

Child Nutrition Program

ANNISTON MIDDLE SCHOOL LUNCH MENU

Jan 4, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8 Breaded Chicken Sand Green Beans Creamy Coleslaw Mandarin Oranges Mayo (1) Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 9 Steak and Gravy Chicken Nuggets Corn Niblets Mashed Potatoes Whole Wheat Roll Apple Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 10 Sausage Pizza Pizza, Cheese 4X6, Tony's California Vegetables Carrot Sticks Fruit Ranch Dressing Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 11 Nachos w/Beef/Doritos Crispito Pinto Beans Brown Rice Salsa Fruit Brownie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 12 Cheesy Chicken & Rice Broccoli w/Cheese Sauce Glazed Carrots Fruit M & M Cookie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 636 100% Sodium. 1020 mg S.Fat 4.9g 7.0%Cal
Nutrients Target Cals... 517 86% Sodium. 1003 mg S.Fat 2.0g 3.5%Cal	Nutrients Target Cals... 619 100% Sodium. 1039 mg S.Fat 4.8g 7.0%Cal	Nutrients Target Cals... 536 89% Sodium. 933 mg S.Fat 3.3g 5.6%Cal	Nutrients Target Cals... 852 122% Sodium. 1432 mg S.Fat 8.7g 9.2%Cal	Nutrients Target Cals... 658 100% Sodium. 692 mg S.Fat 5.9g 8.1%Cal	
Jan - 15	Jan - 16 Hamburger BBQ Rib Sandwich Fries Corn on the Cob Mayo/Mustard Ketchup (2) Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 17 Salisbury Steak Gravy Brown Rice Broccoli w/Cheese Sauce Glazed Carrots Whole Wheat Roll Sherbet Cup Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 18 Corndog Fries Celery Sticks Fruit Ranch Dressing Mustard (1) Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 19 Ham and Cheese Sandwich Green Beans Sweet Potatoes Fries Mayo (1) Ketchup (1) Mustard (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 720 103% Sodium. 1305 mg S.Fat 5.4g 6.7%Cal
	Nutrients Target Cals... 720 103% Sodium. 967 mg S.Fat 5.8g 7.3%Cal	Nutrients Target Cals... 671 100% Sodium. 1106 mg S.Fat 7.8g 10.4%Cal	Nutrients Target Cals... 599 100% Sodium. 946 mg S.Fat 3.7g 5.6%Cal	Nutrients Target Cals... 889 127% Sodium. 2204 mg S.Fat 4.1g 4.2%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
Jan - 22 BBQ Chicken Sandwich Fish Sandwich Quick Baked Potato Creamy Coleslaw Ketchup (2) Tartar Sauce PP Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 23 BBQ Pork Rib Sandwich Hotdog Potato Wedges Corn on the Cob Sliced Peaches Ketchup (2) Mustard (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 24 Chicken Tenders Steak and Gravy Mashed Potatoes Green Beans Carrot Sticks Whole Wheat Roll Oranges Ranch Dressing Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 25 Baked Chicken Black Eye Peas Collard Greens Whole Wheat Roll Fruit M & M Cookie Milk 1% Chocolate Milk Strawberry Milk	Jan - 26 Beef slider Corn Niblets Sweet Potatoes Fries Ketchup (2) Mustard (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 625 100% Sodium. 895 mg S.Fat 4.2g 6.0%Cal
Nutrients Target Cals... 695 100% Sodium. 935 mg S.Fat 2.6g 3.4%Cal	Nutrients Target Cals... 574 96% Sodium. 807 mg S.Fat 4.2g 6.6%Cal	Nutrients Target Cals... 596 99% Sodium. 1365 mg S.Fat 4.6g 7.0%Cal	Nutrients Target Cals... 711 102% Sodium. 709 mg S.Fat 4.8g 6.1%Cal	Nutrients Target Cals... 553 92% Sodium. 657 mg S.Fat 4.7g 7.6%Cal	
Jan - 29 Breaded Chicken Sand Fries Broccoli w/Cheese Sauce Mayo (1) Ketchup (2) Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 30 Beefy Burrito Brown Rice Pinto Beans Carrot Sticks Salsa Ranch Dressing Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 31 Pizza, Cheese Sticks, Tony's Pizza, Pepperoni 4X6, Tony' Tomato Sauce California Vegetables Romaine Spinach Salad Ranch Dressing Banana Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk			Avg Nutrients Target Cals... 610 100% Sodium. 1011 mg S.Fat 5.2g 7.7%Cal
Nutrients Target Cals... 610 100% Sodium. 866 mg S.Fat 3.6g 5.3%Cal	Nutrients Target Cals... 653 100% Sodium. 1112 mg S.Fat 6.9g 9.5%Cal	Nutrients Target Cals... 567 94% Sodium. 1053 mg S.Fat 5.2g 8.3%Cal			

USDA is an equal opportunity provider and employer.

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