

Chetek-Weyerhaeuser

Middle School Lunch

May 1, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 30 Bosco Sticks or PB&J & Ch.St. Corn Salad Greens w/topping Apples Peaches Milk 1% Milk Skim Milk Ch Skim	May - 1 Turkey Gravy & Mash P or PB&J & Ch.St. Mashed Potatoes Veggies w/dip Fruit Cocktail Oranges Dinner Roll Milk 1% Milk Skim Milk Ch Skim	May - 2 Popcorn Chicken or PB&J & Ch.St. Sweet Potato Mixed Salad Pineapple Banana Dinner Roll BBQ Sauce Milk 1% Milk Skim Milk Ch Skim	May - 3 Nacho or PB&J & Ch.St. Pinto Beans Salad Greens w/topping Pears Grapes Vanilla Wafers Milk 1% Milk Skim Milk Ch Skim	May - 4 Hamburger or PB&J & Ch.St. French Fries Veggies w/dip-for 100 Apples-Cinn & Sugar Mandarin Oranges Rice Krispy Bar WG. Ketchup Mustard Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 697 100% Sodium. 876 mg S.Fat 5.8g 7.5%Cal
May - 7 Pizza Fr. Bread or PB&J & Ch.St. Peas Salad Greens w/topping Apples Pears Milk 1% Milk Ch Skim Milk Skim	May - 8 Fajita or PB&J & Ch.St. Winter Blend Veggies w/dip-for 100 Fruit Cocktail Oranges Milk 1% Milk Ch Skim Milk Skim	May - 9 Hot Dog or PB&J & Ch.St. Baked Beans Mixed Salad Pineapple Banana Sunchip Harvest Chedd Milk 1% Milk Skim Milk Ch Skim	May - 10 Lasagna or PB&J & Ch.St. Gr. Beans Salad Greens w/topping Pears Grapes Garlic Bread Milk 1% Milk Ch Skim Milk Skim	May - 11 Chicken Sandwich or PB&J & Ch.St. Carrots Coleslaw Applesauce Strawberries Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients Target Cals... 682 100% Sodium. 826 mg S.Fat 5.4g 7.2%Cal
May - 14 Pizza or PB&J & Ch.St. Corn Salad Greens w/topping Peaches Apples-Cinn & Sugar Milk 1% Milk Ch Skim Milk Skim	May - 15 Orange Chicken over Ri or PB&J & Ch.St. Egg Roll Veggies w/dip-for 100 Fruit Cocktail Oranges Milk 1% Milk Ch Skim Milk Skim	May - 16 Meatball Sub or PB&J & Ch.St. Carrots Mixed Salad Pineapple Banana Milk 1% Milk Ch Skim Milk Skim	May - 17 Taco or PB&J & Ch.St. Refried Beans Salad Greens w/topping Pears Grapes Milk 1% Milk Ch Skim Milk Skim	May - 18 BBQ Sandwich (RL & M or PB&J & Ch.St. Broc. & Caul. Steamed Coleslaw Applesauce Mandarin Oranges Rice Krispy Bar WG. Milk 1% Milk Ch Skim Milk Skim	Avg Nutrients Target Cals... 685 100% Sodium. 794 mg S.Fat 5.7g 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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Page 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 21 Bosco Sticks or PB&J & Ch.St. Carrots Salad Greens w/topping Apples-Cinn & Sugar Peaches Milk 1% Milk Skim Milk Ch Skim	May - 22 Deli Wrap or PB&J & Ch.St. Peas Veggies w/dip Fruit Cocktail Oranges Sunchip Harvest Chedd Milk 1% Milk Skim Milk Ch Skim	May - 23 Corn Dog or PB&J & Ch.St. Baked Beans Mixed Salad Pineapple Banana Milk 1% Milk Skim Milk Ch Skim	May - 24 Ravioli or PB&J & Ch.St. Gr. Beans Salad Greens w/topping Pears Grapes Garlic Bread Milk 1% Milk Skim Milk Ch Skim	May - 25 Philly Steak Sandwich or PB&J & Ch.St. Peppers & Onions Corn Broc - Caul Salad-50 Mandarin Oranges Applesauce Shred. Mozz. Ch. Milk Skim Milk Ch Skim Milk 1%	Avg Nutrients Target Cals... 666 100% Sodium. 848 mg S.Fat 6.2g 8.4%Cal
May - 28 NO SCHOOL TODAY	May - 29 Maxsnax or PB&J & Ch.St. Corn Veggies w/dip Fruit Cocktail Oranges Milk 1% Milk Skim Milk Ch Skim	May - 30 Sub Sandwich or PB&J & Ch.St. Gr. Beans Mixed Salad Pineapple Banana Mayo Milk 1% Milk Skim Milk Ch Skim	May - 31 Bratwurst Sandwich or PB&J & Ch.St. Baked Beans Salad Greens w/topping Pears Watermelon Milk Skim Milk 1% Milk Ch Skim	Avg Nutrients Target Cals... 640 100% Sodium. 808 mg S.Fat 5.4g 7.6%Cal	

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

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