

## K-6 January Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3  No school today	4  No school today	5  Chicken Fried Steak on WG Bun Bratwurst on Bun Potato Cubes Fresh Cut Veggies Craisins Mixed Fruit Milk Assorted	6  Chicken Nuggets Grilled Cheese Baked Beans Fresh Cut Veggies Kiwi Fruit Pineapple Tidbits Dick and Jane Cookies Milk Assorted	7  Sausage/Egg/Cheese & Tritaters Chicken Cheese Burrito Fresh Cut Veggies Mandarin Oranges Apple, fresh sliced or whole Milk Assorted	Calories 651 Sodium 1008 mg Total Fat 23.09 g 31.9% Saturated Fat 6.73 g 9.3%
10  Pizza, Variety Sloppy Joe on WG bun Fresh Cut Veggies Carrot, diced Grapes Cinnamon Apples, warm Gripz Cookie Bits Milk Assorted	11  Burger on Bun Chef Salad Corn French Fries Pears Banana Milk Assorted	12  Pork Loin on WG Bun Orange Chicken on Rice Broccoli, steamed Fresh Cut Veggies Peaches Tropical Fruit Cup Milk Assorted	13  Hot Dog on WG White Bun Bosco Sticks and Sauce Chips, assorted Baked Beans Fresh Cut Veggies Mixed Fruit Kiwi Fruit Milk Assorted	14  Breaded Beef Strips Italian Dunkers - Ele Broccoli Normandy Green Beans Raisels Mandarin Oranges Breadstick, WG Milk Assorted Jonny Pops	Calories 625 Sodium 839 mg Total Fat 16.56 g 23.8% Saturated Fat 5.17 g 7.4%
17  No school today	18  Pizza, Variety Chicken Wrap Broccoli & Cheese Fresh Cut Veggies Peaches Orange Smiles (4) Milk Assorted Pudding Cup	19  Hot Ham & Cheese on WGW bun Tornado and Cheese stick Sweet Potato Fries Juice Cup or Box Cole Slaw Pineapple Tidbits Milk Assorted	20  BBQ Rib on WG Uncrustable and Yogurt Potato Cubes Fresh Cut Veggies Mixed Fruit Juice Cup or Box Milk Assorted	21  Chili Corndog on a Stick Fresh Cut Veggies Tropical Fruit Cup Mandarin Oranges Cinnamon Roll 2.5 oz Milk Assorted	Calories 653 Sodium 911 mg Total Fat 17.15 g 23.6% Saturated Fat 4.78 g 6.6%
24  Quesadilla Turkey Bacon Ranch Sub Corn Carrot, glazed Cinnamon Apples, warm Juice Cup or Box Milk Assorted	25  Popcorn Chicken Chef Salad Broccoli & Cheese Fresh Cut Veggies Grapes Mixed Fruit Tea Roll WG Milk Assorted	26  Pizza Cheese Crunchers Pulled Pork Sandwich Green Beans Fresh Cut Veggies Pear, fresh Jello with Fruit Milk Assorted	27  Taco Salad Philly Beef Sub Refried Beans Fresh Cut Veggies Banana Apple, fresh sliced or whole Milk Assorted Tea Roll WG	28  Chicken Drumstick Pasta and Meat Sauce Peas & Carrots Garden Salad Peaches Mandarin Oranges Milk Assorted Breadstick, WG	Calories 608 Sodium 941 mg Total Fat 18.32 g 27.1% Saturated Fat 5.49 g 8.1%
31  Pizza, Variety Beef and Noodles Broccoli & Cheese Fresh Cut Veggies Mixed Fruit Apple, fresh sliced or whole Tea Roll WG Milk Assorted Sherbet Cup(fruit juice base)	&nbsp;	&nbsp;	&nbsp;	&nbsp;	Calories 612 Sodium 819 mg Total Fat 12.83 g 18.9% Saturated Fat 5.28 g 7.8%

\*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.