

Chetek-Weyerhaeuser

Middle School Lunch

Jan 22, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1 Lasagna or PB&J & Ch.St. Broccoli Salad Greens w/topping Pears Grapes Garlic Bread Milk 1% Milk Skim Milk Ch Skim	Feb - 2 Pulled Pork or PB&J & Ch.St. Veggies w/dip Carrots Applesauce Mandarin Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 614 100% Sodium. 715 mg S.Fat 5.5g 8.0%Cal
Feb - 5 Pizza Dippers or PB&J & Ch.St. Corn Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim Marinara Sauce	Feb - 6 Teriyaki Chicken/Rice or PB&J & Ch.St. Veggies w/dip Fruit Cocktail Oranges Egg Roll Milk 1% Milk Skim Milk Ch Skim	Feb - 7 Popcorn Chicken or PB&J & Ch.St. Sweet Potato Mixed Salad Pineapple Apple Salad Dinner Roll BBQ Sauce Milk 1% Milk Skim Milk Ch Skim	Feb - 8 Potato Nachos or PB&J & Ch.St. Potato Wedges Salad Greens w/topping Pears Grapes Cookie Breadstick Milk 1% Milk Skim Milk Ch Skim	Feb - 9 Hamburger or PB&J & Ch.St. Baked Beans Veggies w/dip-for 100 Applesauce Mandarin Oranges BBQ Sauce Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 721 103% Sodium. 913 mg S.Fat 6.1g 7.6%Cal
Feb - 12 Pizza or PB&J & Ch.St. Carrots Salad Greens w/topping Peaches Apples Milk 1% Milk Skim Milk Ch Skim	Feb - 13 Taco in a bag or PB&J & Ch.St. Corn Veggies w/dip Fruit Cocktail Oranges Graham Crackers Salsa Milk 1% Milk Skim Milk Ch Skim	Feb - 14 Fish Sticks or PB&J & Ch.St. Potato Baby Bakers Mixed Salad Pineapple Banana BBQ Sauce Dinner Roll Milk 1% Milk Skim Milk Ch Skim	Feb - 15 BBQ Sandwich (RL & M or PB&J & Ch.St. Baked Beans Salad Greens w/topping Pears Grapes Milk 1% Milk Skim Milk Ch Skim	Feb - 16 Gr. Cheese Sandwich or PB&J & Ch.St. Tomato Soup Veggies w/dip-for 100 Applesauce Sorbet Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients Target Cals... 703 100% Sodium. 906 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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Feb - 19 Taco Pizza or PB&J & Ch.St. Broccoli Salad Greens w/topping Peach Crisp Apples Milk 1% Milk Skim Milk Ch Skim	Feb - 20 Chicken Drumstick or PB&J & Ch.St. 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 PB&J & Ch.St. Peppers & Onions Carrots Mixed Salad Banana Pineapple Milk Skim Milk Ch Skim Milk 1%	Feb - 22 Orange Chicken over Ri or PB&J & Ch.St. Oriental Vegetables Salad Greens w/topping Pears Grapes Graham Crackers Milk 1% Milk Skim Milk Ch Skim	Feb - 23 Quesadilla or PB&J & Ch.St. Pinto Beans Broc - Caul Salad Mandarin Oranges Applesauce Salsa Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 696 100% Sodium. 900 mg S.Fat 5.9g 7.7%Cal
Feb - 26 Meatball Sub or PB&J & Ch.St. Carrots Salad Greens w/topping Apples Peaches Milk 1% Milk Skim Milk Ch Skim	Feb - 27 Hamburger Gravy or PB&J & Ch.St. Mashed Potatoes Veggies w/dip Fruit Cocktail Oranges Dinner Roll Milk 1% Milk Ch Skim Milk Skim	Feb - 28 Fajita or PB&J & Ch.St. Black Beans Mixed Salad Pineapple Banana Salsa Vanilla Wafers Milk 1% Milk Skim Milk Ch Skim			Avg Nutrients Target Cals... 662 100% Sodium. 809 mg S.Fat 5.3g 7.2%Cal

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

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