

Child Nutrition Program

Anniston High School Lunch Menu

Jul 3, 2017

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				Sep - 1 Hamburger Breaded Chicken Sand Green Beans Baked Beans Ketchup (2) Mustard (1) Mayo (1) Juice Fruit Cheese Slice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 792 100% Sodium. 2256 mg S.Fat 5.5g 6.3%Cal
				Nutrients Target Cals... 792 100% Sodium. 2256 mg S.Fat 5.5g 6.3%Cal	
Sep - 4	Sep - 5 Steak and Gravy Chicken Nuggets Gravy Quick Baked Potato Broccoli w/Cheese Sauce Whole Wheat Roll Ketchup (1) Juice Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 6 Barbecue Sandwich Fish Sandwich Potato Wedges Green Beans Creamy Coleslaw Juice Fruit M & M Cookie Ketchup (2) Tartar Sauce PP Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 7 Crispito Nachos w/Beef/Doritos Brown Rice Pinto Beans Romaine Spinach Salad Ranch Dressing Salsa Juice Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 8 Pizza, Pepperoni 4X6, Tony' Cheese Pizza Dippers California Vegetables Corn Niblets Tomato Sauce Carrot Sticks Ranch Dressing Juice Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 724 96% Sodium. 1115 mg S.Fat 5.7g 7.1%Cal
	Nutrients Target Cals... 702 94% Sodium. 1078 mg S.Fat 6.5g 8.3%Cal	Nutrients Target Cals... 796 100% Sodium. 1089 mg S.Fat 3.8g 4.3%Cal	Nutrients Target Cals... 751 100% Sodium. 1227 mg S.Fat 8.0g 9.5%Cal	Nutrients Target Cals... 645 86% Sodium. 1066 mg S.Fat 4.7g 6.6%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 High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 11	Sep - 12	Sep - 13	Sep - 14	Sep - 15	Avg Nutrients Target Cals... 715 95% Sodium. 1156 mg S.Fat 5.8g 7.3%Cal
BBQ Chicken Sandwich Hamburger Sweet Potatoes Fries Green Beans Mayo (1) Ketchup (1) Juice Sliced Peaches M & M Cookie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Baked Spaghetti Chicken Bites Corn Niblets Romaine Spinach Salad Ranch Dressing Breadstick WW Juice Chilled Pineapple Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nachos w/Beef/Doritos Crispito Brown Rice Pinto Beans Shredded Lettuce Salsa Juice Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Baked Chicken Pork Chop Broccoli w/Cheese Sauce Mac and Cheese Carrot Sticks Whole Wheat Roll Juice Fruit Brownie Ranch Dressing Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Pizza, Pepperoni 4X6, Tony' Pizza, Cheese Sticks, Tony's Tomato Sauce Potato Wedges Romaine Spinach Salad Ranch Dressing Ketchup (2) Juice Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	
Nutrients Target Cals... 795 100% Sodium. 1356 mg S.Fat 5.3g 6.0%Cal	Nutrients Target Cals... 648 86% Sodium. 984 mg S.Fat 3.7g 5.2%Cal	Nutrients Target Cals... 738 98% Sodium. 1165 mg S.Fat 8.2g 10.0%Cal	Nutrients Target Cals... 759 100% Sodium. 1223 mg S.Fat 6.6g 7.8%Cal	Nutrients Target Cals... 636 85% Sodium. 1052 mg S.Fat 5.2g 7.4%Cal	
Sep - 18	Sep - 19	Sep - 20	Sep - 21	Sep - 22	Avg Nutrients Target Cals... 708 94% Sodium. 1063 mg S.Fat 4.9*g 6.2%Cal
Fish Sandwich BBQ Chicken Sandwich Sweet Potatoes Fries Baked Beans Creamy Coleslaw Juice Apple Rice Krispy Mini Ketchup (1) Tartar Sauce PP Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Cheesy Chicken & Rice Chicken Tenders Green Beans Candied Sweet Potatoes Romaine Spinach Salad Ranch Dressing Whole Wheat Roll Ketchup (2) Juice Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Cheese Pizza Dippers Pizza, Pepperoni 4X6, Tony' Tomato Sauce California Vegetables Romaine Spinach Salad Ranch Dressing Juice Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Chicken Nuggets Beef-A-Roni Glazed Carrots Stir Fry Vegetables Whole Wheat Roll Juice Mandarin Oranges Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Beef slider BBQ Rib Sandwich Fries Broccoli w/Cheese Sauce Ketchup (2) Mustard (1) Mayo (1) Juice Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	
Nutrients Target Cals... 871 102% Sodium. 1494 mg S.Fat 2.9*g 3.0%Cal	Nutrients Target Cals... 704 94% Sodium. 889 mg S.Fat 4.0*g 5.1%Cal	Nutrients Target Cals... 555 74% Sodium. 1019 mg S.Fat 4.5*g 7.3%Cal	Nutrients Target Cals... 623 83% Sodium. 634 mg S.Fat 4.6*g 6.6%Cal	Nutrients Target Cals... 788 100% Sodium. 1280 mg S.Fat 8.4*g 9.6%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 High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29	Avg Nutrients Target
BBQ Pork Rib Sandwich	Cheese Pizza Dippers	Chicken Tenders	Steak and Gravy	Corndog	Cals... 685 91%
Hamburger	Pizza, Pepperoni 4X6, Tony'	Chicken Nuggets	Breaded Chicken Sand	Hotdog	Sodium. 1177 mg
Fries	Corn Niblets	Black Eye Peas	Mashed Potatoes	Sweet Potatoes Fries	S.Fat 5.3*g 7.0%Cal
Creamy Coleslaw	Tomato Sauce	Steamed Cabbage	Green Beans	Broccoli w/Cheese Sauce	
Ketchup (2)	Glazed Carrots	Whole Wheat Roll	Whole Wheat Roll	Diced Onions	
Mustard (1)	Juice	Ketchup (2)	Apple	Ketchup (2)	
Juice	Chilled Pineapple	Juice	Juice	Mustard (1)	
Fruit	Milk 1%	M & M Cookie	Ketchup (2)	Rosey Applesauce	
Milk 1%	Chocolate Milk	Sliced Peaches	Cheese Slice	Juice	
Chocolate Milk	Strawberry Milk	Milk 1%	Milk 1%	Milk 1%	
Strawberry Milk	Vanilla 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	Nutrients Target	
Cals... 617 82%	Cals... 699 93%	Cals... 711 95%	Cals... 748 100%	Cals... 652 87%	
Sodium. 639 mg	Sodium. 1306 mg	Sodium. 969 mg	Sodium. 1742 mg	Sodium. 1229 mg	
S.Fat 3.8*g 5.5%Cal	S.Fat 5.5*g 7.1%Cal	S.Fat 4.1*g 5.2%Cal	S.Fat 6.7*g 8.1%Cal	S.Fat 6.4*g 8.8%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.