

Child Nutrition Program

ANNISTON MIDDLE SCHOOL LUNCH MENU

Jan 4, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Mar - 1 Nachos w/Beef/Doritos Crispito Pinto Beans Brown Rice Salsa Fruit Brownie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 2 Sausage Pizza Pizza, Cheese 4X6, Tony's California Vegetables Carrot Sticks Fruit Ranch Dressing Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 694 100% Sodium. 1183 mg S.Fat 6.0g 7.8%Cal
			Nutrients Target Cals... 852 122% Sodium. 1432 mg S.Fat 8.7g 9.2%Cal	Nutrients Target Cals... 536 89% Sodium. 933 mg S.Fat 3.3g 5.6%Cal	
Mar - 5 Hamburger BBQ Rib Sandwich Fries Corn on the Cob Mustard (1) Ketchup (2) Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 6 Steak and Gravy Brown Rice Broccoli w/Cheese Sauce Glazed Carrots Whole Wheat Roll Sherbet Cup Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 7 Nachos w/Beef/Doritos Brown Rice Pinto Beans Corn Niblets Taco Sauce Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 8 Corndog Fries Celery Sticks Fruit Ranch Dressing Mustard (1) Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 9 Breaded Chicken Sand Green Beans Sweet Potatoes Fries Mayo (1) Ketchup (2) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 696 100% Sodium. 1115 mg S.Fat 6.2g 8.0%Cal
Nutrients Target Cals... 720 103% Sodium. 967 mg S.Fat 5.8g 7.3%Cal	Nutrients Target Cals... 678 100% Sodium. 1050 mg S.Fat 8.1g 10.8%Cal	Nutrients Target Cals... 732 105% Sodium. 1152 mg S.Fat 10.1g 12.4%Cal	Nutrients Target Cals... 599 100% Sodium. 946 mg S.Fat 3.7g 5.6%Cal	Nutrients Target Cals... 750 107% Sodium. 1458 mg S.Fat 3.2g 3.8%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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Mar - 12 Chicken Bites Fish Sandwich Quick Baked Potato Creamy Coleslaw Ketchup (2) Tartar Sauce PP Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 13 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	Mar - 14 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	Mar - 15 Baked Chicken Black Eye Peas Collard Greens Whole Wheat Roll Fruit M & M Cookie Milk 1% Chocolate Milk Strawberry Milk	Mar - 16 Beef slider Corn Niblets Sweet Potatoes Fries Ketchup (2) Mustard (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 628 100% Sodium. 916 mg S.Fat 4.3g 6.2%Cal
Nutrients Target Cals... 708 101% Sodium. 1042 mg S.Fat 3.2g 4.0%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	
Mar - 19 Breaded Chicken Sand Fries Broccoli w/Cheese Sauce Mayo (1) Ketchup (2) Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 20 Beefy Burrito Brown Rice Pinto Beans Carrot Sticks Salsa Ranch Dressing Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 21 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	Mar - 22 Spaghetti w/Meat Sauce Corn Niblets Green Beans Breadstick WW Sherbet Cup Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 23 Hotdog Sweet Potatoes Fries Creamy Coleslaw Fruit Ketchup (2) Mustard (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 607 100% Sodium. 960 mg S.Fat 5.4g 8.0%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... 572 95% Sodium. 1066 mg S.Fat 5.2g 8.2%Cal	Nutrients Target Cals... 528 88% Sodium. 562 mg S.Fat 2.8g 4.7%Cal	Nutrients Target Cals... 674 100% Sodium. 1193 mg S.Fat 8.4g 11.3%Cal	

USDA is an equal opportunity provider and employer.

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