

Chetek-Weyerhaeuser

HS Lunch

Nov 27, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 3 Pizza Dippers or Deli Sandwich Corn Salad Greens w/topping Apples Peaches Marinara Sauce Milk 1% Milk Skim Milk Ch Skim	Dec - 4 Au Gratin Potatoes & H or Deli Sandwich Peas Veggies w/dip Fruit cocktail Oranges Dinner Roll Milk 1% Milk Skim Milk Ch Skim	Dec - 5 Chicken Smackers or Deli Sandwich Gr. Beans Mixed Salad Pineapple Banana BBQ Sauce Ch. Chip Cookies Milk 1% Milk Skim Milk Ch Skim	Dec - 6 Nacho Supreme or Deli Sandwich Pinto Beans Salad Greens w/topping Pears Grapes Milk 1% Milk Skim Milk Ch Skim	Dec - 7 Hamburger or Deli Sandwich Sweet Potato Fries Veggies w/dip-for 100 Applesauce Mandrin Oranges Ketchup Mustard Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 796 100% Sodium... 1297 mg T.Fat 16.8g 19.0%Cal S.Fat 4.4g 5.0%Cal
Dec - 10 Big Daddy 4 Meat Pizza or Deli Sandwich Corn Salad Greens w/topping Apples-Cinn & Sugar Peaches Milk 1% Milk Skim Milk Ch Skim	Dec - 11 Orange Chicken over Ri or Deli Sandwich Egg Roll Veggies w/dip-for 100 Fruit cocktail Oranges Milk 1% Milk Skim Milk Ch Skim	Dec - 12 Sub Sandwich or Deli Sandwich Carrots Mixed Salad Pineapple Banana Sunchip Harvest Chedd Milk 1% Milk Skim Milk Ch Skim	Dec - 13 Chicken Rice Soup Bosco Sticks or Deli Sandwich Sonoma Veg. Salad Greens w/topping Pears Grapes Milk 1% Milk Skim Milk Ch Skim	Dec - 14 BBQ Pork or Deli Sandwich Baked Beans Coleslaw Applesauce Mandrin Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 806 100% Sodium... 1197 mg T.Fat 17.6g 19.7%Cal S.Fat 4.5g 5.1%Cal
Dec - 17 Cheese Quesadila or Deli Sandwich Corn Salad Greens w/topping Peaches Apple Crisp Apples Salsa Milk 1% Milk Skim Milk Ch Skim	Dec - 18 Taco or Deli Sandwich Refried Beans Salad Greens w/topping Pears Grapes Salsa Milk 1% Milk Ch Skim Milk Skim	Dec - 19 Chicken Tenders or Deli Sandwich Carrots Mixed Salad Pineapple Banana BBQ Sauce Ch. Chip Cookies Milk 1% Milk Skim Milk Ch Skim	Dec - 20 Turkey Roast or Deli Sandwich Mashed Pot. & Chix Gr Salad Greens w/topping Pears Grapes Dinner Roll Stuffing Cranberries Ice Cream Milk 1% Milk Ch Skim Milk Skim	Dec - 21 Corndogs or Deli Sandwich Baked Beans Coleslaw Applesauce Strawberries Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients Target Cals... 850 100% Sodium... 1351 mg T.Fat 17.3g 18.3%Cal S.Fat 4.7g 5.0%Cal

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

**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.