Nutritional Information: LUNCH	January 2021 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)
	12/21/2020 - 1/1/2021 HOLIDAY RECESS - SCHOOL CLOSED														
1/4/2021	POPCORN CHICKEN^	252	14	3	0	22	383	15	3	1	15	109	0	0	2
	Baked Beans	192	1	0	0	0	285	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
	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
1/5/2021	BBQ CHICKEN TATER TOT-CHOS	349	14	4	0	49	769	36	2	10	22	49	3	112	1
	Tortilla Chips^	120	4	0	0	0	105	18	2	0	2	0	0	20	0
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/6/2021	CHEESY PENNE BAKE^	316	9	5	0	34	603	40	2	8	19	140	0	114	1
	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
	Fresh Pear	56	0	0	0	0	9	16	2	9	2	0	1	1	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/7/2021	MINI CORN DOGS^	271	12	4	0	40	412	30	5	5	10	0	0	38	0
	Golden Potato Rounds	215	11	2	0	0	592	27	3	1	3	0	2	0	0
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	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
1/8/2021	CHEESE PIZZA^	341	17	10	0	41	449	28	3	6	20	0	0	312	2
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1
	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
1/11/2021	CHANA MASALA	278	3	0	0	0	558	54	11	2	12	801	9	97	4
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0
	Vanilla Cookie^	130	5	1	0	0	45	20	1	6	2	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/12/2021	CHICKEN ALFREDO PASTA^	313	13	6	0	47	554	33	2	7	17	101	1	268	1
	Breadstick^	100	1	0	0	0	140	20	2	1	4	0	9	20	1
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1
	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
1/13/2021	MEATLOAF W/TOMATO SAUCE	161	9	4	0	30	256	7	1	1	13	97	2	27	2
	Hamburger Bun^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	Country Blend Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/14/2021	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0
	Hot Dog Bun^	120	1	0	0	0	220	24	4	2	4	0	0	56	1
	Baked Beans	192	1	0	0	0	285	37	7	8	10	1	0	76	3
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	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
1/15/2021	CHEESE PIZZA	341	17	10	0	41	449	28	3	6	20	0	0	312	2
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0

Nutritional Information: LUNCH	January 2021 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)
	1/18/2021 Martin Luther King Jr Day - School Closed														
1/19/2021	CRUNCHY CHICKEN TENDERS^	260	15	2	0	25	390	16	3	1	15	30	0	0	2
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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
1/20/2021	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
	Baked Beans	192	1	0	0	0	285	37	7	8	10	1	0	76	3
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/21/2021	TURKEY HAM & CHEESE PANINI^	270	10	5	0	46	783	28	2	3	19	0	1	206	2
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0
	Seasoned Diced Potatoes	133	7	1	0	0	545	16	2	2	2	10	18	5	0
	Fresh Pear	56	0	0	0	0	9	16	2	9	2	0	1	1	0
	Mayo	90	9	2	0	10	45	1	0	0	0	0	0	2	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/22/2021	CHEESE PIZZA	341	17	10	0	41	449	28	3	6	20	0	0	312	2
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1
	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
1/25/2021	CHICKEN DUNKERS W/PARMESAN MA	316	17	3	0	46	805	22	1	0	20	68	0	9	0
	Breadstick^	100	1	0	0	0	140	20	2	1	4	0	9	20	1
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	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
1/26/2021	TURKEY TACOS	106	4	0	0	38	204	3	0	3	14	0	0	60	2
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0
	Fiesta Bean	179	0	0	0	0	514	33	8	2	11	18	3	69	3
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2
	Mixed Fruit	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
1/27/2021	PEPPERONI PIZZA MAC	341	11	6	0	37	1007	40	2	10	20	115	1	321	2
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/28/2021	PANCAKES & SAUSAGE^	290	14	4	0	40	400	28	3	6	15	0	0	89	2
	Potato Wedges	150	4	0	0	0	50	25	3	0	3	0	6	0	1
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0
	Syrup	80	0	0	0	0	10	20	0	10	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
1/29/2021	PIZZA DIPPERS^	280	12	5	0	20	560	28	2	4	18	40	0	360	2
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0
	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 Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0