

Chetek-Weyerhaeuser

HS Lunch

Mar 6, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Mar - 1 Chicken Noodle Soup Bosco Sticks or Deli Sandwich Broc. & Caul. Steamed Salad Greens w/topping Pears Grapes Crackers Milk 1% Milk Skim Milk Ch Skim	Mar - 2	Avg Nutrients Target Cals... 727 97% Sodium. 1238 mg S.Fat 4.3g 5.3%Cal
Mar - 5 Italian Dunker-HS/MS or Deli Sandwich Gr. Beans Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim	Mar - 6 Pulled Pork or Deli Sandwich Pinto Beans Veggies w/dip Fruit cocktail Oranges Milk 1% Milk Skim Milk Ch Skim	Mar - 7 Chicken Nuggets or Deli Sandwich Chix Flavor Br. Rice Broccoli Mixed Salad Pineapple Banana BBQ Sauce Milk Skim Milk 1% Milk Ch Skim	Mar - 8 Pasta Hot Dish or Deli Sandwich Peas Salad Greens w/topping Pears Grapes Garlic Bread Milk 1% Milk Ch Skim Milk Skim	Mar - 9 Fish Sandwich or Deli Sandwich Fries, Swt. Potatoes Coleslaw Mandrin Oranges Applesauce Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 726 97% Sodium. 1037 mg S.Fat 4.3g 5.3%Cal
Mar - 12 Hot Dog or Deli Sandwich Baked Beans Salad Greens w/topping Peaches Apples Ketchup Mustard Milk 1% Milk Skim Milk Ch Skim	Mar - 13 Taco or Deli Sandwich Refried Beans Veggies w/dip Fruit cocktail Oranges Salsa Raspberry Churro Milk 1% Milk Skim Milk Ch Skim	Mar - 14 Chicken Tenders or Deli Sandwich Corn Mixed Salad Pineapple Banana Dinner Roll Milk 1% Milk Ch Skim Milk Skim	Mar - 15 Cheeseburger or Deli Sandwich French Fries Salad Greens w/topping Pears Grapes Ketchup Mustard Milk 1% Milk Skim Milk Ch Skim	Mar - 16 Pizza stuffed crust or Deli Sandwich Carrots Coleslaw Applesauce Sorbet Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients Target Cals... 745 99% Sodium. 1214 mg S.Fat 4.2g 5.0%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
Mar - 19	Mar - 20	Mar - 21	Mar - 22	Mar - 23	Avg Nutrients Target
Chicken Sandwich or Deli Sandwich Fries, Swt. Potatoes Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim	Nacho Supreme or Deli Sandwich Black Beans Veggies w/dip Fruit cocktail Oranges Graham Cracker Giant- Milk 1% Milk Ch Skim Milk Skim	Rib Patty Sandwich or Deli Sandwich Gr. Beans Mixed Salad Pineapple Banana BBQ Sauce Milk 1% Milk Ch Skim Milk Skim	Chicken Chili Shred. Mozz. Ch. or Deli Sandwich Peas Salad Greens w/topping Pears Grapes Pumpkin Bread Milk 1% Milk Skim Milk Ch Skim	Pizza Dippers or Deli Sandwich Corn Broc - Caul Salad Applesauce Mandrin Oranges Marinara Sauce Milk 1% Milk Skim Milk Ch Skim	Cals... 834 100% Sodium. 1336 mg S.Fat 4.9g 5.3%Cal

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

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