

**AFC CUSD 275**  
**Middle School Lunch**  
**SEPTEMBER**

Aug 25, 2014

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1  NO SCHOOL TODAY	2  HAM & SCALLOPED POTATOES GREEN BEANS CUT*** PEACHES SLICED** WHEAT BREAD	3  POPCORN CHICKEN** MASHED POTATOES*** CHICKEN GRAVY** WHEAT BREAD MIXED FRUIT***	4  TACO SALAD*** BROCCOLI,raw CAULIFLOWER,raw REFRIED BEANS APPLE,Fresh	5  CHEESE PIZZA*** LETTUCE SALAD** STRAWBERRIES*** CORN***	Avg Nutrients Target Cals... 597 100% Carb 109.9g 73.6%Cal
Nutrients Target Cals... 0 0% Carb 0.0g 0.0%Cal	Nutrients Target Cals... 498 83% Carb 84.8g 68.2%Cal	Nutrients Target Cals... 484 81% Carb 154.0g 127.3%Cal	Nutrients Target Cals... 852 122% Carb 115.3g 54.2%Cal	Nutrients Target Cals... 557 93% Carb 85.5g 61.5%Cal	
8  HAM MASHED POTATOES*** BROWN GRAVY WW WHITE BREAD SARALEE*** PEARS SLICED***	9  HOT DOG BUNS BUSH BAKED BEANS** MIXED FRUIT*** ICE CREAM VANILLA	10  CHEESEBURGER ON WHEAT BUN** SWEET POTATOES*** APPLESAUCE***	11  NO SCHOOL TODAY	12  PEPPERONI PIZZA*** LETTUCE SALAD** PEAS** PEACHES SLICED**	Avg Nutrients Target Cals... 637 100% Carb 119.6g 75.1%Cal
Nutrients Target Cals... 522 87% Carb 89.3g 68.4%Cal	Nutrients Target Cals... 488 81% Carb 175.0g 143.5%Cal	Nutrients Target Cals... 655 100% Carb 114.2g 69.7%Cal	Nutrients Target Cals... 0 0% Carb 0.0g 0.0%Cal	Nutrients Target Cals... 883 126% Carb 99.8g 45.2%Cal	
15  CHICKEN PATTY ON WHEAT BUN** CARROTS GRAPE JUICE	16  CORN DOGS BUSH BAKED BEANS** PEARS SLICED***	17  CHICKEN STRIPS** MASHED POTATOES*** CHICKEN GRAVY** WHEAT BREAD PEACHES SLICED**	18  JUMBO TACO'S MEAL*** CELERY,RAW/PEANUT BUTTER PINEAPPLE TIDBITS LETTUCE SALAD**	19  SAUSAGE PIZZA* CUCUMBER,RAW*** CORN*** APPLE,Fresh	Avg Nutrients Target Cals... 506 84% Carb 74.7g 59.1%Cal
Nutrients Target Cals... 427 71% Carb 66.2g 62.0%Cal	Nutrients Target Cals... 455 76% Carb 80.0g 70.4%Cal	Nutrients Target Cals... 590 98% Carb 90.1g 61.1%Cal	Nutrients Target Cals... 678 100% Carb 72.9g 43.0%Cal	Nutrients Target Cals... 380 63% Carb 64.4g 67.7%Cal	
22  CHICKEN NUGGETS** MASHED POTATOES*** CHICKEN GRAVY** WW WHITE BREAD SARALEE*** PEACHES SLICED**	23  GOULASH FRENCH CUT GREEN BEANS** MIXED FRUIT*** PARMEASEAN CHEESE*** WW WHITE BREAD SARALEE***	24  HAM, TURKEY AND CHESSE WRAPS** CARROTS PEARS SLICED*** MAYONNAISE	25  MACHO NACHO GREEN BEANS CUT*** APPLE JUICE**	26  CHEESE PIZZA (WW)** LETTUCE SALAD** BANANA	Avg Nutrients Target Cals... 636 100% Carb 99.2g 62.3%Cal

\*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.**

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nutrients Target Cals... 600 100% Carb 75.7g 50.4%Cal	Nutrients Target Cals... 492 82% Carb 152.4g 124.0%Cal	Nutrients Target Cals... 538 90% Carb 58.0g 43.1%Cal	Nutrients Target Cals... 687 100% Carb 98.6g 57.4%Cal	Nutrients Target Cals... 865 124% Carb 111.1g 51.4%Cal	
29  POPCORN CHICKEN** MASHED POTATOES*** CHICKEN GRAVY** WW WHITE BREAD SARALEE*** MIXED FRUIT*** BUTTER	30  MINI CORN DOGS BUSH BAKED BEANS** PEACHES SLICED**				Avg Nutrients Target Cals... 680 100% Carb 135.5g 79.8%Cal
Nutrients Target Cals... 740 106% Carb 168.4g 91.1%Cal	Nutrients Target Cals... 620 100% Carb 102.6g 66.2%Cal				

\*\*MENU SUBJECT TO CHANGE\*\*  
CHOCOLATE OR WHITE MILK WITH EACH MEAL

	Average	Target	% of Target		Average	% of Calories	Target
Calories	600	600-700	100%	Carbohydr	102.92 g	68.56%	

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