

# Open Classroom Charter School Lunch

## ocfeb2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>ac and cheese, w/ BANANAS Salad/Veggie Bar MILK,1% Lowfat MILK,Skim butter &amp; bread-2gr</p>	<p>5 chili-ckn cheese fries -1gr Salad/Veggie Bar ORANGES, sections MILK,1% Lowfat MILK,Skim Sunbutter &amp; bread-1gr</p>	<p>6 pancakes &amp; sausage Salad/Veggie Bar blueberries cup MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>7 chicken w/orange sauce &amp; rice Salad/Veggie Bar pineapple chunk 'cup', lt syr MILK,1% Lowfat MILK,Skim tofu &amp; rice sunbutter &amp; bread-2gr</p>	<p>8 sandwich, 'sloppy joe' Salad/Veggie Bar blueberries cup MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>Calories 607 Cholesterol 89 mg Sodium 893 mg Dietary Fiber 9.28 g Iron 3.79 mg Calcium 455.80 mg Vitamin A 5079 IU Vitamin C 40.60 mg Sugars 32.85 g 21.6% Protein 31.42 g 20.7% Carbohydrate 86.70 g 57.1% Total Fat 16.82 g 24.9% Saturated Fat 4.84 g 7.2%</p>
<p>aghetti &amp; meatballs pear 'cup' Salad/Veggie Bar MILK,1% Lowfat MILK,Skim butter &amp; bread-2gr</p>	<p>12 soups-made +chsbdrstk-2ma/1gr Salad/Veggie Bar ORANGES, sections MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>13 chicken tenders(A+), muffin Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim Sunbutter &amp; bread-1gr</p>	<p>14 waffles, mini maple(2gr) Salad/Veggie Bar grapefruit, pink, sections MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>15 NO SCHOOL TODAY</p>	<p>Calories 642 Cholesterol 83 mg Sodium 886 mg Dietary Fiber 10.09 g Iron 4.91 mg Calcium 580.24 mg Vitamin A 4877 IU Vitamin C 42.25 mg Sugars 34.15 g 21.3% Protein 33.32 g 20.7% Carbohydrate 85.39 g 53.1% Total Fat 19.32 g 27.1% Saturated Fat 5.89 g 8.3%</p>
<p>NO SCHOOL TODAY</p>	<p>19 alfredo(cust.cul)pasta+chicken Salad/Veggie Bar grapes, red or green, raw MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>20 burrito- ckn, bean, chs +rice Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>21 fish strips &amp; muffin-wgr, 2gr applesauce 'cup' Salad/Veggie Bar MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>22 sandwich, chicken fillet tfs Salad/Veggie Bar BANANAS MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>Calories 637 Cholesterol 60 mg Sodium 957 mg Dietary Fiber 11.16 g Iron 3.92 mg Calcium 491.03 mg Vitamin A 4743 IU Vitamin C 36.62 mg Sugars 32.06 g 20.1% Protein 32.68 g 20.5% Carbohydrate 93.98 g 59.1% Total Fat 16.25 g 23.0% Saturated Fat 4.43 g 6.3%</p>
<p>hne and meat sauce (chicken) ORANGES, sections Salad/Veggie Bar MILK,1% Lowfat MILK,Skim butter &amp; bread-2gr</p>	<p>26 baked potato &amp; muffin Salad/Veggie Bar peach 'cup' MILK,1% Lowfat MILK,Skim Sunbutter &amp; bread-1gr</p>	<p>27 taco, soft; ckn &amp;rice -2gr Salad/Veggie Bar pear 'cup' MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>28 french toast (scratch-made) Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>1 sandwich, tuna or club Salad/Veggie Bar mangos &amp; berries MILK,1% Lowfat MILK,Skim sunbutter &amp; bread-2gr</p>	<p>Calories 632 Cholesterol 89 mg Sodium 927 mg Dietary Fiber 9.39 g Iron 4.02 mg Calcium 453.22 mg Vitamin A 4706 IU Vitamin C 41.36 mg Sugars 33.75 g 21.4% Protein 31.20 g 19.8% Carbohydrate 87.43 g 55.1% Total Fat 19.15 g 27.3% Saturated Fat 6.87 g 9.8%</p>

\*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.