DECEMBER 2026

Nov 19, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Dec - 1 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Dec - 2 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Dec - 3 ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat FORTUNE COOKIE	Dec - 4 MINI CHICK TACOS 1/2c GARBONZA 1/4c SQUASH MANGOS MILK,1% Lowfat SALSA
	Nutrients Target Cals... 782 120% Chol... 42 mg Sodium. 1268 mg Fiber.. 12.6 g Iron... 5.7 mg Calcium 538.0 mg Vit A 1033 IU Vit C 26.5* mg Sugar 12.7*g 6.5%Cal Prot 36.3g 18.5%Cal Carb 113.1g 57.9%Cal T.Fat 21.8g 25.0%Cal S.Fat 7.0g 8.0%Cal	Nutrients Target Cals... 762 117% Chol... 110 mg Sodium. 529 mg Fiber.. 3.8 g Iron... 2.5 mg Calcium 500.2 mg Vit A 690 IU Vit C 55.8* mg Sugar 25.0*g 13.1%Cal Prot 21.5g 11.3%Cal Carb 124.7g 65.5%Cal T.Fat 20.6g 24.3%Cal S.Fat 4.3g 5.1%Cal	Nutrients Target Cals... 501 91% Chol... 52 mg Sodium. 405 mg Fiber.. 6.4 g Iron... 2.8 mg Calcium 369.6 mg Vit A 1556 IU Vit C 76.0* mg Sugar 43.0*g 34.3%Cal Prot 25.7g 20.5%Cal Carb 86.7g 69.2%Cal T.Fat 6.6g 11.9%Cal S.Fat 2.3g 4.1%Cal	Nutrients Target Cals... 556 100% Chol... 102 mg Sodium. 817 mg Fiber.. 12.3 g Iron... 4.5 mg Calcium 567.2 mg Vit A 3531 IU Vit C 52.6* mg Sugar 30.2*g 21.7%Cal Prot 30.6g 22.0%Cal Carb 75.5g 54.3%Cal T.Fat 15.8g 25.6%Cal S.Fat 5.7g 9.2%Cal
Dec - 7 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat PICKLE KETCHUP	Dec - 8 ROTINI WITH MEAT 1c TOSSED SALAD 1/4c SLC GRN PEPP FRESH APPLES MILK,1% Lowfat GARLIC BREAD ITALIAN DRESSING	Dec - 9 APPLE CREPES SAUSAGE PATTY 1/2c CUCUMBER 1/2c HASH BROWN ORANGE JUICE MILK,1% Lowfat SYRUP	Dec - 10 BEEF SANDWICH 1/2c WAFFLE FRIES 1/2c MIXED VEGETAB MIXED BERRIES MILK,1% Lowfat KETCHUP	Dec - 11 PEPPERONI PIZZA 1/2c CORN 1/2c ZUCCHINI PEARS MILK,1% Lowfat
Nutrients Target Cals... 852 131% Chol... 47 mg Sodium. 1819 mg Fiber.. 12.7 g Iron... 4.7 mg Calcium 450.8 mg Vit A 891 IU Vit C 22.3* mg Sugar 16.7*g 7.8%Cal Prot 23.2g 10.9%Cal Carb 123.5g 58.0%Cal T.Fat 30.1g 31.8%Cal S.Fat 9.7g 10.2%Cal	Nutrients Target Cals... 1081 166% Chol... 97 mg Sodium. 2883 mg Fiber.. 10.8 g Iron... 4.3 mg Calcium1251.9 mg Vit A 5554 IU Vit C 74.6* mg Sugar 34.8*g 12.9%Cal Prot 50.9g 18.8%Cal Carb 124.8g 46.2%Cal T.Fat 45.0g 37.5%Cal S.Fat 18.7g 15.6%Cal	Nutrients Target Cals... 896 138% Chol... 53 mg Sodium. 811 mg Fiber.. 7.6 g Iron... 4.3 mg Calcium 424.2 mg Vit A 1403 IU Vit C 46.3* mg Sugar 25.4*g 11.3%Cal Prot 22.7g 10.1%Cal Carb 124.1g 55.4%Cal T.Fat 35.6g 35.8%Cal S.Fat 3.7g 3.7%Cal	Nutrients Target Cals... 689 106% Chol... 46 mg Sodium. 1045 mg Fiber.. 10.7 g Iron... 3.7* mg Calcium375.0* mg Vit A 1228* IU Vit C 9.6* mg Sugar 32.1*g 18.6%Cal Prot 30.5g 17.7%Cal Carb 94.6g 54.9%Cal T.Fat 20.3g 26.5%Cal S.Fat 6.4g 8.3%Cal	Nutrients Target Cals... 825 127% Chol... 47 mg Sodium. 606 mg Fiber.. 18.3 g Iron... 7.2* mg Calcium734.1* mg Vit A 12468* IU Vit C 136.9* mg Sugar 63.3*g 30.7%Cal Prot 41.4g 20.1%Cal Carb 127.0g 61.6%Cal T.Fat 29.5g 32.2%Cal S.Fat 11.2g 12.2%Cal
Dec - 14 GRILLED CHEESE TOMATO SOUP 1/2c CAULIFLOWER FRUIT SALAD MILK,1% Lowfat	Dec - 15 BBQ GRILL CHK SAN 1/2c SWEET POTATO 1/2c GREEN BEANS ORANGES HALVES MILK,1% Lowfat	Dec - 16 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	Dec - 17 DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat	Dec - 18 CHRSTMAS NUGGET 1/2c BAKED FRIES 1/2c CARROT STICKS RASPBERRIES MILK,1% Lowfat FROSTY ICE CREAM KETCHUP

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.

DECEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 536 98% Chol... 51 mg Sodium. 1344 mg Fiber.. 6.3 g Iron... 2.5* mg Calcium817.2* mg Vit A 2056* IU Vit C 58.5* mg Sugar 15.5*g 11.6%Cal Prot 31,8g 23.8%Cal Carb 74.9g 55.9%Cal T.Fat 13.8g 23.2%Cal S.Fat 7.7g 13.0%Cal	Nutrients Target Cals... 429 78% Chol... 57 mg Sodium. 701 mg Fiber.. 6.2 g Iron... 2.9* mg Calcium388.4* mg Vit A 11359* IU Vit C 50.0* mg Sugar 18.8*g 17.5%Cal Prot 24.1g 22.4%Cal Carb 53.7g 50.0%Cal T.Fat 13.9g 29.1%Cal S.Fat 4.6g 9.7%Cal	Nutrients Target Cals... 794 122% Chol... 40 mg Sodium. 1033 mg Fiber.. 6.5 g Iron... 5.0* mg Calcium612.5* mg Vit A 542* IU Vit C 14.2* mg Sugar 28.1*g 14.2%Cal Prot 24.6g 12.4%Cal Carb 128.7g 64.8%Cal T.Fat 21.8g 24.7%Cal S.Fat 4.4g 5.0%Cal	Nutrients Target Cals... 456 83% Chol... 32 mg Sodium. 757 mg Fiber.. 7.7* g Iron... 4.9* mg Calcium988.7* mg Vit A 13290* IU Vit C 15.1* mg Sugar 16.2*g 14.2%Cal Prot 33.7g 29.6%Cal Carb 60.3g 52.9%Cal T.Fat 10.5g 20.7%Cal S.Fat 5.2*g 10.2%Cal	Nutrients Target Cals... 793 122% Chol... 68 mg Sodium. 877 mg Fiber.. 15.2* g Iron... 3.9* mg Calcium442.6* mg Vit A 10906* IU Vit C 44.8* mg Sugar 21.6*g 10.9%Cal Prot 29.7g 15.0%Cal Carb 100.9g 50.9%Cal T.Fat 30.8g 35.0%Cal S.Fat 10.0*g 11.4%Cal
Dec - 21	Dec - 22	Dec - 23	Dec - 24	Dec - 25
Dec - 28	Dec - 29	Dec - 30	Dec - 31	

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