

# Chetek-Weyerhaeuser

## Middle School Lunch

Mar 6, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Mar - 1  Chicken Noodle Soup Bosco Sticks or PB&J & Ch.St. Gr. Beans Salad Greens w/topping Pears Grapes Crackers Milk Skim Milk 1% Milk Ch Skim	Mar - 2	Avg Nutrients    Target Cals...            682    100% Sodium.           944 mg S.Fat    5.8g    7.7%Cal
Mar - 5  Italian Dunker-HS/MS or PB&J & Ch.St. Gr. Beans Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim	Mar - 6  Pulled Pork or PB&J & Ch.St. Pinto Beans Veggies w/dip Fruit Cocktail Oranges Milk 1% Milk Skim Milk Ch Skim	Mar - 7  Chicken Nuggets or PB&J & Ch.St. Chix Flavor Br. Rice Broccoli Mixed Salad Pineapple Banana BBQ Sauce Rice Krispy Bar WG. Milk Skim Milk 1% Milk Ch Skim	Mar - 8  Pasta Hot Dish or PB&J & Ch.St. Peas Salad Greens w/topping Pears Grapes Garlic Bread Milk 1% Milk Ch Skim Milk Skim	Mar - 9  Fish Sandwich or PB&J & Ch.St. Fries, Swt. Potatoes Coleslaw Mandarin Oranges Applesauce Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            696    100% Sodium.           784 mg S.Fat    5.8g    7.6%Cal
Mar - 12  Hot Dog or PB&J & Ch.St. Baked Beans Salad Greens w/topping Peaches Apples Ketchup Mustard Milk 1% Milk Skim Milk Ch Skim	Mar - 13  Taco or PB&J & Ch.St. Refried Beans Veggies w/dip Fruit Cocktail Oranges Salsa Rice Krispy Bar WG. Milk 1% Milk Skim Milk Ch Skim	Mar - 14  Chicken Tenders or PB&J & Ch.St. Corn Mixed Salad Pineapple Banana Dinner Roll Milk 1% Milk Ch Skim Milk Skim	Mar - 15  Hamburger or PB&J & Ch.St. French Fries Salad Greens w/topping Pears Grapes Ketchup Mustard Rice Krispy Bar WG. Milk 1% Milk Skim Milk Ch Skim	Mar - 16  Pizza stuffed crust or PB&J & Ch.St. Carrots Coleslaw Applesauce Sorbet Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients    Target Cals...            715    102% Sodium.           910 mg S.Fat    5.9g    7.5%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 PB&J & Ch.St. Fries, Swt. Potatoes Salad Greens w/topping Peaches Apples Rice Krispy Bar WG. Milk 1% Milk Skim Milk Ch Skim	Nacho Supreme or PB&J & Ch.St. Black Beans Veggies w/dip Fruit Cocktail Oranges Graham Cracker Giant- Milk 1% Milk Ch Skim Milk Skim	Rib Patty Sandwich or PB&J & Ch.St. Gr. Beans Mixed Salad Banana Pineapple BBQ Sauce Milk 1% Milk Ch Skim Milk Skim	Chicken 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	Pizza Dippers or PB&J & Ch.St. Corn Broc - Caul Salad Mandarin Oranges Applesauce Marinara Sauce Milk 1% Milk Skim Milk Ch Skim	Cals... 709 101% Sodium. 897 mg S.Fat 5.7g 7.3%Cal

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

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