

Child Nutrition Program

ANNISTON ELEMENTARY LUNCH MENU

Jul 3, 2017

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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---------|--|---|--|---|---|
| | | | | Sep - 1 Hamburger Corn on the Cob Baked Beans Mustard (1) Ketchup (1) Fruit Snack Chilled Pineapple Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Avg Nutrients Target Cals... 826 127% Sodium. 1336 mg S.Fat 5.7g 6.2%Cal |
| | | | | Nutrients Target Cals... 826 127% Sodium. 1336 mg S.Fat 5.7g 6.2%Cal | |
| Sep - 4 | Sep - 5 Hamburger Steak Broccoli w/Cheese Sauce Carrot Sticks Sliced Peaches Whole Wheat Roll Ranch Dressing Ketchup (1) Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Sep - 6 Crispito Pinto Beans Brown Rice Shredded Lettuce Ranch Dressing Salsa Apple *Milk 1% Chocolate Milk *Strawberry Milk *Vanilla Milk | Sep - 7 Sloppy Joes Green Beans Corn Niblets Sorbet, Rasp Swirl, FRZN 4 Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Sep - 8 Breaded Chicken Sand Potato Wedges Corn on the Cob Ketchup (1) Mandarin Oranges *Milk 1% Chocolate Milk *Strawberry Milk *Vanilla Milk | Avg Nutrients Target Cals... 620 100% Sodium. 1093 mg S.Fat 4.3g 6.3%Cal |
| | Nutrients Target Cals... 493 90% Sodium. 729 mg S.Fat 6.1g 11.2%Cal | Nutrients Target Cals... 653 101% Sodium. 1347 mg S.Fat 3.4g 4.6%Cal | Nutrients Target Cals... 615 100% Sodium. 1093 mg S.Fat 5.8g 8.5%Cal | Nutrients Target Cals... 721 111% Sodium. 1205 mg S.Fat 2.0g 2.5%Cal | |

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| Sep - 11 | Sep - 12 | Sep - 13 | Sep - 14 | Sep - 15 | Avg Nutrients Target |
| Salisbury Steak Yams Green Beans Whole Wheat Roll Oranges Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Fish Sandwich Potato Wedges Creamy Coleslaw Ketchup (2) Rosey Applesauce *Milk 1% Chocolate Milk *Strawberry Milk *Vanilla Milk | Beefy Burrito Pinto Beans Corn Niblets Taco Sauce Apple *Milk 1% Chocolate Milk *Strawberry Milk *Vanilla Milk | Baked Chicken Black Eye Peas Collard Greens Whole Wheat Roll Banana Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Pizza, Pepperoni 4X6, Tony' California Vegetables Carrot Sticks Ranch Dressing Pears *Milk 1% Chocolate Milk *Strawberry Milk *Vanilla Milk | Cals... 571 100% Sodium. 918 mg S.Fat 4.8g 7.6%Cal |
| Nutrients Target Cals... 538 98% Sodium. 903 mg S.Fat 7.6g 12.7%Cal | Nutrients Target Cals... 690 106% Sodium. 980 mg S.Fat 1.8g 2.4%Cal | Nutrients Target Cals... 494 90% Sodium. 1101 mg S.Fat 5.0g 9.1%Cal | Nutrients Target Cals... 605 100% Sodium. 522 mg S.Fat 5.2g 7.8%Cal | Nutrients Target Cals... 530 96% Sodium. 1086 mg S.Fat 4.5g 7.7%Cal | |
| Sep - 18 | Sep - 19 | Sep - 20 | Sep - 21 | Sep - 22 | Avg Nutrients Target |
| Breaded Chicken Sand Baked Beans Cole Slaw Ketchup (1) Apple Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Baked Spaghetti California Vegetables Carrot Sticks Ranch Dressing Toasted Buns Rice Krispy Mini Sliced Peaches Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Chicken Nuggets Mashed Potatoes Green Peas Whole Wheat Roll Fruit Ketchup (1) Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Hamburger Sweet Potatoes Fries Corn Niblets Mustard (1) Ketchup (1) Mandarin Oranges Milk 1% *Chocolate Milk *Strawberry Milk *Vanilla Milk | Chicken Tenders Collard Greens Black Eye Peas Banana Whole Wheat Roll Ketchup (1) *Milk 1% Chocolate Milk *Strawberry Milk *Vanilla Milk | Cals... 655 101% Sodium. 1104 mg S.Fat 5.1*g 6.9%Cal |
| Nutrients Target Cals... 673 104% Sodium. 1447 mg S.Fat 3.6g 4.8%Cal | Nutrients Target Cals... 700 108% Sodium. 1127 mg S.Fat 8.2*g 10.5%Cal | Nutrients Target Cals... 622 100% Sodium. 1208 mg S.Fat 4.2*g 6.1%Cal | Nutrients Target Cals... 644 100% Sodium. 720 mg S.Fat 6.2*g 8.7%Cal | Nutrients Target Cals... 637 100% Sodium. 1018 mg S.Fat 3.0*g 4.3%Cal | |

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| Sep - 25 | Sep - 26 | Sep - 27 | Sep - 28 | Sep - 29 | Avg Nutrients Target |
| Hamburger Steak | Pizza, Cheese 4X6, Tony's | Grilled Chicken Sandwich | Baked Chicken | Nachos w/Beef/Doritos | Cals... 615 100% |
| Sweet Potatoes Fries | Green Beans | Fries | Glazed Carrots | Pinto Beans | Sodium. 936 mg |
| Broccoli w/Cheese Sauce | Romaine Spinach Salad | Corn on the Cob | Steamed Cabbage | Corn Niblets | S.Fat 6.6*g 9.6%Cal |
| Toasted Buns | Sliced Peaches | Ketchup (1) | Whole Wheat Roll | Taco Sauce | |
| Pears | Chocolate Chip Cookie | Mandarin Oranges | Apple | Fruit | |
| *Milk 1% | Ranch Dressing | Milk 1% | Milk 1% | *Milk 1% | |
| Chocolate Milk | Milk 1% | *Chocolate Milk | *Chocolate Milk | Chocolate Milk | |
| *Strawberry Milk | *Chocolate Milk | *Strawberry Milk | *Strawberry Milk | *Strawberry Milk | |
| *Vanilla Milk | *Strawberry Milk | *Vanilla Milk | *Vanilla Milk | *Vanilla Milk | |
| | *Vanilla Milk | | | | |
| Nutrients Target | Nutrients Target | Nutrients Target | Nutrients Target | Nutrients Target | |
| Cals... 612 100% | Cals... 651 100% | Cals... 664 102% | Cals... 532 97% | Cals... 619 100% | |
| Sodium. 893 mg | Sodium. 1447 mg | Sodium. 807 mg | Sodium. 409 mg | Sodium. 1123 mg | |
| S.Fat 7.3*g 10.8%Cal | S.Fat 6.7*g 9.2%Cal | S.Fat 3.5*g 4.7%Cal | S.Fat 5.9*g 10.0%Cal | S.Fat 9.6*g 14.0%Cal | |

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