

K-6 December Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
 	 	1 Burger on Bun Chef Salad Corn French Fries Pears Banana Milk Assorted	2 Pizza Cheese Crunchers Chicken Cheese Burrito Carrot, diced Fresh Cut Veggies Peaches Orange Smiles (4) Milk Assorted	3 Turkey Croissant Teriyaki Bites Corn Chips, WG Green Beans Juice Cup or Box Cole Slaw Pineapple Tidbits Milk Assorted	Calories 631 Sodium 885 mg Total Fat 18.10 g 25.8% Saturated Fat 6.49 g 9.3%
6 Chicken Drumstick Pasta and Meat Sauce Green Beans Fresh Cut Veggies Peaches Applesauce Milk Assorted Breadstick, WG	7 Pizza, Variety Shrimp Bites Garden Salad Fresh Cut Veggies Mixed Fruit Orange Smiles (4) Milk Assorted Fruit Roll Ups	8 Sausage & Egg on Bun Cheese Slices Breaded Beef Strips Potato Cubes Fresh Cut Veggies Mandarin Oranges Apple, fresh sliced or whole Milk Assorted Granola Bar, wholegrain	9 Chicken Fried Steak on WG Bun Tornado and Cheese stick Carrot, glazed Fresh Cut Veggies Kiwi Fruit Pineapple Tidbits Dick and Jane Cookies Milk Assorted	10 Grilled Cheese Orange Chicken on Rice Chips, assorted Baked Beans Broccoli, steamed Juice Cup or Box Pears Milk Assorted	Calories 646 Sodium 919 mg Total Fat 19.34 g 26.9% Saturated Fat 5.58 g 7.8%
13 Hot Dog on WG White Bun Cheese Breadsticks/Sauce Chips, assorted Baked Beans Fresh Cut Veggies Mixed Fruit Pear, fresh Milk Assorted	14 Pork Loin on WG Bun Beef Nachos Broccoli, steamed Fresh Cut Veggies Grapes Mandarin Oranges Milk Assorted	15 Pizza, Variety Sloppy Joe on WG bun Fresh Cut Veggies Peas & Carrots Applesauce Pineapple Tidbits Milk Assorted Gripz Cookie Bits	16 Chicken Tenders Bratwurst on Bun Potato Smiles Fresh Cut Veggies Craisins Mixed Fruit Tea Roll WG Milk Assorted	17 Walking Taco Calzone, Three Cheese Green Beans Fresh Cut Veggies Banana Apple, fresh sliced or whole Milk Assorted Tea Roll WG	Calories 630 Sodium 931 mg Total Fat 18.96 g 27.1% Saturated Fat 5.27 g 7.5%
20 BBQ Rib on WG Uncrustable/String Cheese Mac & Cheese Green Beans Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box Milk Assorted	21 Comdog on a Stick Italian Dunkers - Ele Carrot, glazed Fresh Cut Veggies Mandarin Oranges Pineapple Tidbits Cookie, sugar Milk Assorted	22 Big Daddy's Pizza Slice Garden Salad Twisted Garlic Breadstick Marinara Cup Juice Cup or Box Strawberry Shortcake Milk Assorted	23 No school today	24 No school today	Calories 679 Sodium 1084 mg Total Fat 20.95 g 27.8% Saturated Fat 5.64 g 7.5%
27 No school today	28 No school today	29 No school today	30 No school today	31 No school today	Calories 0 Sodium 0 mg Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.