

Chetek-Weyerhaeuser

Middle School Lunch

Nov 27, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 3 Pizza Dippers or PB&J & Ch.St. Corn Salad Greens w/topping Apples Peaches Marinara Sauce Milk 1% Milk Skim Milk Ch Skim	Dec - 4 Au Gratin Potatoes & H or PB&J & Ch.St. Peas Veggies w/dip Fruit Cocktail Oranges Breadstick Milk 1% Milk Skim Milk Ch Skim	Dec - 5 Chicken Smackers or PB&J & Ch.St. Gr. Beans Mixed Salad Pineapple Banana BBQ Sauce Ch. Chip Cookies Milk 1% Milk Skim Milk Ch Skim	Dec - 6 Nacho or PB&J & Ch.St. Pinto Beans Salad Greens w/topping Pears Grapes Graham Cracker Giant- Milk 1% Milk Skim Milk Ch Skim	Dec - 7 Hamburger or PB&J & Ch.St. Sweet Potato Fries Veggies w/dip-for 100 Applesauce Mandarin Oranges Ketchup Mustard Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 673 100% Sodium. 889 mg T.Fat 19.4g 26.0%Cal S.Fat 5.5g 7.3%Cal
Dec - 10 Pizza or PB&J & Ch.St. Corn Salad Greens w/topping Peaches Apples-Cinn & Sugar Milk 1% Milk Ch Skim Milk Skim	Dec - 11 Orange Chicken over Ri or PB&J & Ch.St. Oriental Vegetables Veggies w/dip-for 100 Fruit Cocktail Oranges Animal Crackers Milk 1% Milk Ch Skim Milk Skim	Dec - 12 Sub Sandwich or PB&J & Ch.St. Carrots Mixed Salad Pineapple Banana Milk 1% Milk Skim Milk Ch Skim	Dec - 13 Chicken Rice Soup Bosco Sticks or PB&J & Ch.St. Sonoma Veg. Salad Greens w/topping Pears Grapes Crackers Milk 1% Milk Skim Milk Ch Skim	Dec - 14 BBQ Pork or PB&J & Ch.St. Baked Beans Veggies w/dip-for 100 Applesauce Mandarin Oranges Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients Target Cals... 672 100% Sodium. 805 mg T.Fat 18.9g 25.3%Cal S.Fat 5.5g 7.4%Cal
Dec - 17 Maxsnax PB&J & Ch. Stick Corn Salad Greens w/topping Peaches Apples Apple Salad Salsa Milk 1% Milk Skim Milk Ch Skim	Dec - 18 Taco PB&J & Ch. Stick Black Beans Veggies w/dip Fruit Cocktail Oranges Salsa Animal Crackers Milk 1% Milk Skim Milk Ch Skim	Dec - 19 Chicken Tenders or PB&J & Ch.St. Carrots Mixed Salad Pineapple Banana BBQ Sauce Gripz- Choc. Chp WG- Milk 1% Milk Skim Milk Ch Skim	Dec - 20 Turkey Roast PB&J & Ch. Stick 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 Corn Dog PB&J & Ch. Stick Baked Beans Veggies w/dip Mandarin Oranges Applesauce Rice Krispy Bar WG. Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 809 116% Sodium. 1264 mg T.Fat 24.2g 26.9%Cal S.Fat 6.6g 7.4%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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