

Open Classroom Charter School Lunch

ocmar2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	5	6	7	8	Calories 629 Cholesterol 111 mg Sodium 915 mg Dietary Fiber 10.67 g Iron 4.23 mg Calcium 502.33 mg Vitamin A 4890 IU Vitamin C 46.69 mg Sugars 35.17 g 22.4% Protein 32.41 g 20.6% Carbohydrate 89.06 g 56.6% Total Fat 17.83 g 25.5% Saturated Fat 5.67 g 8.1%
stirfry noodles Salad/Veggie Bar apple chunk 'cup', lt syr MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	soups-made +chsbdrstk- 2ma/1gr Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim Sunbutter & bread-1gr	pancakes & sausage Salad/Veggie Bar grapefruit, pink, sections MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	taco, soft; ckn &rice -2gr Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	sandwich, tuna or club Salad/Veggie Bar BANANAS MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	
spaghetti & meatballs peach 'cup' Salad/Veggie Bar MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	fish strips wgr & fries 1gr grapes, red or green, raw Salad/Veggie Bar MILK,1% Lowfat MILK,Skim Sunbutter & bread-1gr	pizza,wgr chs&pprni (WildMike) Salad/Veggie Bar ORANGES, sections 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, pulled pork coleslaw Salad/Veggie Bar BANANAS MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	Calories 605 Cholesterol 54 mg Sodium 898 mg Dietary Fiber 8.37 g Iron 3.77 mg Calcium 522.80 mg Vitamin A 4745 IU Vitamin C 38.28 mg Sugars 30.81 g 20.4% Protein 33.67 g 22.3% Carbohydrate 80.90 g 53.5% Total Fat 17.15 g 25.5% Saturated Fat 5.69 g 8.5%
mac and cheese, wg pear 'cup' Salad/Veggie Bar MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	chili-ckn cheese fries -1gr Salad/Veggie Bar ORANGES, sections MILK,1% Lowfat MILK,Skim Sunbutter & bread-1gr	waffles, mini maple(2gr) Salad/Veggie Bar grapefruit, pink, sections MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	chicken tenders(A+), muffin Salad/Veggie Bar APPLES, gala sliced MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	sandwich, tuna or club Salad/Veggie Bar mangos & berries MILK,1% Lowfat MILK,Skim sunbutter & bread-2gr	Calories 627 Cholesterol 80 mg Sodium 971 mg Dietary Fiber 9.10 g Iron 4.07 mg Calcium 479.33 mg Vitamin A 5340 IU Vitamin C 48.96 mg Sugars 37.44 g 23.9% Protein 29.75 g 19.0% Carbohydrate 85.37 g 54.5% Total Fat 19.97 g 28.7% Saturated Fat 6.66 g 9.6%
NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Sugars 0.00 g 0.0% Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%

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.