

Child Nutrition Program

Anniston High School Lunch Menu

Jan 4, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8 BBQ Pork Rib Sandwich Hamburger Fries Creamy Coleslaw Ketchup (2) Mustard (1) Juice Fruit M & M Cookie Milk 1% Chocolate Milk Strawberry Milk	Jan - 9 Cheese Pizza Dippers Pizza, Pepperoni 4X6, Tony' Corn Niblets Tomato Sauce Glazed Carrots Juice Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk	Jan - 10 Chicken Tenders Chicken Nuggets Black Eye Peas Steamed Cabbage Whole Wheat Roll Ketchup (2) Juice M & M Cookie Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk	Jan - 11 Steak and Gravy Breaded Chicken Sand Mashed Potatoes Green Beans Whole Wheat Roll Apple Juice Ketchup (2) Cheese Slice Milk 1% Chocolate Milk Strawberry Milk	Jan - 12 Corndog Hotdog Sweet Potatoes Fries Broccoli w/Cheese Sauce Diced Onions Ketchup (2) Mustard (1) Rosey Applesauce Juice Milk 1% Chocolate Milk Strawberry Milk	Avg Nutrients Target Cals... 751 100% Sodium. 1243 mg S.Fat 5.4g 6.5%Cal
Nutrients Target Cals... 755 100% Sodium. 725 mg S.Fat 4.7g 5.5%Cal	Nutrients Target Cals... 709 94% Sodium. 1289 mg S.Fat 5.5g 7.0%Cal	Nutrients Target Cals... 784 100% Sodium. 1227 mg S.Fat 3.5g 4.0%Cal	Nutrients Target Cals... 803 100% Sodium. 1717 mg S.Fat 7.0g 7.9%Cal	Nutrients Target Cals... 704 94% Sodium. 1257 mg S.Fat 6.5g 8.3%Cal	
Jan - 15	Jan - 16 Hamburger Grilled Chicken Sandwich Quick Baked Potato Creamy Coleslaw Carrot Sticks Celery Sticks Apple Juice Ketchup (2) Mustard (1) Ranch Dressing Milk 1% Chocolate Milk Strawberry Milk	Jan - 17 Nachos w/Beef/Doritos Crispito Brown Rice Corn Niblets Pinto Beans Salsa Juice Applesauce Milk 1% Chocolate Milk Strawberry Milk	Jan - 18 Beef-A-Roni Chicken Bites Glazed Carrots Green Beans Whole Wheat Roll Juice Fruit Brownie Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk	Jan - 19 Beef slider Breaded Chicken Sand Fries Baked Beans Juice Ketchup (2) Fruit Milk 1% Chocolate Milk Strawberry Milk	Avg Nutrients Target Cals... 831 100% Sodium. 1180 mg S.Fat 5.8g 6.3%Cal
	Nutrients Target Cals... 672 90% Sodium. 962 mg S.Fat 2.8g 3.8%Cal	Nutrients Target Cals... 872 103% Sodium. 1033 mg S.Fat 8.8g 9.1%Cal	Nutrients Target Cals... 863 101% Sodium. 1086 mg S.Fat 5.8g 6.1%Cal	Nutrients Target Cals... 915 108% Sodium. 1638 mg S.Fat 5.9g 5.8%Cal	

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.

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Jan - 22 Pizza, Pepperoni 4X6, Tony' Pizza, Cheese Sticks, Tony's Tomato Sauce California Vegetables Romaine Spinach Salad Carrot Sticks Ranch Dressing Juice Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk	Jan - 23 Nachos w/Beef/Doritos Chicken Fajita Pinto Beans Corn Niblets Brown Rice Shredded Lettuce Salsa Juice Fruit Milk 1% Chocolate Milk Strawberry Milk	Jan - 24 Chicken Tenders Hot wings Fries Creamy Coleslaw Toasted Buns Ketchup (2) Juice Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk	Jan - 25 Grilled Chicken Salisbury Steak Gravy Broccoli w/Cheese Sauce Glazed Carrots Brown Rice Toasted Buns Juice Mandarin Oranges M & M Cookie Milk 1% Chocolate Milk Strawberry Milk	Jan - 26 Hamburger Baked Spaghetti Corn on the Cob Green Beans Breadstick WW Romaine Spinach Salad Ranch Dressing Ketchup (2) Mustard (1) Juice Fruit Milk 1% Chocolate Milk Strawberry Milk	Avg Nutrients Target Cals... 730 97% Sodium. 1166 mg S.Fat 6.2g 7.7%Cal
Nutrients Target Cals... 607 81% Sodium. 1082 mg S.Fat 4.9g 7.3%Cal	Nutrients Target Cals... 721 96% Sodium. 1230 mg S.Fat 7.7g 9.7%Cal	Nutrients Target Cals... 826 100% Sodium. 1241 mg S.Fat 5.6g 6.1%Cal	Nutrients Target Cals... 777 100% Sodium. 1164 mg S.Fat 8.1g 9.4%Cal	Nutrients Target Cals... 719 96% Sodium. 1111 mg S.Fat 4.7g 5.9%Cal	
Jan - 29 BBQ Rib Sandwich Fish Sandwich Sweet Potatoes Fries Creamy Coleslaw TARTAR SAUCE Ketchup (2) Juice Fruit Rice Krispy Mini Milk 1% Chocolate Milk Strawberry Milk	Jan - 30 Spicy Chicken Sand Chicken Tender Sandwich Potato Wedges Corn on the Cob Carrot Sticks Ranch Dressing Mayo (1) Ketchup (2) Juice Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk	Jan - 31 Hot wings Chicken Bites Corn Niblets Fries Celery Sticks Juice Fruit Toasted Buns Ranch Dressing Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk			Avg Nutrients Target Cals... 812 100% Sodium. 1179 mg S.Fat 4.2*g 4.7%Cal
Nutrients Target Cals... 831 100% Sodium. 1329 mg S.Fat 4.5*g 4.8%Cal	Nutrients Target Cals... 794 100% Sodium. 1022 mg S.Fat 2.9*g 3.3%Cal	Nutrients Target Cals... 812 100% Sodium. 1186 mg S.Fat 5.3*g 5.9%Cal			

USDA is an equal opportunity provider and employer.

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