

## Open Classroom Charter School Lunch ocjan2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
7  mac and cheese, wg BANANAS Salad/Veggie Bar MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	8  quesadilla & soup-1gr Salad/Veggie Bar APPLES, gala sliced MILK, 1% Lowfat MILK, Skim Sunbutter & bread-1gr	9  pancakes & sausage Salad/Veggie Bar grapefruit, pink, sections MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	10  taco, soft; pork & rice -2gr Salad/Veggie Bar pear 'cup' MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	11  sandwich, tuna or club Salad/Veggie Bar mangos & berries MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	Calories 609 Cholesterol 82 mg Sodium 1037 mg Dietary Fiber 10.14 g Iron 3.09 mg Calcium 412.91 mg Vitamin A 4835 IU Vitamin C 48.93 mg Sugars 36.33 g 23.9% Protein 30.55 g 20.1% Carbohydrate 86.57 g 56.9% Total Fat 17.54 g 25.9% Saturated Fat 6.60 g 9.8%
14  penne and meat sauce (chicken) Salad/Veggie Bar applesauce 'cup' MILK, 1% Lowfat MILK, 2% Lowfat sunbutter & bread-2gr MILK, Skim	15  chili-ckn cheese fries -1gr Salad/Veggie Bar ORANGES, sections MILK, 1% Lowfat MILK, Skim Sunbutter & bread-1gr	16  pizza, wgr chs&ppmi (WildMike) Salad/Veggie Bar PEACHES MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	17  chicken w/orange sauce & rice Salad/Veggie Bar pineapple chunk 'cup', lt syr MILK, 1% Lowfat MILK, Skim tofu & rice sunbutter & bread-2gr	18  NO SCHOOL TODAY	Calories 642 Cholesterol 53 mg Sodium 898 mg Dietary Fiber 9.24 g Iron 3.96 mg Calcium 577.64 mg Vitamin A 5520 IU Vitamin C 42.42 mg Sugars 36.35 g 22.6% Protein 31.60 g 19.7% Carbohydrate 95.02 g 59.2% Total Fat 16.51 g 23.1% Saturated Fat 5.91 g 8.3%
21  NO SCHOOL TODAY	22  spaghetti & meatballs pear 'cup' Salad/Veggie Bar MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	23  soups-made +chsbrdstk- 2ma/2gr Salad/Veggie Bar ORANGES, sections MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	24  chicken tenders(A+), fries 1wg Salad/Veggie Bar APPLES, gala sliced MILK, 1% Lowfat MILK, Skim Sunbutter & bread-1gr	25  sandwich, pulled pork coleslaw Salad/Veggie Bar BANANAS MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	Calories 628 Cholesterol 66 mg Sodium 908 mg Dietary Fiber 10.67 g Iron 4.49 mg Calcium 454.69 mg Vitamin A 4777 IU Vitamin C 40.67 mg Sugars 29.37 g 18.7% Protein 37.43 g 23.8% Carbohydrate 86.90 g 55.3% Total Fat 15.25 g 21.8% Saturated Fat 4.84 g 6.9%
28  alfredo(cust.cul)pasta+chicken Salad/Veggie Bar grapes, red or green, raw MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	29  baked potato & muffin Salad/Veggie Bar mangos & berries MILK, 1% Lowfat MILK, Skim Sunbutter & bread-1gr	30  french toast (scratch- made) Salad/Veggie Bar grapefruit, pink, sections MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	31  fish strips+gr.crackerwgr, 2gr applesauce 'cup' Salad/Veggie Bar MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	1  sandwich, cheese grilled Salad/Veggie Bar blueberries cup MILK, 1% Lowfat MILK, Skim sunbutter & bread-2gr	Calories 654 Cholesterol 87 mg Sodium 905 mg Dietary Fiber 8.80 g Iron 3.86 mg Calcium 538.66 mg Vitamin A 8439 IU Vitamin C 49.33 mg Sugars 32.27 g 19.7% Protein 29.70 g 18.2% Carbohydrate 88.82 g 54.3% Total Fat 21.86 g 30.1% Saturated Fat 7.23 g 9.9%

\*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.