

Chetek-Weyerhaeuser

Middle School Lunch

Mar 30, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 2 Pizza or PB&J & Ch.St. Carrots Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim	Apr - 3 Teriyaki Chicken/Rice or PB&J & Ch.St. Oriental Vegetables Veggies w/dip Fruit Cocktail Oranges Rice Kispie Bar Milk 1% Milk Skim Milk Ch Skim	Apr - 4 Popcorn Chicken or PB&J & Ch.St. 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 PB&J & Ch.St. Peas Salad Greens w/topping Pears Grapes Corn Bread Loaf Milk 1% Milk Skim Milk Ch Skim	Apr - 6 BBQ Sandwich (RL & M or PB&J & Ch.St. Baked Beans Coleslaw Applesauce Strawberries Goldfish Pretzels Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 694 100% Sodium. 870 mg S.Fat 5.6g 7.2%Cal
Apr - 9 Taco Pizza or PB&J & Ch.St. Corn Salad Greens w/topping Peach Crisp Apples Milk 1% Milk Skim Milk Ch Skim	Apr - 10 Meatballs & Gravy or PB&J & Ch.St. Mashed Pot. & Chix Gr Veggies w/dip Fruit Cocktail Oranges Dinner Roll Milk 1% Milk Skim Milk Ch Skim	Apr - 11 Hot Dog or PB&J & Ch.St. Baked Beans Mixed Salad Pineapple Blueberries Rice Krispy Bar WG. Milk 1% Milk Skim Milk Ch Skim	Apr - 12 Ravioli or PB&J & Ch.St. Gr. Beans Salad Greens w/topping Pears Grapes Garlic Bread Milk 1% Milk Skim Milk Ch Skim	Apr - 13 Philly Steak Sandwich or PB&J & Ch.St. Peppers & Onions Carrots Broc - Caul Salad Mandarin Oranges Applesauce Milk Skim Milk Ch Skim Milk 1%	Avg Nutrients Target Cals... 726 104% Sodium. 1083 mg S.Fat 6.6g 8.2%Cal
Apr - 16 Pizza Pepp. or PB&J & Ch.St. Carrots Salad Greens w/topping Apples-Cinn & Sugar Peaches Milk 1% Milk Skim Milk Ch Skim	Apr - 17 Taco in a bag or PB&J & Ch.St. Pinto Beans Veggies w/dip Fruit Cocktail Oranges Salsa Milk 1% Milk Ch Skim Milk Skim	Apr - 18 Sub Sandwich or PB&J & Ch.St. Gr. Beans Mixed Salad Pineapple Banana Mayo Milk 1% Milk Skim Milk Ch Skim	Apr - 19 Chicken Noodle Soup or PB&J & Ch.St. Bosco Sticks Broccoli Salad Greens w/topping Pears Grapes Crackers Rice Krispy Bar WG. Milk Skim Milk 1% Milk Ch Skim	Apr - 20 Hamburger or PB&J & Ch.St. French Fries Veggies w/dip-for 100 Applesauce Mandarin Oranges BBQ Sauce Mini Rice Kispie Bar Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 669 100% Sodium. 900 mg S.Fat 6.6g 8.9%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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All menus are subject to change. This institution is an equal opportunity provider.

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