

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>Mar - 2</b><br>CHEESEBURGER<br>1/2c ONION RINGS<br>1/2c BAKED BEANS<br>MANDARIN ORANGE<br>MILK,1% Lowfat<br>KETCHUP  | <b>Mar - 3</b><br>MINI QUESADILLAS<br>1/2c MIXED VEGETAB<br>1/2c EDAMAME BEAN<br>PEARS<br>MILK,1% Lowfat<br>SALSA   | <b>Mar - 4</b><br>BISCUITS AND GRAV<br>EGG PATTY<br>1/2c CUCUMBER<br>1/2c HASH BROWN<br>ORANGE JUICE<br>MILK,1% Lowfat   | <b>Mar - 5</b><br>ORANGE CHICKEN<br>FRIED RICE<br>1/2c STMD BROCCOL<br>1/4c SLC RED PEPP<br>PINEAPPLE CHUNKS<br>MILK,1% Lowfat<br>FORTUNE COOKIE   | <b>Mar - 6</b><br>MOZZ STICKS<br>1/2c PEAS<br>1/4c SQUASH<br>STRAWBERRIES<br>MILK,1% Lowfat<br>MARINARA SAUCE  |
| Nutrients Target<br>Cals... 782<br>120%<br>Chol... 42 mg<br>Sodium. 1268 mg<br>Fiber.. 12.6 g<br>Iron... 5.7 mg<br>Calcium 538.0 mg<br>Vit A 1033 IU<br>Vit C 26.5* mg<br>Sugar 12.7*g 6.5%Cal<br>Prot 36.3g 18.5%Cal<br>Carb 113.1g 57.9%Cal<br>T.Fat 21.8g 25.0%Cal<br>S.Fat 7.0g 8.0%Cal | Nutrients Target<br>Cals... 624<br>100%<br>Chol... 102 mg<br>Sodium. 796 mg<br>Fiber.. 14.4 g<br>Iron... 6.3 mg<br>Calcium 684.7 mg<br>Vit A 2384 IU<br>Vit C 33.2* mg<br>Sugar 28.9*g 18.5%Cal<br>Prot 37.9g 24.3%Cal<br>Carb 79.2g 50.7%Cal<br>T.Fat 19.5g 28.1%Cal<br>S.Fat 5.6g 8.0%Cal | Nutrients Target<br>Cals... 905<br>139%<br>Chol... 152 mg<br>Sodium. 1405 mg<br>Fiber.. 11.2 g<br>Iron... 5.3 mg<br>Calcium 466.9 mg<br>Vit A 889 IU<br>Vit C 65.2* mg<br>Sugar 26.2*g 11.6%Cal<br>Prot 31.7g 14.0%Cal<br>Carb 115.3g 51.0%Cal<br>T.Fat 38.2g 38.0%Cal<br>S.Fat 15.1g 15.0%Cal | Nutrients Target<br>Cals... 501<br>84%<br>Chol... 52 mg<br>Sodium. 405 mg<br>Fiber.. 6.4 g<br>Iron... 2.8 mg<br>Calcium 369.6 mg<br>Vit A 1556 IU<br>Vit C 76.0* mg<br>Sugar 43.0*g 34.3%Cal<br>Prot 25.7g 20.5%Cal<br>Carb 86.7g 69.2%Cal<br>T.Fat 6.6g 11.9%Cal<br>S.Fat 2.3g 4.1%Cal  | Nutrients Target<br>Cals... 522<br>87%<br>Chol... 22 mg<br>Sodium. 1127 mg<br>Fiber.. 10.6 g<br>Iron... 4.6 mg<br>Calcium 776.0 mg<br>Vit A 2620 IU<br>Vit C 99.4* mg<br>Sugar 18.2*g 14.0%Cal<br>Prot 30.3g 23.2%Cal<br>Carb 73.5g 56.3%Cal<br>T.Fat 12.1g 20.9%Cal<br>S.Fat 3.6g 6.2%Cal |
| <b>Mar - 9</b><br>CHICAGO HOT DOG<br>1/2c BAKED FRIES<br>1/2c BAKED BEANS<br>FRESH GRAPES<br>MILK,1% Lowfat<br>PICKLE<br>KETCHUP  | <b>Mar - 10</b><br>LASAGNA ROLL-UP<br>1c TOSSED SALAD<br>1/4c SLC GRN PEPP<br>BANANA<br>MILK,1% Lowfat<br>GARLIC BREAD<br>RANCH DRESSING  | <b>Mar - 11</b>  | <b>Mar - 12</b><br>GRILLED CHEESE<br>BAKED CHIPS<br>1/2c CAULIFLOWER<br>1/4c CELERY STICKS<br>FRUIT SALAD<br>MILK,1% Lowfat  | <b>Mar - 13</b><br>DEEP DISH PIZZA<br>1/2c JICAMA<br>1/4c ZUCCHINI<br>FRUIT JELL-O<br>MILK,1% Lowfat   |
| Nutrients Target<br>Cals... 852<br>131%<br>Chol... 47 mg<br>Sodium. 1819 mg<br>Fiber.. 12.7 g<br>Iron... 4.7 mg<br>Calcium 450.8 mg<br>Vit A 891 IU<br>Vit C 22.3* mg<br>Sugar 16.7*g 7.8%Cal<br>Prot 23.2g 10.9%Cal<br>Carb 123.5g 58.0%Cal<br>T.Fat 30.1g 31.8%Cal<br>S.Fat 9.7g 10.2%Cal | Nutrients Target<br>Cals... 719<br>111%<br>Chol... 52 mg<br>Sodium. 929 mg<br>Fiber.. 10.3 g<br>Iron... 3.3 mg<br>Calcium 651.4 mg<br>Vit A 4923 IU<br>Vit C 80.0* mg<br>Sugar 39.9*g 22.2%Cal<br>Prot 29.6g 16.5%Cal<br>Carb 93.9g 52.3%Cal<br>T.Fat 27.2g 34.1%Cal<br>S.Fat 8.3g 10.4%Cal | Nutrients Target<br>Cals... 667<br>103%<br>Chol... 44 mg<br>Sodium. 1029 mg<br>Fiber.. 7.6 g<br>Iron... 2.6 mg<br>Calcium 868.4 mg<br>Vit A 1796 IU<br>Vit C 59.6* mg<br>Sugar 15.6*g 9.4%Cal<br>Prot 31.7g 19.0%Cal<br>Carb 87.1g 52.2%Cal<br>T.Fat 23.9g 32.2%Cal<br>S.Fat 9.0g 12.2%Cal     | Nutrients Target<br>Cals... 534<br>89%<br>Chol... 27 mg<br>Sodium. 844 mg<br>Fiber.. 7.6 g<br>Iron... 3.4 mg<br>Calcium 625.8 mg<br>Vit A 1648 IU<br>Vit C 29.9* mg<br>Sugar 15.2*g 11.4%Cal<br>Prot 26.4g 19.8%Cal<br>Carb 76.3g 57.1%Cal<br>T.Fat 14.6g 24.6%Cal<br>S.Fat 5.6g 9.4%Cal |  |
| <b>Mar - 16</b><br>SLOPPY JOE SAND<br>1/2c WAFFLE FRIES<br>1/2c CARROTS<br>BLUEBERRIES<br>MILK,1% Lowfat<br>KETCHUP   | <b>Mar - 17</b><br>BBQ GRILL CHK SAN<br>1/2c SWEET POTATO<br>1/2c GREEN BEANS<br>ORANGES HALVES<br>MILK,1% Lowfat   | <b>Mar - 18</b><br>WAFFLES<br>BACON<br>1/2c CUCUMBER<br>1/2c HASH BROWN<br>SMOOTHIE<br>MILK,1% Lowfat<br>SYRUP   | <b>Mar - 19</b><br>DOMINO'S PIZZA<br>1/2c ASPARAGUS<br>1/2c SPINACH SALAD<br>PEACHES<br>MILK,1% Lowfat<br>PUDDING  | <b>Mar - 20</b><br>CHICKEN BOWL<br>1/2c CHERRY TOMAT<br>FRESH APPLES<br>MILK,1% Lowfat<br>CORNBREAD  |

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|---|-----------------|--|-----------------|-----------|-----------------|-----------|-----------------|-----------|-----------------|
| Nutrients   | Target          | Nutrients  | Target          | Nutrients | Target          | Nutrients | Target          | Nutrients | Target          |
| Cals...   | 686             | Cals...  | 571             | Cals...   | 794             | Cals...   | 616             | Cals...   | 1027            |
| 106%  |                 | 95%  |                 | 122%      |                 | 100%      |                 | 158%      |                 |
| Chol...   | 66 mg           | Chol...  | 97 mg           | Chol...   | 40 mg           | Chol...   | 32 mg           | Chol...   | 105 mg          |
| Sodium.   | 1215 mg         | Sodium.  | 1038 mg         | Sodium.   | 1033 mg         | Sodium.   | 877 mg          | Sodium.   | 3494 mg         |
| Fiber..   | 10.0 g          | Fiber..  | 6.2 g           | Fiber..   | 6.5 g           | Fiber..   | 8.7* g          | Fiber..   | 10.7* g         |
| Iron...   | 4.6 mg          | Iron...  | 3.9 mg          | Iron...   | 5.0 mg          | Iron...   | 6.7 mg          | Iron...   | 8.1* mg         |
| Calcium   | 396.2 mg        | Calcium  | 406.2 mg        | Calcium   | 612.5 mg        | Calcium   | 988.7 mg        | Calcium   | 486.9* mg       |
| Vit A   | 16839 IU        | Vit A  | 11448 IU        | Vit A     | 542 IU          | Vit A     | 13690 IU        | Vit A     | 792* IU         |
| Vit C   | 11.6* mg        | Vit C  | 50.0* mg        | Vit C     | 14.2* mg        | Vit C     | 15.1* mg        | Vit C     | 14.9* mg        |
| Sugar   | 16.3*g 9.5%Cal  | Sugar  | 18.8*g 13.2%Cal | Sugar     | 28.1*g 14.2%Cal | Sugar     | 16.2*g 10.5%Cal | Sugar     | 48.0*g 18.7%Cal |
| Prot  | 33.3g 19.4%Cal  | Prot   | 35.6g 24.9%Cal  | Prot      | 24.6g 12.4%Cal  | Prot      | 35.7g 23.2%Cal  | Prot      | 38.4g 15.0%Cal  |
| Carb  | 83.5g 48.7%Cal  | Carb   | 55.4g 38.8%Cal  | Carb      | 128.7g 64.8%Cal | Carb      | 90.3g 58.6%Cal  | Carb      | 146.2g 57.0%Cal |
| T.Fat   | 24.8g 32.5%Cal  | T.Fat  | 23.6g 37.2%Cal  | T.Fat     | 21.8g 24.7%Cal  | T.Fat     | 14.5g 21.2%Cal  | T.Fat     | 33.2g 29.1%Cal  |
| S.Fat   | 7.5g 9.9%Cal    | S.Fat  | 7.3g 11.5%Cal   | S.Fat     | 4.4g 5.0%Cal    | S.Fat     | 6.2*g 9.0%Cal   | S.Fat     | 13.7*g 12.0%Cal |
| Mar - 23  |                 | Mar - 24   |                 | Mar - 25  |                 | Mar - 26  |                 | Mar - 27  |                 |
| Mar - 30  |                 | Mar - 31   |                 |           |                 |           |                 |           |                 |
| CORN DOG<br>1/2c SWT POT FRIES<br>1/2c BEAN SALAD<br>MELON<br>MILK,1% Lowfat<br>KETCHUP |                 | MEATBALL SUB<br>CREAMY COLE SLAW<br>1/4c CELERY STICKS<br>BLACKBERRIES<br>MILK,1% Lowfat |                 |           |                 |           |                 |           |                 |
| Nutrients   | Target          | Nutrients  | Target          |           |                 |           |                 |           |                 |
| Cals...   | 610             | Cals...  | 538             |           |                 |           |                 |           |                 |
| 100%  |                 | 90%  |                 |           |                 |           |                 |           |                 |
| Chol...   | 12 mg           | Chol...  | 82 mg           |           |                 |           |                 |           |                 |
| Sodium.   | 1094 mg         | Sodium.  | 616 mg          |           |                 |           |                 |           |                 |
| Fiber..   | 11.3* g         | Fiber..  | 11.9* g         |           |                 |           |                 |           |                 |
| Iron...   | 3.7* mg         | Iron...  | 4.9* mg         |           |                 |           |                 |           |                 |
| Calcium   | 380.7* mg       | Calcium  | 456.6* mg       |           |                 |           |                 |           |                 |
| Vit A   | 4081* IU        | Vit A  | 2135* IU        |           |                 |           |                 |           |                 |
| Vit C   | 27.3* mg        | Vit C  | 39.8* mg        |           |                 |           |                 |           |                 |
| Sugar   | 31.2*g 20.5%Cal | Sugar  | 19.0*g 14.1%Cal |           |                 |           |                 |           |                 |
| Prot  | 20.3g 13.3%Cal  | Prot   | 33.6g 24.9%Cal  |           |                 |           |                 |           |                 |
| Carb  | 88.6g 58.1%Cal  | Carb   | 64.3g 47.8%Cal  |           |                 |           |                 |           |                 |
| T.Fat   | 21.3g 31.4%Cal  | T.Fat  | 17.1g 28.6%Cal  |           |                 |           |                 |           |                 |
| S.Fat   | 5.0*g 7.3%Cal   | S.Fat  | 6.5*g 10.8%Cal  |           |                 |           |                 |           |                 |

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