

Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 6 CHICKEN QUESADILLA SEASONED POTATOES CARROTS / DIP PEARS MILK, VARIETY	Jan - 7 TACO IN A BAG REFRIED BEANS CORN PINEAPPLE JUICE MILK, VARIETY	Jan - 1 Jan - 8 PHILLY BEEF STEAK CHIPS TOMATO & CUCUMBER Peppers and Onion TROPICAL FRUIT SALAD MILK, VARIETY	Jan - 2 Jan - 9 BBQ MAC&CHEESE BAKED BEANS CELERY PEACHES MILK, VARIETY	Jan - 3 Jan - 10 HOT DOG /BUN SEASONED FRIES CORN ON THE COB FRUIT COCKTAIL MILK, VARIETY
Jan - 13 CHICKEN NUGGETS BREAD BAKED POTATO BROCCOLI & CHEESE MANDARIN ORANGES MILK, VARIETY	Jan - 14 ROTINI W/ MEAT SAUCE BREADSTICK SALAD W/ DRESSING CORN PEACHES MILK, VARIETY	Jan - 15 CHICKEN PATTY/ BUN RED PEPPER SLICES SEASONED FRIES PEARS JUICE MILK, VARIETY	Jan - 16 CHICKEN AND WAFFLES STUFFED HASHBROWN JUICE CUCUMBER SLICES FRUIT COCKTAIL MILK, VARIETY	Jan - 17 NACHOS SUPREME REFRIED BEANS CORN JUICE Apple Slice MILK, VARIETY
Jan - 20 NO SCHOOL TODAY	Jan - 21 BURRITO REFRIED BEANS CORN JUICE PEACHES MILK, VARIETY	Jan - 22 STEAK BITES W/ bread BAKED POTATO BROCCOLI & CHEESE JUICE FRUIT COCKTAIL MILK, VARIETY	Jan - 23 COUNTRY FRIED STEAK/ROLL MASHED POTATOES WHITE GRAVY GREEN BEANS PEARS MILK, VARIETY	Jan - 24 CORN DOG FRENCH FRIES CARROTS / DIP PINEAPPLE JUICE MILK, VARIETY
Jan - 27 LASAGNA GARLIC TOAST SALAD W/ DRESSING PARM COATED CARROTS PEARS MILK, VARIETY	Jan - 28 CHILI DOG / BUN BAKED BEANS CHIPS CELERY FRUIT COCKTAIL JUICE MILK, VARIETY	Jan - 29 CHICKEN BREAST ROLL MASHED POTATOES GREEN BEANS PEACHES MILK, VARIETY	Jan - 30 PORK FRITTER / BUN SALAD W/ DRESSING CHEESE POTATOES PINEAPPLE MILK, VARIETY	Jan - 31 CHEESEBURGER / BUN FRENCH FRIES TOMATO & CUCUMBER TROPICAL FRUIT SALAD JUICE MILK, VARIETY

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	606	600-700	100%	Sugars	28.82* g	19.01%	
Cholesterol	59 mg			Protein	27.58 g	18.19%	
Sodium	1202 mg	1360		Carbohyd	71.46 g	47.15%	
Fiber	6.13 g			Tot. Fat	23.87 g	35.44%	<=30.0%
Iron	2.77 mg			Sat. Fat	7.19 g	10.67%	<10.00%
Calcium	454.59 mg						
Vitamin A	2240 IU						
Vitamin C	6.02 mg						

\*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.