



## WEEKLY MENU DETAILS : 17-18 lunch wk 3

	FEDERAL GUIDELINES	CURRENT VALUE	
FRUIT	5.0000	5.0000	OK
JUICE (max)	2.5000	0.0000	OK
VEGGIES	5.0000	8.1250	OK
JUICE (max)	4.0625	0.0000	OK
DARK GREEN	0.5000	2.2500	OK
RED/ORANGE	1.2500	2.2500	OK
BEANS/PEAS	0.5000	1.7500	OK
STARCHY	0.5000	1.0000	OK
OTHER	0.7500	1.8750	OK
WG Rich (oz)	10.00	10.00	OK
DESSERTS (ea)	2	0	OK
MEATS (oz)	10.00	10.00	OK
FLUID MILK	5.0000	5.0000	OK
CALORIES	750 / 850	833.689	OK
SAT FAT	10	9.367	OK
SODIUM	1420	1116.247	OK

Please note: If a menu planner offers multiple entrees, daily meal pattern contributions and nutrient standards for each entree and corresponding sides are provided. The weekly meal patterns are calculated by accounting that the minimum requirements are met. Vegetable subgroups offered for all entrees contributes to the total amount offered for the week, even if it's not offered to all students. The Simplified Nutrient Assessment calculates the calories, saturated fat % and sodium based off how many planned number of servings for entrees and sides (condiments, grains and desserts), milk, and the added fat and sodium to fruits and vegetables.

Schools with a school week less than five days a week need to follow the appropriate Meal Pattern Charts provided by the USDA

\* Component Key for Vegetable Subgroup and Required Weekly Serving Size

[RO = Red/Orange (K-8: 3/4 cup) (9-12: 1 1/4 cup)] [DG = Dark Green BP = Beans S = Starchy (K-12: 1/2 cup of each one)] [O = Other K-8: 1/2 cup & 9-12: 3/4 cup]

Item Description	Serving Size	Carbs (g)	Sodium (mg)	Calories	Components			
					M/MA (oz)	G/B (oz)	Veg./Fruit (cup)	Milk (cup)
<b>MONDAY: 17-18 lunch wk 3 mon</b>								
Breadsticks - Maxstix Mozzarella WG 1.93 oz	2.000 Each	34	800	320	2	2		
Lunch Fruit Variety	1.000 Cups	25	0	90			1.0 cup fruit	
Salad/Condiment Bar	1.000 Each	7	105	60			0.25 cup dg, r/o, b/p, other	
Milk Carton Recipe 60% FF Choc, 40% LF White	1.000 Each	16	138	108				1 cup
Beans - Green Beans Reg Cut 1.5" IQF	4.000 Ounces	8	0	39			0.625 cups other	
Marinara Sauce - Campbells/Prego	0.500 Cups	10	480	80			0.5 cup r/o	
<b>Total Daily: Calories 697</b>		<b>Saturated Fat 8.07</b>		<b>Sodium 1523</b>				
<b>TUESDAY: 17-18 lunch wk 3 tues</b>								
Super Nachos	1.000 Cups	55	760	440	2	2	0.375 cups r/o	
Lunch Fruit Variety	1.000 Cups	25	0	90			1.0 cup fruit	
Salad/Condiment Bar	1.000 Each	7	105	60			0.25 cup dg, r/o, b/p, other	
Milk Carton Recipe 60% FF Choc, 40% LF White	1.000 Each	16	138	108				1 cup
<b>Total Daily: Calories 698</b>		<b>Saturated Fat 7.58</b>		<b>Sodium 1003</b>				
<b>WEDNESDAY: 17-18 lunch wk 3 wed</b>								
Chicken Alfredo w/ Twist	1.000 Cups	22	340	430	2	1		
Lunch Fruit Variety	1.000 Cups	25	0	90			1.0 cup fruit	
Salad/Condiment Bar	1.000 Each	7	105	60			0.25 cup dg, r/o, b/p, other	
Milk Carton Recipe 60% FF Choc, 40% LF White	1.000 Each	16	138	108				1 cup
Broccoli - Cuts IQF	0.500 Cups	2	10	15			0.5 cup dg	
Breadsticks - Garlic Wheat WG 1.3 oz	1.000 Each	17	230	110		1		
<b>Total Daily: Calories 813</b>		<b>Saturated Fat 10.22</b>		<b>Sodium 823</b>				
<b>THURSDAY: 17-18 lunch wk 3 thurs</b>								
WG Hot Dog Bun	1.000 Each	31	270	160		2		
Franks - Beef 6" 8:1 2 oz Grilling Franks	1.000 Each	2	550	180	2			
Lunch Fruit Variety	1.000 Cups	25	0	90			1.0 cup fruit	
Salad/Condiment Bar	1.000 Each	7	105	60			0.25 cup dg, r/o, b/p, other	
Milk Carton Recipe 60% FF Choc, 40% LF White	1.000 Each	16	138	108				1 cup
Potatoes - Tater Tots Tater Gems	2.520 Ounces	14	180	120			0.5 cups starchy	
Beans - Baked Beans Vegetarian Bean Pot	0.500 Cups	29	550	60			0.5 cups b/p	
<b>Total Daily: Calories 778</b>		<b>Saturated Fat 8.07</b>		<b>Sodium 1793</b>				

**FRIDAY: 17-18 lunch wk 3 fri**

Pep Pizza Slices	1.000 Each	35	620	440	2	2	0.125 cup r/o
Corn - Cut Daily Pick IQF	0.500 Cups	19	0	90			0.5 cup starchy
Lunch Fruit Variety	1.000 Cups	25	0	90			1.0 cup fruit
Salad/Condiment Bar	1.000 Each	7	105	60			0.25 cup dg, r/o, b/p, other
Milk Carton Recipe 60% FF Choc, 40% LF White	1.000 Each	16	138	108			1 cup
<b>Total Daily:</b>		<b>Calories 788</b>	<b>Saturated Fat 11.41</b>		<b>Sodium 863</b>		

**ALTERNATE ENTREE: 17-18 lunch wk 3 fri**

Cheese Pizza Slices	1.000 Each	35	370	370	2	2	0.125 cup r/o
Corn - Cut Daily Pick IQF	0.500 Cups	19	0	90			0.5 cup starchy
Lunch Fruit Variety	1.000 Cups	25	0	90			1.0 cup fruit
Salad/Condiment Bar	1.000 Each	7	105	60			0.25 cup dg, r/o, b/p, other
Milk Carton Recipe 60% FF Choc, 40% LF White	1.000 Each	16	138	108			1 cup
<b>Total Daily:</b>		<b>Calories 718</b>	<b>Saturated Fat 11.40</b>		<b>Sodium 613</b>		

**SECOND ENTREE: daily**

Alternate Sandwich	1.000 Each	31	720	340	2	2	
Lunch Fruit Variety	1.000 Cups	25	0	90			1.0 cup fruit
Salad/Condiment Bar	1.000 Each	7	105	60			0.25 cup dg, r/o, b/p, other
Milk Carton Recipe 60% FF Choc, 40% LF White	1.000 Each	16	138	108			1 cup
<b>Total Daily:</b>		<b>Calories 598</b>	<b>Saturated Fat 8.40</b>		<b>Sodium 963</b>		