	Applesauce Cup	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
2/10/2020	PARMESAN POPCORN CHICKEN & PAST	434	16	4	0	26	614	50	6	6	22	56	0	151	3
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1
	Applesauce Cup	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
2/11/2020	CHICKEN TENDERS W/POTATO WEDGES	313	17	2	0	25	409	24	4	1	16	30	2	0	2
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0
	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
	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
2/12/2020	GENERAL TSO'S CHICKEN & NOODLES	383	15	3	0	22	981	44	5	16	19	39	0	9	3
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	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

Nutritional Information: LUNCH

	February 2020 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)
2/13/2020	MEATLOAF PANINI^	306	10	4	0	38	580	33	6	4	25	0	1	211	4
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	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
2/14/2020	FRENCH BREAD CHEESE PIZZA	308	11	5	0	23	744	36	1	4	17	69	0	367	2
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	2/17/2020 - 2/21/2020 Winter Recess - School Closed														
2/24/2020	PENNE PASTA W/MEAT SAUCE^	323	12	4	0	35	503	39	4	8	18	69	0	72	3
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/25/2020	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	1
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0
	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
2/26/2020	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
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	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
2/27/2020	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1
	Hot Dog Bun^	120	1	0	0	0	220	24	4	2	4	0	0	56	1
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0
	Ketchup (2)	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
2/28/2020	CHEESE PIZZA	298	10	5	0	23	724	36	2	3	17	69	0	406	2
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	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