

Lunch: K-6

February 2010



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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 Chicken Nuggets Macaroni & Cheese Green Beans/Roll Fruit Milk Varieties | 2 Turkey & Cheese Sand. Potato Smiles Fruit Milk Varieties | 3 Chili Mac Corn Wheat Roll Pudding Cup Milk Varieties | 4 Toasted Cheese Sand. Vegetable Beef Soup Cinnamon Apples Milk Varieties | 5 Cheese Pizza Garden Salad Ranch Dressing Fresh Fruit Milk Varieties | Cal 789 T.Fat 23.53G S.Fat 8.0G Sodium 1895.30Mg Carb 108.72G Ptn 37.53G Iron 4.85Mg Calc 713.30Mg VITA 396.63 RE VITC 23.63Mg |
| 8 Corn Dog Tater Tots Fruit Brownie Milk Varieties | 9 Crispadora Chili with Beans Crackers Fruit Milk Varieties | 10 Hot Dog * Oven Fries Vegetarian Beans Milk Varieties | 11 Oven Baked Chicken Mashed Potatoes/Gravy Corn Roll Milk Varieties | 12 Pepperoni Pizza * Veggie Dippers Fresh Fruit Valentine's Cake  Milk Varieties | Cal 789 T.Fat 25.46G S.Fat 7.3G Sodium 1906.69Mg Carb 105.89G Ptn 30.4G Iron 4.52Mg Calc 498.70Mg VITA 322.39 RE VITC 24.17Mg |
| 15 President's Day No School | 16 Chicken Nuggets Mashed Potatoes/Gravy Corn/Wheat Roll Pudding Cup Milk Varieties | 17 Hamburger Oven Fries Gelatin with Fruit Sugar Cookie Milk Varieties | 18 Super Nachos Salsa Dip Cinnamon Roll Milk Varieties | 19 Sausage Pizza * Green Beans Fresh Fruit Milk Varieties | Cal 791 T.Fat 24.75G S.Fat 7.1G Sodium 1714.21Mg Carb 109.51G Ptn 34.50G Iron 5.45Mg Calc 578.49Mg VITA 242.64 RE VITC 31.65Mg |
| 22 Chicken Quesadilla Chunky Salsa Ranch Dressing Fruit Milk Varieties | 23 Turkey & Cheese Sand. Potato Smiles Fruit Cookie Milk Varieties | 24 Chili Mac Corn Roll Pudding Cup Milk Varieties | 25 Toasted Cheese Sand. Turkey Noodle Soup Fresh Carrots Fruit Milk Varieties | 26 Pepperoni Pizza * Garden Salad Ranch Dressing Fresh Fruit Milk Varieties | Cal 740 T.Fat 23.61G S.Fat 7.3G Sodium 1716.98Mg Carb 100.72G Ptn 32.15G Iron 4.94Mg Calc 599.29Mg VITA 323.87 RE VITC 21.88Mg |
| | |  | Extra milk only 30 cents! | | |