

Child Nutrition Program

ANNISTON MIDDLE SCHOOL LUNCH MENU

Jul 3, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				Sep - 1 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... 741 106% Sodium. 1435 mg S.Fat 3.2g 3.8%Cal
				Nutrients Target Cals... 741 106% Sodium. 1435 mg S.Fat 3.2g 3.8%Cal	
Sep - 4	Sep - 5 Chicken Bites Fish Sandwich Ranch Style Potatoes Creamy Coleslaw Ketchup (1) Tartar Sauce PP Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 6 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	Sep - 7 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	Sep - 8 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... 629 100% Sodium. 1031 mg S.Fat 5.1g 7.3%Cal
	Nutrients Target Cals... 789 113% Sodium. 1324 mg S.Fat 6.5g 7.4%Cal	Nutrients Target Cals... 564 94% Sodium. 782 mg S.Fat 4.2g 6.7%Cal	Nutrients Target Cals... 597 99% Sodium. 1366 mg S.Fat 4.6g 7.0%Cal	Nutrients Target Cals... 568 95% Sodium. 652 mg S.Fat 5.0g 7.9%Cal	

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 11	Sep - 12	Sep - 13	Sep - 14	Sep - 15	Avg Nutrients Target Cals... 655 100% Sodium. 1035 mg S.Fat 5.8g 8.0%Cal
Breaded Chicken Sand Fries Broccoli w/Cheese Sauce Mayo (1) Ketchup (1) Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Beefy Burrito Brown Rice Pinto Beans Carrot Sticks Salsa Ranch Dressing Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	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	Spaghetti w/Meat Sauce Chicken Parmesan Corn Niblets Green Beans Breadstick WW Sherbet Cup Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Chicken Nuggets Hot wings Sweet Potatoes Fries Creamy Coleslaw Fruit Biscuit, Whole Grain Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	
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... 674 100% Sodium. 861 mg S.Fat 4.8g 6.4%Cal	Nutrients Target Cals... 744 106% Sodium. 1227 mg S.Fat 8.3g 10.1%Cal	
Sep - 18	Sep - 19	Sep - 20	Sep - 21	Sep - 22	Avg Nutrients Target Cals... 666 100% Sodium. 904 mg S.Fat 4.3*g 5.8%Cal
Barbecue Chicken on Bun Fish Sandwich Fries Baked Beans Tartar Sauce PP Ketchup (1) Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Beef-A-Roni Corn Niblets Romaine Spinach Salad Ranch Dressing Apple Rice Krispy Mini Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Chicken Nuggets Green Beans Glazed Carrots Whole Wheat Roll Fruit Ketchup (1) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Crispito Pinto Beans Brown Rice Salsa Rosey Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Hamburger Sweet Potatoes Fries Corn on the Cob Ketchup (1) Mustard (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	
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... 605 100% Sodium. 1078 mg S.Fat 3.6*g 5.3%Cal	Nutrients Target Cals... 663 100% Sodium. 718 mg S.Fat 4.9*g 6.6%Cal	

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Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29	Avg Nutrients Target
Chicken Tenders Broccoli w/Cheese Sauce Glazed Carrots Whole Wheat Roll Pears Ketchup (2) Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Grilled Chicken Sandwich Breaded Chicken Sand Fries Baked Beans Ketchup (1) Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mexican Pizza Pinto Beans Corn Niblets Brown Rice Salsa Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Baked Chicken Collard Greens Black Eye Peas Whole Wheat Roll Fruit Brownie Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Cheese Pizza Dippers Pizza, Pepperoni 4X6, Tony' Tomato Sauce California Vegetables Romaine Spinach Salad Ranch Dressing Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Cals... 640 100% Sodium. 1007 mg S.Fat 4.0*g 5.7%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	Nutrients Target Cals... 518 86% Sodium. 954 mg S.Fat 3.6*g 6.3%Cal	Nutrients Target Cals... 746 107% Sodium. 720 mg S.Fat 4.5*g 5.5%Cal	Nutrients Target Cals... 572 95% Sodium. 1085 mg S.Fat 4.7*g 7.4%Cal	

USDA is an equal opportunity provider and employer.

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