

# Child Nutrition Program

## ANNISTON MIDDLE SCHOOL LUNCH MENU

Jan 4, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1  Spaghetti w/Meat Sauce Corn Niblets Green Beans Breadstick WW Sherbet Cup Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 2  Hotdog Sweet Potatoes Fries Creamy Coleslaw Fruit Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            600    100% Sodium.           875 mg S.Fat    5.6g    8.4%Cal
			Nutrients                    Target Cals...            528            88% Sodium.           562 mg S.Fat    2.8g    4.7%Cal	Nutrients                    Target Cals...            672            100% Sodium.           1188 mg S.Fat    8.4g    11.3%Cal	
Feb - 5  Barbecue Chicken on Bun Fish Sandwich Potato Wedges Baked Beans Tartar Sauce PP Ketchup (2) Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 6  Beef-A-Roni Corn Niblets Romaine Spinach Salad Ranch Dressing Apple Rice Krispy Mini Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 7  Chicken Nuggets Green Beans Glazed Carrots Whole Wheat Roll Pears Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 8  Chili Cheese Toast Quick Baked Potato Broccoli w/Cheese Sauce Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 9  Hamburger Sweet Potatoes Fries Corn on the Cob Ketchup (2) Mustard (1) Banana Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            659            100% Sodium.           927 mg S.Fat    4.6*g    6.2%Cal
Nutrients                    Target Cals...            785            112% Sodium.           1364 mg S.Fat    2.3g    2.6%Cal	Nutrients                    Target Cals...            627            100% Sodium.           611 mg S.Fat    5.5*g    7.9%Cal	Nutrients                    Target Cals...            593            99% Sodium.           1009 mg S.Fat    3.7*g    5.6%Cal	Nutrients                    Target Cals...            623            100% Sodium.           915 mg S.Fat    6.4*g    9.2%Cal	Nutrients                    Target Cals...            668            100% Sodium.           735 mg S.Fat    5.0*g    6.7%Cal	

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

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Feb - 12 Chicken Tenders Corn on the Cob Mashed Potatoes Whole Wheat Roll Sliced Peaches Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 13 Grilled Chicken Sandwich Quick Baked Potato Green Beans Carrot Sticks Ranch Dressing Ketchup (2) Mayo (1) Oranges Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 14 Beefy Burrito Pinto Beans Corn Niblets Brown Rice Salsa Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 15 Turkey and Noodles Collard Greens Black Eye Peas Whole Wheat Roll Mandarin Oranges Brownie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 16 Cheese Pizza Dippers Pizza, Pepperoni 4X6, Tony' Tomato Sauce California Vegetables Romaine Spinach Salad Ranch Dressing Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            649        100% Sodium.        1092 mg S.Fat    3.8*g    5.3%Cal
Nutrients            Target Cals...            630        100% Sodium.        1004 mg S.Fat    2.8*g    4.1%Cal	Nutrients            Target Cals...            597        99% Sodium.        1092 mg S.Fat    1.5*g    2.2%Cal	Nutrients            Target Cals...            740        106% Sodium.        1031 mg S.Fat    7.0*g    8.6%Cal	Nutrients            Target Cals...            709        101% Sodium.        1251 mg S.Fat    3.0*g    3.8%Cal	Nutrients            Target Cals...            572        95% Sodium.        1085 mg S.Fat    4.7*g    7.4%Cal	
Feb - 19	Feb - 20 Fish Sandwich Hotdog Quick Baked Potato Creamy Coleslaw Sherbet Cup Tartar Sauce PP Ketchup (2) Mustard (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 21 Pizza, Pepperoni 4X6, Tony' Pizza, Cheese Sticks, Tony's Tomato Sauce Corn Niblets Romaine Spinach Salad Carrot Sticks Ranch Dressing Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 22 Baked Chicken Collard Greens Glazed Carrots Whole Wheat Roll Rice Krispy Mini Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 23 Nachos w/Beef/Doritos Brown Rice Pinto Beans Salsa Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            666        100% Sodium.        975 mg S.Fat    6.2*g    8.4%Cal
	Nutrients            Target Cals...            692        100% Sodium.        1037 mg S.Fat    5.3*g    6.8%Cal	Nutrients            Target Cals...            600        100% Sodium.        1177 mg S.Fat    5.5*g    8.2%Cal	Nutrients            Target Cals...            636        100% Sodium.        553 mg S.Fat    4.2*g    5.9%Cal	Nutrients            Target Cals...            736        105% Sodium.        1135 mg S.Fat    9.9*g    12.1%Cal	

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Feb - 26 Breaded Chicken Sand Green Beans Creamy Coleslaw Mandarin Oranges Mayo (1) Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 27 Cheesy Chicken & Rice Broccoli w/Cheese Sauce Glazed Carrots Fruit M & M Cookie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Feb - 28 Steak and Gravy Chicken Nuggets Corn Niblets Mashed Potatoes Whole Wheat Roll Apple Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk			Avg Nutrients    Target Cals...            598        100% Sodium.           911 mg S.Fat    4.2*g    6.4%Cal
Nutrients            Target Cals...            517        86% Sodium.           1003 mg S.Fat    2.0*g    3.5%Cal	Nutrients            Target Cals...            658        100% Sodium.           692 mg S.Fat    5.9*g    8.1%Cal	Nutrients            Target Cals...            619        100% Sodium.           1039 mg S.Fat    4.8*g    7.0%Cal			

USDA is an equal opportunity provider and employer.

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