

Child Nutrition Program

ANNISTON MIDDLE SCHOOL LUNCH MENU

Jul 3, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Aug - 8 Breaded Chicken Sand Fries Broccoli w/Cheese Sauce Mayo (1) Ketchup (1) Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 9 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	Aug - 10 Beefy Burrito Brown Rice Pinto Beans Carrot Sticks Salsa Ranch Dressing Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 11 Spaghetti w/Meat Sauce Corn Niblets Green Beans Breadstick WW Sherbet Cup Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 596 99% Sodium. 913 mg S.Fat 4.7g 7.1%Cal
	Nutrients Target Cals... 600 100% Sodium. 841 mg S.Fat 3.6g 5.4%Cal	Nutrients Target Cals... 603 100% Sodium. 1136 mg S.Fat 5.5g 8.3%Cal	Nutrients Target Cals... 653 100% Sodium. 1112 mg S.Fat 6.9g 9.5%Cal	Nutrients Target Cals... 528 88% Sodium. 562 mg S.Fat 2.8g 4.7%Cal	
Aug - 14 Chicken Tenders Brown Rice Gravy Steamed Cabbage Carrot Sticks Ranch Dressing Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 15 Fish Sandwich Kickin Chicken Sand Quick Baked Potato Creamy Coleslaw Sherbet Cup Tartar Sauce PP Ketchup (1) Ranch Dressing Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 16 Nachos w/Beef/Doritos Brown Rice Pinto Beans Salsa Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 17 Baked Chicken Collard Greens Glazed Carrots Whole Wheat Roll Rice Krispy Mini Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 18 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	Avg Nutrients Target Cals... 582 97% Sodium. 923 mg S.Fat 3.9*g 6.0%Cal
Nutrients Target Cals... 467 78% Sodium. 760 mg S.Fat 2.1g 4.1%Cal	Nutrients Target Cals... 642 100% Sodium. 1248 mg S.Fat 2.4g 3.3%Cal	Nutrients Target Cals... 563 94% Sodium. 879 mg S.Fat 5.2g 8.3%Cal	Nutrients Target Cals... 636 100% Sodium. 553 mg S.Fat 4.2*g 5.9%Cal	Nutrients Target Cals... 600 100% Sodium. 1177 mg S.Fat 5.5*g 8.2%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
Aug - 21 Breaded Chicken Sand Green Beans Creamy Coleslaw Mandarin Oranges Mayo (1) Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 22 Cheesy Chicken & Rice Broccoli w/Cheese Sauce Glazed Carrots Fruit M & M Cookie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 23 Steak and Gravy Chicken Nuggets Corn Niblets Mashed Potatoes Whole Wheat Roll Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 24 Nachos w/Beef/Doritos Pinto Beans Brown Rice Salsa Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 25 Sausage Pizza Hot wings California Vegetables Carrot Sticks Toasted Buns Fruit Ranch Dressing Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 608 100% Sodium. 992 mg S.Fat 5.3*g 7.9%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... 614 100% Sodium. 1026 mg S.Fat 4.8*g 7.0%Cal	Nutrients Target Cals... 705 101% Sodium. 1200 mg S.Fat 9.9*g 12.6%Cal	Nutrients Target Cals... 545 91% Sodium. 1042 mg S.Fat 4.0*g 6.6%Cal	
Aug - 28 Hamburger BBQ Rib Sandwich Fries Corn on the Cob Mayo/Mustard Ketchup (1) Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 29 Hamburger Steak Grilled Chicken Gravy Brown Rice Broccoli w/Cheese Sauce Glazed Carrots Whole Wheat Roll Sherbet Cup Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 30 Nachos w/Beef/Doritos Brown Rice Pinto Beans Corn Niblets Taco Sauce Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 31 Hot wings Chicken Tenders Fries Celery Sticks Fruit Whole Wheat Roll Ranch Dressing Mustard (1) Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk		Avg Nutrients Target Cals... 685 100% Sodium. 1003 mg S.Fat 6.5*g 8.5%Cal
Nutrients Target Cals... 712 102% Sodium. 945 mg S.Fat 5.8*g 7.4%Cal	Nutrients Target Cals... 614 100% Sodium. 924 mg S.Fat 4.9*g 7.2%Cal	Nutrients Target Cals... 732 105% Sodium. 1152 mg S.Fat 10.1*g 12.4%Cal	Nutrients Target Cals... 681 100% Sodium. 992 mg S.Fat 5.2*g 6.9%Cal		

USDA is an equal opportunity provider and employer.

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