

# Child Nutrition Program

## ANNISTON MIDDLE SCHOOL LUNCH MENU

Jul 3, 2017

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 2 Chicken Tenders Brown Rice Gravy Steamed Cabbage Carrot Sticks Ranch Dressing Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 3 Fish Sandwich Hotdog Quick Baked Potato Creamy Coleslaw Sherbet Cup Tartar Sauce PP Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 4 Nachos w/Beef/Doritos Brown Rice Pinto Beans Salsa Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 5 Baked Chicken Collard Greens Glazed Carrots Whole Wheat Roll Rice Krispy Mini Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 6 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...            589            98% Sodium.           875 mg S.Fat    4.5*g    6.8%Cal
Nutrients            Target Cals...            467            78% Sodium.           760 mg S.Fat    2.1g    4.1%Cal	Nutrients            Target Cals...            679            100% Sodium.           1007 mg S.Fat    5.3g    7.0%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	
Oct - 9 Breaded Chicken Sand Green Beans Creamy Coleslaw Mandarin Oranges Mayo (1) Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 10 Cheesy Chicken & Rice Broccoli w/Cheese Sauce Glazed Carrots Fruit M & M Cookie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 11 Steak and Gravy Chicken Nuggets Corn Niblets Mashed Potatoes Whole Wheat Roll Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 12 Nachos w/Beef/Doritos Pinto Beans Brown Rice Salsa Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 13 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...            603            100% Sodium.           970 mg S.Fat    5.2*g    7.7%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...            522            87% Sodium.           931 mg S.Fat    3.3*g    5.7%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.

# Child Nutrition Program

## ANNISTON MIDDLE SCHOOL LUNCH MENU

Jul 3, 2017

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 16 Hamburger BBQ Rib Sandwich Fries Corn on the Cob Mayo/Mustard Ketchup (1) Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 17 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	Oct - 18 Beefy Burrito Brown Rice Pinto Beans Corn Niblets Taco Sauce Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 19 Corndog Fries Celery Sticks Fruit Ranch Dressing Mustard (1) Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 20 Breaded Chicken Sand Green Beans Sweet Potatoes Fries Mayo (1) Ketchup (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            678        100% Sodium.        1084 mg S.Fat 5.0*g    6.6%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...            696        100% Sodium.        1110 mg S.Fat 7.1*g    9.2%Cal	Nutrients            Target Cals...            626        100% Sodium.        1007 mg S.Fat 4.1*g    5.8%Cal	Nutrients            Target Cals...            741        106% Sodium.        1435 mg S.Fat 3.2*g    3.8%Cal	
Oct - 23	Oct - 24	Oct - 25	Oct - 26	Oct - 27	Avg Nutrients    Target Cals...            *N/A* Sodium.        *N/A* mg S.Fat *N/A*g    *N/A%Cal
Oct - 30 Chicken Bites Fish Sandwich Ranch Style Potatoes Creamy Coleslaw Ketchup (1) Tartar Sauce PP Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 31 BBQ Pork Rib Sandwich Hotdog Potato Wedges Corn on the Cob Sliced Peaches Ketchup (1) Mustard (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk				Avg Nutrients    Target Cals...            676        100% Sodium.        1053 mg S.Fat 5.3*g    7.1%Cal
Nutrients            Target Cals...            789        113% Sodium.        1324 mg S.Fat 6.5*g    7.4%Cal	Nutrients            Target Cals...            564        94% Sodium.        782 mg S.Fat 4.2*g    6.7%Cal				

USDA is an equal opportunity provider and employer.

**\*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.**