

# Open Classroom Charter School Lunch

## ocmay-jun2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	30	1	2	3	Calories 629 Cholesterol 81 mg Sodium 901 mg Dietary Fiber 9.57 g Iron 3.86 mg Calcium 432.17 mg Vitamin A 4569 IU Vitamin C 39.08 mg Sugars 39.14 g 24.9% Protein 29.22 g 18.6% Carbohydrate 92.92 g 59.9% Total Fat 17.44 g 24.9% Saturated Fat 5.19 g 7.4%
spaghetti & meatballs pear 'cup' Salad/Veggie Bar MILK,1% Lowfat MILK,Skim butter & bread-2gr	baked potato & muffin Salad/Veggie Bar peach 'cup' MILK,1% Lowfat MILK,Skim Sunbutter & bread-1gr	pancakes & sausage Salad/Veggie Bar blueberries cup MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	teriyaki chicken & rice -2gr Salad/Veggie Bar pineapple chunk 'cup', lt syr MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	burger, turkey or veggie Salad/Veggie Bar BANANAS MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	
	7	8	9	10	Calories 634 Cholesterol 52 mg Sodium 984 mg Dietary Fiber 8.77 g Iron 3.67 mg Calcium 514.83 mg Vitamin A 5302 IU Vitamin C 40.59 mg Sugars 39.77 g 25.1% Protein 31.23 g 19.7% Carbohydrate 91.25 g 57.1% Total Fat 17.82 g 25.3% Saturated Fat 6.59 g 9.4%
mac and cheese, w/peach 'cup' Salad/Veggie Bar MILK,1% Lowfat MILK,Skim butter & bread-2gr	chili-ckn cheese fries -1gr Salad/Veggie Bar ORANGES, sections MILK,1% Lowfat MILK,Skim Sunbutter & bread-1gr	pizza,wgr chs&pprni (WildMike) Salad/Veggie Bar PEACHES MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	chicken w/orange sauce & rice Salad/Veggie Bar pineapple chunk 'cup', lt syr MILK,1% Lowfat MILK,Skim tofu & rice sunbutter & bread-2gr	sandwich, tuna or club Salad/Veggie Bar BANANAS MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	
	14	15	16	17	Calories 658 Cholesterol 125 mg Sodium 954 mg Dietary Fiber 9.57 g Iron 4.02 mg Calcium 467.19 mg Vitamin A 4743 IU Vitamin C 37.14 mg Sugars 30.85 g 18.8% Protein 34.00 g 20.7% Carbohydrate 85.96 g 52.1% Total Fat 21.66 g 29.6% Saturated Fat 6.32 g 8.7%
chicken and meat sauce (chicken) ORANGES, sections Salad/Veggie Bar MILK,1% Lowfat MILK,Skim butter & bread-2gr	taco salad, chkn -1gr Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim Sunbutter & bread-1gr	french toast (scratch-made)2 Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	fish strips & muffin-wgr, 2gr applesauce 'cup' Salad/Veggie Bar MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	sandwich, chicken fillet tfs Salad/Veggie Bar BANANAS MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	
	21	22	23	24	Calories 600 Cholesterol 107 mg Sodium 865 mg Dietary Fiber 8.33 g Iron 3.61 mg Calcium 459.76 mg Vitamin A 4739 IU Vitamin C 35.00 mg Sugars 32.81 g 21.9% Protein 29.37 g 19.6% Carbohydrate 81.04 g 54.0% Total Fat 19.04 g 28.6% Saturated Fat 6.76 g 10.1%
spaghetti & meatballs pear 'cup' Salad/Veggie Bar MILK,1% Lowfat MILK,Skim butter & bread-2gr	chef's salad & cracker 1gr Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim Sunbutter & bread-1gr	pancakes & sausage Salad/Veggie Bar blueberries cup MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	chicken tenders(A+), muffin Salad/Veggie Bar peach 'cup' MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	sandwich, ham & cheese hoagie Salad/Veggie Bar applesauce 'cup' MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	

D SCHOOL TODAY	28 alfredo(cust.cul)pasta+chicken Salad/Veggie Bar grapes, red or green, raw MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	29 french toast (scratch-made)2 Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	30 teriyaki chicken & rice -2gr Salad/Veggie Bar pineapple chunk 'cup', lt syr MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	31 sandwich, pulled pork coleslaw Salad/Veggie Bar BANANAS MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	Calories 656 Cholesterol 127 mg Sodium 975 mg Dietary Fiber 8.86 g Iron 3.98 mg Calcium 494.41 mg Vitamin A 4801 IU Vitamin C 38.90 mg Sugars 39.19 g 23.9% Protein 34.35 g 21.0% Carbohydrate 92.69 g 56.0% Total Fat 17.65 g 24.2% Saturated Fat 5.53 g 7.6%
pancakes & sausage Salad/Veggie Bar blueberries cup MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	4 fried rice (baked) wg, ham&egg Salad/Veggie Bar blueberries cup MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	5 sandwich, turkey & cheese Salad/Veggie Bar grapefruit, pink, sections MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr			Calories 606 Cholesterol 141 mg Sodium 925 mg Dietary Fiber 9.13 g Iron 3.55 mg Calcium 482.52 mg Vitamin A 6712 IU Vitamin C 49.45 mg Sugars 26.08 g 17.2% Protein 29.56 g 19.5% Carbohydrate 82.13 g 54.0% Total Fat 19.40 g 28.8% Saturated Fat 6.19 g 9.2%

\*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.