

# Chetek-Weyerhaeuser

## HS Lunch

Jan 22, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1  Lasagna or Deli Sandwich Broccoli Salad Greens w/topping Pears Grapes Garlic Bread Rice Krispy Bar WG. Milk 1% Milk Skim Milk Ch Skim	Feb - 2  Pulled Pork or Deli Sandwich Coleslaw Carrots Applesauce Mandrin Oranges Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients    Target Cals...            774    100% Sodium.           1104 mg S.Fat    4.8g    5.6%Cal
Feb - 5  Pizza Dippers or Deli Sandwich Corn Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim Marinara Sauce	Feb - 6  Teriyaki Chicken/Rice or Deli Sandwich Veggies w/dip Fruit cocktail Oranges Egg Roll Milk 1% Milk Skim Milk Ch Skim	Feb - 7  Popcorn Chicken or Deli Sandwich Sweet Potato Mixed Salad Pineapple Apple Salad Dinner Roll BBQ Sauce Milk 1% Milk Skim Milk Ch Skim	Feb - 8  Potato Nachos or Deli Sandwich Potato Wedges Salad Greens w/topping Pears Grapes Breadstick Cookie Milk 1% Milk Skim Milk Ch Skim	Feb - 9  Hamburger or Deli Sandwich Lettuce Baked Beans Broc - Caul Salad Applesauce Mandrin Oranges Ketchup Mustard Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            800    100% Sodium.           1178 mg S.Fat    4.0g    4.5%Cal
Feb - 12  Buffalo Chix Pizza Big Daddy 4 Meat Pizza or Deli Sandwich Carrots Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim	Feb - 13  Taco in a bag or Deli Sandwich Black Beans Veggies w/dip Fruit cocktail Oranges Rice Krispy Bar WG. Sour Cream Salsa Milk 1% Milk Skim Milk Ch Skim	Feb - 14  Fish Sticks Sub Sandwich Potato Baby Bakers Mixed Salad Banana Pineapple Dinner Roll BBQ Sauce Milk 1% Milk Skim Milk Ch Skim	Feb - 15  BBQ Sandwich (MS-HS) or Deli Sandwich Baked Beans Salad Greens w/topping Pears Grapes Milk 1% Milk Skim Milk Ch Skim	Feb - 16  Gr. Cheese Sandwich Sub Sandwich Tomato Soup Coleslaw Applesauce Sorbet Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients    Target Cals...            771    100% Sodium.           1233 mg S.Fat    4.6g    5.4%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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Feb - 19  Taco Pizza Sub Sandwich Salad Greens w/topping Broccoli Peach Crisp Apples Milk 1% Milk Ch Skim Milk Skim	Feb - 20  Chicken Drumstick or Deli Sandwich Mashed Pot. & Chix Gr Veggies w/dip Fruit cocktail Oranges Dinner Roll Milk 1% Milk Skim Milk Ch Skim	Feb - 21  Philly Steak Sandwich or Deli Sandwich Peppers & Onions Carrots Mixed Salad Banana Pineapple Milk Skim Milk Ch Skim Milk 1%	Feb - 22  Orange Chicken over Ri or Deli Sandwich Oriental Vegetables Salad Greens w/topping Pears Grapes Milk 1% Milk Skim Milk Ch Skim	Feb - 23  Quesadilla or Deli Sandwich Pinto Beans Broc - Caul Salad Applesauce Mandrin Oranges Salsa Sour Cream Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            772        100% Sodium.           1180 mg S.Fat    3.9g    4.6%Cal
Feb - 26  Meatball Sub or Deli Sandwich Carrots Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim	Feb - 27  Hamburger Gravy String Cheese Mashed Potatoes Sub Sandwich Veggies w/dip Fruit cocktail Oranges Dinner Roll Milk 1% Milk Ch Skim Milk Skim	Feb - 28  Fajita or Deli Sandwich Black Beans Mixed Salad Banana Pineapple Salsa Sour Cream Milk 1% Milk Skim Milk Ch Skim			Avg Nutrients    Target Cals...            779        100% Sodium.           1252 mg S.Fat    4.7g    5.5%Cal

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

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