

# Chetek-Weyerhaeuser

## HS Lunch

Mar 30, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 2  Buffalo Chix Pizza or Deli Sandwich Carrots Salad Greens w/topping Pears Apples Milk 1% Milk Skim Milk Ch Skim	Apr - 3  Teriyaki Chicken/Rice or Deli Sandwich Egg Roll Veggies w/dip Fruit cocktail Oranges Milk 1% Milk Skim Milk Ch Skim	Apr - 4  Popcorn Chicken or Deli Sandwich Mashed Pot. & Chix Gr Mixed Salad Pineapple Apple Salad Dinner Roll BBQ Sauce Milk 1% Milk Skim Milk Ch Skim	Apr - 5  Chili Shred. Mozz. Ch. or Deli Sandwich Peas Salad Greens w/topping Pears Grapes Crackers Corn Bread Loaf Milk 1% Milk Skim Milk Ch Skim	Apr - 6  BBQ Sandwich (MS-HS or Deli Sandwich Baked Beans Salad Greens w/topping Applesauce Strawberries Sunchip Harvest Chedd Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            736            98% Sodium.           1151 mg S.Fat    4.1g    5.0%Cal
Apr - 9  Taco Pizza Sub Sandwich Salad Greens w/topping Corn Peach Crisp Apples Milk 1% Milk Ch Skim Milk Skim	Apr - 10  Meatballs & Gravy or Deli Sandwich Mashed Pot. & Chix Gr Veggies w/dip Fruit cocktail Oranges Dinner Roll Milk 1% Milk Skim Milk Ch Skim	Apr - 11  Hot Dog or Deli Sandwich Pinto Beans Mixed Salad Pineapple Blueberries Milk 1% Milk Skim Milk Ch Skim	Apr - 12  Ravioli or Deli Sandwich Gr. Beans Salad Greens w/topping Pears Grapes Garlic Bread Rice Krispy Bar WG. Milk 1% Milk Skim Milk Ch Skim	Apr - 13  Philly Steak Sandwich or Deli Sandwich Peppers & Onions Carrots Broc - Caul Salad Mandrin Oranges Applesauce Shred. Mozz. Ch. Milk Skim Milk Ch Skim Milk 1%	Avg Nutrients    Target Cals...            811            100% Sodium.           1406 mg S.Fat    5.3g    5.9%Cal
Apr - 16  Pizza Pepp. Sub Sandwich Carrots Salad Greens w/topping Apples-Cinn & Sugar Peaches Milk 1% Milk Skim Milk Ch Skim	Apr - 17  Taco in a bag or Deli Sandwich Pinto Beans Veggies w/dip Fruit cocktail Oranges Salsa Milk 1% Milk Skim Milk Ch Skim	Apr - 18  Sub Sandwich Gr. Beans Mixed Salad Pineapple Banana Sunchip Harvest Chedd Mayo Milk 1% Milk Skim Milk Ch Skim	Apr - 19  Chicken Noodle Soup Bosco Sticks or Deli Sandwich Broccoli Salad Greens w/topping Pears Grapes Crackers Milk Skim Milk 1% Milk Ch Skim	Apr - 20  Hamburger or Deli Sandwich Lettuce French Fries Broc - Caul Salad Applesauce Mandrin Oranges Ketchup Mustard Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            735            98% Sodium.           1215 mg S.Fat    4.0g    4.8%Cal

*\*NA\* - 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
Apr - 23  Pizza Fr. Bread or Deli Sandwich Carrots Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim	Apr - 24  Chicken Tenders Sub Sandwich Rice & Gravy Broc. & Caul. Steamed Mixed Salad Banana Pineapple Dinner Roll BBQ Sauce Milk 1% Milk Skim Milk Ch Skim	Apr - 25  Ham & Cheese Sandwi Sub Sandwich Baked Beans Mixed Salad Banana Pineapple Milk 1% Milk Skim Milk Ch Skim	Apr - 26  Pasta Hot Dish Shred. Mozz. Ch. Sub Sandwich Peas Salad Greens w/topping Pears Strawberries Garlic Bread Milk 1% Milk Ch Skim Milk Skim	Apr - 27  Pork Sandwich or Deli Sandwich French Fries Coleslaw Mandrin Oranges Applesauce Mayo BBQ Sauce Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            847    100% Sodium.          1313 mg S.Fat    4.6g    4.9%Cal
Apr - 30  Pizza Dippers or Deli Sandwich Corn Salad Greens w/topping Apples Peaches Milk 1% Milk Skim Milk Ch Skim					Avg Nutrients    Target Cals...            816    100% Sodium.          1290 mg S.Fat    4.8g    5.3%Cal

All menus are subject to change. This institution is an equal opportunity provider.

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