

# Child Nutrition Program

## Anniston High School Lunch Menu

Jan 4, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Mar - 1  Steak and Gravy Breaded Chicken Sand Mashed Potatoes Green Beans Whole Wheat Roll Apple Juice Ketchup (2) Mayo (1) Cheese Slice Milk 1% Chocolate Milk Strawberry Milk	Mar - 2  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...            765        100% Sodium.        1496 mg S.Fat        6.9g        8.1%Cal
			Nutrients            Target Cals...            825        100% Sodium.        1735 mg S.Fat        7.3g        8.0%Cal	Nutrients            Target Cals...            704        94% Sodium.        1257 mg S.Fat        6.5g        8.3%Cal	
Mar - 5  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	Mar - 6  Chicken Broccoli Steak and Gravy Black Eye Peas Collard Greens Juice Chilled Pineapple Whole Wheat Roll Milk 1% Chocolate Milk Strawberry Milk	Mar - 7  Nachos w/Beef/Doritos Mexican Pizza Brown Rice Corn Niblets Pinto Beans Juice Salsa Juice Applesauce Milk 1% Chocolate Milk Strawberry Milk	Mar - 8  Beef-A-Roni Chicken Bites Glazed Carrots Green Beans Whole Wheat Roll Juice Fruit Brownie Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk	Mar - 9  Beef slider Breaded Chicken Sand Fries Baked Beans Juice Ketchup (2) Fruit Milk 1% Chocolate Milk Strawberry Milk	Avg Nutrients    Target Cals...            802        100% Sodium.        1142 mg S.Fat        6.1g        6.9%Cal
Nutrients            Target Cals...            672        90% Sodium.        962 mg S.Fat        2.8g        3.8%Cal	Nutrients            Target Cals...            757        100% Sodium.        953 mg S.Fat        7.4g        8.8%Cal	Nutrients            Target Cals...            804        100% Sodium.        1071 mg S.Fat        8.8g        9.8%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 12	Mar - 13	Mar - 14	Mar - 15	Mar - 16	Avg Nutrients Target
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	Nachos w/Beef/Doritos Mexican Pizza Pinto Beans Corn Niblets Brown Rice Shredded Lettuce Salsa Juice Fruit Milk 1% Chocolate Milk Strawberry Milk	Chicken Tenders Hot wings Fries Creamy Coleslaw Toasted Buns Ketchup (2) Juice Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk	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	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	Cals... 736 98% Sodium. 1155 mg S.Fat 6.4g 7.9%Cal
Nutrients Target Cals... 607 81% Sodium. 1082 mg S.Fat 4.9g 7.3%Cal	Nutrients Target Cals... 751 100% Sodium. 1178 mg S.Fat 8.8g 10.5%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	
Mar - 19	Mar - 20	Mar - 21	Mar - 22	Mar - 23	Avg Nutrients Target
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	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	Hot wings Chicken Bites Corn Niblets Fries Celery Sticks Juice Fruit Toasted Buns Ranch Dressing Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk	Baked Chicken Salisbury Steak Gravy Brown Rice Collard Greens Glazed Carrots Whole Wheat Roll Juice Fruit Milk 1% Chocolate Milk Strawberry Milk	Hamburger Breaded Chicken Sand Green Beans Baked Beans Ketchup (2) Mustard (1) Mayo (1) Juice Fruit Cheese Slice Milk 1% Chocolate Milk Strawberry Milk	Cals... 775 100% Sodium. 1241 mg S.Fat 4.7*g 5.4%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	Nutrients Target Cals... 679 90% Sodium. 684 mg S.Fat 5.1*g 6.8%Cal	Nutrients Target Cals... 760 100% Sodium. 1986 mg S.Fat 5.7*g 6.7%Cal	

USDA is an equal opportunity provider and employer.

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