

# Child Nutrition Program

## ANNISTON MIDDLE SCHOOL LUNCH MENU

Jul 3, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Nov - 1  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	Nov - 2  Baked Chicken Black Eye Peas Collard Greens Whole Wheat Roll Fruit M & M Cookie Milk 1% Chocolate Milk Strawberry Milk	Nov - 3  Beef slider Corn Niblets Sweet Potatoes Fries Ketchup (1) Mustard (1) Mayo (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            617        100% Sodium.           879 mg S.Fat    4.8g    7.0%Cal
		Nutrients            Target Cals...            597        99% Sodium.           1366 mg S.Fat    4.6g    7.0%Cal	Nutrients            Target Cals...            685        100% Sodium.           618 mg S.Fat    4.9g    6.4%Cal	Nutrients            Target Cals...            568        95% Sodium.           652 mg S.Fat    5.0g    7.9%Cal	
Nov - 6  Breaded Chicken Sand Fries Broccoli w/Cheese Sauce Mayo (1) Ketchup (1) Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 7  Beefy Burrito Brown Rice Pinto Beans Carrot Sticks Salsa Ranch Dressing Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 8  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	Nov - 9  Hotdog Sweet Potatoes Fries Creamy Coleslaw Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 10  Avg Nutrients    Target Cals...            627        100% Sodium.           1057 mg S.Fat    6.1g    8.8%Cal	
Nutrients            Target Cals...            600        100% Sodium.           841 mg S.Fat    3.6g    5.4%Cal	Nutrients            Target Cals...            653        100% Sodium.           1112 mg S.Fat    6.9g    9.5%Cal	Nutrients            Target Cals...            603        100% Sodium.           1136 mg S.Fat    5.5g    8.3%Cal	Nutrients            Target Cals...            652        100% Sodium.           1138 mg S.Fat    8.4g    11.7%Cal		

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

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Nov - 13 Barbecue Chicken on Bun Fish Sandwich Fries Baked Beans Tartar Sauce PP Ketchup (1) Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 14 Beef-A-Roni Corn Niblets Romaine Spinach Salad Ranch Dressing Apple Rice Krispy Mini Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 15 Chicken Nuggets Green Beans Glazed Carrots Whole Wheat Roll Fruit Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 16	Nov - 17 Hamburger Sweet Potatoes Fries Corn on the Cob Ketchup (1) Mustard (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            681        100% Sodium.           861 mg S.Fat    4.5*g    5.9%Cal
Nutrients            Target Cals...            766        109% Sodium.           1041 mg S.Fat    3.3g    3.9%Cal	Nutrients            Target Cals...            682        100% Sodium.           663 mg S.Fat    5.8*g    7.7%Cal	Nutrients            Target Cals...            613        100% Sodium.           1022 mg S.Fat    3.8*g    5.6%Cal		Nutrients            Target Cals...            663        100% Sodium.           718 mg S.Fat    4.9*g    6.6%Cal	
Nov - 20 Chicken Tenders Broccoli w/Cheese Sauce Glazed Carrots Whole Wheat Roll Pears Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 21 Grilled Chicken Sandwich Breaded Chicken Sand Fries Baked Beans Ketchup (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 22	Nov - 23	Nov - 24	Avg Nutrients    Target Cals...            683        100% Sodium.           1137 mg S.Fat    3.6*g    4.8%Cal
Nutrients            Target Cals...            624        100% Sodium.           964 mg S.Fat    4.5*g    6.5%Cal	Nutrients            Target Cals...            742        106% Sodium.           1310 mg S.Fat    2.7*g    3.3%Cal				

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Nov - 27	Nov - 28	Nov - 29	Nov - 30		Avg Nutrients    Target
Chicken Tenders	Fish Sandwich	Nachos w/Beef/Doritos	Baked Chicken		Cals...            586            98%
Brown Rice	Hotdog	Brown Rice	Collard Greens		Sodium.           800 mg
Gravy	Quick Baked Potato	Pinto Beans	Glazed Carrots		S.Fat    4.2*g    6.4%Cal
Steamed Cabbage	Creamy Coleslaw	Salsa	Whole Wheat Roll		
Carrot Sticks	Sherbet Cup	Rosey Applesauce	Rice Krispy Mini		
Ranch Dressing	Tartar Sauce PP	Milk 1%	Sliced Peaches		
Fruit	Ketchup (1)	Chocolate Milk	Milk 1%		
Milk 1%	Milk 1%	Strawberry Milk	Chocolate Milk		
Chocolate Milk	Chocolate Milk	Vanilla Milk	Strawberry Milk		
Strawberry Milk	Strawberry Milk		Vanilla Milk		
Vanilla Milk	Vanilla Milk				
Nutrients            Target	Nutrients            Target	Nutrients            Target	Nutrients            Target		
Cals...            467            78%	Cals...            679            100%	Cals...            563            94%	Cals...            636            100%		
Sodium.            760 mg	Sodium.            1007 mg	Sodium.            879 mg	Sodium.            553 mg		
S.Fat    2.1*g    4.1%Cal	S.Fat    5.3*g    7.0%Cal	S.Fat    5.2*g    8.3%Cal	S.Fat    4.2*g    5.9%Cal		

USDA is an equal opportunity provider and employer.

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