



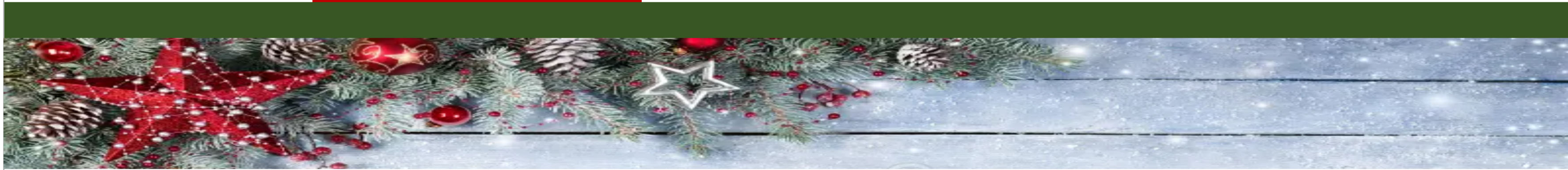
DECEMBER 2024

PIZZA FRIDAY LUNCH K-8

MONDAY 12/2/24	TUESDAY 12/3/24	WEDNESDAY 12/4/24	THURSDAY 12/5/24	FRIDAY 12/6/24
Chicken Patty Potato Wedges Fresh Baby Carrots Celery Sticks Hamburger Bun Strawberry Applesauce Cup Ketchup Buffalo Ranch Sauce Swiss American Cheese Milk Turkey w/American Sandwich	Beef Goulash Steamed Broccoli Salad Wheat Bread Diced Peaches Ranch Dressing Milk Chicken Salad Wrap	Chicken Nuggets Baked Beans Celery Sticks Dinner Roll Apple BBQ Sauce Milk Buffalo Chicken Wrap	Taco Meat Cheese Sauce Mexican Bean Salad Salsa Sliced Cucumbers Chips Orange Milk Honey Mustard Chicken Wrap	Cheese/Pepperoni Pizza Fresh Baby Carrots Fresh Broccoli Apple Milk BBQ Ranch Chicken Wrap

MONDAY 12/9/24	TUESDAY 12/10/24	WEDNESDAY 12/11/24	THURSDAY 12/12/24	FRIDAY 12/13/24
Mini Corn Dogs Steamed Carrots Sliced Cucumbers Dinner Roll Applesauce Cup Ketchup Milk Turkey w/Swiss Sandwich	Beef Patty Swiss American Cheese BBQ Sauce Baked Beans Coleslaw Hamburger Bun Banana Milk Chicken Caesar Wrap	Turkey and Gravy Mashed Potatoes Fresh Broccoli Wheat Bread Fresh Cut Fruit Milk Southwest Chicken Wrap	Mac and Cheese Steamed Corn Celery Sticks Dinner Roll Orange Milk Ranch Chicken Wrap	Cheese/Pepperoni Pizza Apple Fresh Baby Carrots Fresh Broccoli Milk Roast Beef w/American

MONDAY 12/16/24	TUESDAY 12/17/24	WEDNESDAY 12/18/24	THURSDAY 12/19/24	FRIDAY 12/20/24
Beef Patty Marinara Sauce Mozz Cheese Fresh Broccoli Celery Sticks Hamburger Bun Strawberry Applesauce Cup Milk Turkey w/American Sandwich	Seasoned Diced Chicken Brown Rice Black Bean Corn Salsa Diced Tomatoes Sour Cream Shredded Lettuce Shredded Cheddar Tortilla Chips Banana Milk BBQ Ranch Chicken Wrap	Beef Hot Dog Baked Beans Fresh Baby Carrots Hot Dog Bun Orange Ketchup Milk Buffalo Chicken Wrap	Chicken Fries Potato Wedges Celery Sticks Dinner Roll Fruit Cocktail Ranch PC Ketchup Milk Honey Mustard Chicken Wrap	Cheese/Pepperoni Pizza Fresh Broccoli Salad Wheat Bread Pineapple Tidbits Ranch Dressing Milk Chicken Salad Wrap



PRE-K: 1% WHITE MILK OPTION ONLY. MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED.
 All BREADS SERVED ARE WHOLE GRAIN.
 This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten.
 We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.

MENUS ARE SUBJECT TO CHANGE



This institution is an equal opportunity provider

Menu: NSLP K-8 Date: Mon Dec 02, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Chicken, Patty, Fritter, WG	1 each	99	220	15.0		371	13.0	10.0	50	24	0.72
* Cheese, Sliced, Swiss, American, 1/2 oz	1/2 ounce	14	56	3.8	41.8	27	4.4	0.2	13	126	0.02
* Salad Dressing, Buffalo Ranch	1 oz	28	85	0.0	13.8	228	8.5	0.6	3+	0+	0.00+
* Bread, Bun, Hamburger, White Wheat (Eag	1 each	57	160	6.0		250	2.0	28.0	0	70	2.00
* Potatoes, Wedges, Skin On *	1/2 cup	91	119	2.2		32	2.7	20.5	0		0.86
* Carrots, Baby, Raw (1/4 cup)	1/4 cup	45	16	0.3	0.6	35	0.1	3.7	0	15	0.40
* Celery Sticks, Raw	1/4 cup	25	4	0.2	2.3	20	0.0	0.7	0	10	0.05
* Ind, Fruit, Applesauce, Strawberry, 4 oz	1 each	128	52	0.0		10	0.0	13.6			
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
Vegetarian, Burger, Buffalo	1 each	96	117	14.6	2.8	427	4.2	6.5	0+	85+	2.78+
Sandwich, Turkey & Cheese, WG Bread, CN	1 each	212	276	24.3	8.0	1146	7.2	31.9	45	222+	3.42
^K-12 Salad, Turkey, Chef	1 cup	217	436	22.4	21.7	1098	35.5	6.0	197	241	1.82
Noon Meal Totals			815	35.7	6.0	1081	33.1	89.7	79+	551+	4.13+
Daily Totals for 12/02/24			815	35.7	6.0	1081	33.1	89.7	79+	551+	4.13+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			41	71.5		47	42.4	32.6	26+	42+	22.95+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			41	71.5		47	42.4	32.6	26+	42+	22.95+

Menu: NSLP K-8 Date: Tue Dec 03, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Beef, Goulash, w/Crumbles	3/4 cup	241	397	22.2	13.2	688	15.2	42.1	49+	131	3.14
* Broccoli, Florets, LF, LS	1/2 cup	160	21	2.3	0.5	11	0.1	4.0	0	27	0.46
* Salad, Tossed, Lettuce Shred	1/2 cup	80	11	0.9	1.3	6	0.1	2.1	0	21	0.66
* Bread, White,Wheat Sliced (Eagan) (CN)	1 slice	28	70	3.0		110	1.0	14.0	0	32	1.00
* Peaches, Diced *	1/2 cup	152	82	0.7	0.0	8	0.0	22.1	0	5	0.55
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
Ind, Salad Dressing, Ranch, 12 grams	1 each	12	60	0.0	13.8	94	6.0	0.4	2	0	0.00
K-12 Vegetarian Goulash, w/Soy Crumbles	1 cup	312	464	39.0	6.6	1342	13.2	42.9+	18+	216+	1.97+
Sandwich, Chicken Salad, Wrap CN	1 each	345	402	25.9	3.7	664	14.3	42.8	64+	32+	2.08
^K-12 Salad, Chicken, Caeser	1 cup	197	464	31.5	16.1	850	32.7+	6.6+	69+	252+	1.89
Noon Meal Totals			684	37.4	9.8	930	18.9	96.6	61+	522	5.88
Daily Totals for 12/03/24			684	37.4	9.8	930	18.9	96.6	61+	522	5.88
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			34	74.7		40	24.2	35.1	20+	40	32.65
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			34	74.7		40	24.2	35.1	20+	40	32.65

Menu: NSLP K-8 Date: Wed Dec 04, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Chicken, Nuggets, Brd,WG, 5 each	5 each	85	222	12.0	9.3	434	12.9	14.8	18	37	1.66
* Beans, Baked, Cnd, Vegetarian, Red Sodi	1/2 cup	157	181	8.5		366		36.3		60	2.30
* Celery Sticks, Raw	1/4 cup	25	4	0.2	2.3	20	0.0	0.7	0	10	0.05
* Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0		130	1.0	14.0		34	1.00
* K-12 Apple, Fresh	1 each	127	66	0.3	0.4	1	0.2	17.5	0	8	0.15
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Ind, Sauce, BBQ, 1 oz	1 each	9	16	0.1	0.2	96	0.1	3.8	0	3	0.06
K-12 Vegetarian, Cheese Stick, Bosco CN	2 each	122	300	20.0		440	10.0	34.0	30	444	
Sandwich, Chicken, Buffalo, Wrap CN	1 each	320	381	30.0	1.2	924	11.0	37.6+	61+	20+	2.43+
K-12 Salad, Vegetable Salad, w/Egg	1 cup	241	390	13.8	22.6	642	33.4	9.0	208	257	1.13
Noon Meal Totals			672	32.3	5.2	1155	16.6+	99.4	31+	458	5.30
Daily Totals for 12/04/24			672	32.3	5.2	1155	16.6+	99.4	31+	458	5.30
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			34	64.6		50	21.3+	36.1	10+	35	29.42
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			34	64.6		50	21.3+	36.1	10+	35	29.42

Menu: NSLP K-8 Date: Thu Dec 05, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											

* K-12 Beef, Taco Meat, RTU, (CN)	1/2 cup	113	223	20.2	26.2	506	14.2	0.0	71	40	2.19
* K-12 Sauce, Cheese, Sharp, ZTF	2 oz	57	73	0.9		329	5.5	4.6	4		
* Chips, Tortilla, WG, Bulk (CN), 2 oz	2 oz	57	268	4.0	5.2	186	11.7	38.4	0	60	0.86
* Cucumbers, Sliced	1/2 cup	140	21	0.9	1.8	3	0.2	5.1	0	22	0.39
* Salad, Bean, Mexican	1/4 cup	63	50	3.0	0.8	213	0.2	9.3	0+	21+	0.94+
* K-12 Orange, Fresh	1 each	96	45	0.9	0.3	0	0.1	11.2	0	38	0.10
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Sauce, Salsa, RTU	1 oz	31	10	0.0		154	0.0	2.0			
K-12 Vegetarian, Taco Meat, w/Crumbles (C	2/3 cup	94	123	16.7	0.5	930	3.9	3.6+	0	21+	1.07+
Sandwich, Chicken, Honey Mustard, Wrap C	1 each	461	584	26.4	7.3	628	20.2	73.0	51+	140+	1.94
K-12 Salad, Turkey, Italian	1 cup	239	319	18.3	17.4	998	23.2	9.9	49	215	1.46
Noon Meal Totals			793	38.2	11.0	1498	34.2	82.9	87+	488+	4.55+
Daily Totals for 12/05/24			793	38.2	11.0	1498	34.2	82.9	87+	488+	4.55+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			40	76.5		65	43.9	30.1	29+	38+	25.29+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			40	76.5		65	43.9	30.1	29+	38+	25.29+

Menu: NSLP K-8 Date: Fri Dec 06, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Bread, Pancakes, Whole Wheat, 1.3 o	2 each	85	206	4.3		206	5.2	36.1	9		1.89
* K-12 Sausage, Link, Turkey	2 each	58	120	12.0		180	8.0		60		
* Carrots, Baby, Raw	1/2 cup	91	32	0.6	0.6	71	0.1	7.5	0	29	0.81
* Broccoli, Florets, Raw	1/4 cup	18	5	0.5	1.4	5	0.1	0.9	0	9	0.16
* K-12 Apple, Fresh	1 each	127	66	0.3	0.4	1	0.2	17.5	0	8	0.15
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Ind, Syrup, Pancake, 1.4 oz	1 each	28	77	0.0		3	0.0	19.1	0	31	0.03
Sandwich, Chicken, BBQ, Wrap CN	1 each	382	546	25.9	7.9	778	20.0	63.6	51+	131+	1.72+
K-12 Egg, Omelet, Cheese 3.5 oz	1 each	99	180	10.0		511	13.0	5.0		105	1.00
K-12 Salad, Chicken, Taco	1 cup	284	434	29.4	15.1	746	22.8+	23.0+	33+	234+	2.80+
Noon Meal Totals			609	26.0	2.4	574	15.9	93.3+	81	383+	3.11+
Daily Totals for 12/06/24			609	26.0	2.4	574	15.9	93.3+	81	383+	3.11+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			30	52.1		25	20.4	33.9+	27	29+	17.30+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			30	52.1		25	20.4	33.9+	27	29+	17.30+
Week Daily Average (12/02/24-12/07/24)			715	33.9	7.1	1048	23.8+	92.4+	68+	480+	4.59+

Menu: NSLP K-8 Date: Mon Dec 09, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Corn Dog, Chicken, Mini	6 each	114	285	9.0		480		30.0			
* Cucumbers, Sliced	1/4 cup	70	10	0.5	1.8	1	0.1	2.5	0	11	0.20
* Carrots, Diced, LF, LS	1/2 cup	167	33	0.7	1.1	64	0.4	7.2	0	35	0.40
* Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0		130	1.0	14.0		34	1.00
* Ind, Fruit, Applesauce, 4 oz Cup	1 each	113	77	0.2	0.4	2	0.2	19.8	0	3	0.14
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Ind, Ketchup *	1 each	9	9	0.1	0.1	82	0.0	2.5	0	1	0.03
K-12 Vegetarian, Cheese Stick, Bosco CN	2 each	122	300	20.0		440	10.0	34.0	30	444	
Sandwich, Turkey & Cheese, WG Bread, CN	1 each	212	276	24.3	8.0	1146	7.2	31.9	45	222+	3.42
^K-12 Salad, Turkey, Chef	1 cup	217	436	22.4	21.7	1098	35.5	6.0	197	241	1.82
Noon Meal Totals			597	21.7	2.5	867	4.1+	88.2	12+	391+	1.84+
Daily Totals for 12/09/24			597	21.7	2.5	867	4.1+	88.2	12+	391+	1.84+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			30	43.4		38	5.2+	32.1	4+	30+	10.20+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			30	43.4		38	5.2+	32.1	4+	30+	10.20+

Menu: NSLP K-8 Date: Tue Dec 10, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Beef Patty, w/ Swiss Cheese	1 each	102	249	18.6	18.9	208	14.8	9.5	51+	252+	0.04+
* Salad, Coleslaw, HMD, LF *	1/4 cup	60	40	0.8	2.2	66	2.2	5.0	3	24	0.44
* Beans, Baked, Cnd, Vegetarian, Red Sodi	1/2 cup	157	181	8.5		366		36.3		60	2.30
* Bread, Bun, Hamburger, White Wheat (Eag	1 each	57	160	6.0		250	2.0	28.0	0	70	2.00
* Banana, Fresh *	1 each	101	90	1.1	1.0	1	0.3	23.1	0	5	0.26
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07

K-12 Vegetarian Patty, w/ Swiss Cheese	1 each	139	256	22.2	19.1	590	13.0	14.0	26+	337+	2.82+
Sandwich, Chicken, Ceasar, Wrap CN	1 each	312	423	30.3	2.7	916	15.7	37.8+	66+	27+	2.58
^K-12 Salad, Chicken, Caesar	1 cup	197	464	31.5	16.1	850	32.7+	6.6+	69+	252+	1.89
Noon Meal Totals			823	43.2	7.6	1000	21.7+	114.1	67+	719+	5.10+
Daily Totals for 12/10/24			823	43.2	7.6	1000	21.7+	114.1	67+	719+	5.10+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			41	86.5		43	27.8+	41.5	22+	55+	28.36+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			41	86.5		43	27.8+	41.5	22+	55+	28.36+

Menu: NSLP K-8 Date: Wed Dec 11, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Turkey, Shredded in Gravy	4 ounces	113	132	16.2		456	6.1	2.0	56		
* K-12 Potatoes, Mashed	1/2 cup	107	102	2.3	0.0	331	1.7	19.3	0+	2+	0.00+
* Bread, White,Wheat Sliced (Eagan) (CN)	1 slice	28	70	3.0		110	1.0	14.0	0	32	1.00
* Broccoli, Florets, Raw	1/4 cup	18	5	0.5	1.4	5	0.1	0.9	0	9	0.16
* Mix Fruit, Watermelon/Cantaloupe	1/2 cup	109	35	0.8	0.9	10	0.2	8.5	0	9	0.24
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
Sandwich, Chicken, Southwest, Wrap CN	1 each	325	578	28.6	12.6	736	28.1	48.9	67+	222+	1.50+
K-12 Vegetarian, Cheese Bread, WG	1 each	122	320	18.0		580	15.0	30.0			2.30
K-12 Salad, Vegetable Salad, w/Egg	1 cup	241	390	13.8	22.6	642	33.4	9.0	208	257	1.13
Noon Meal Totals			447	31.1	3.2	1019	11.4	57.0	68+	358+	1.48+
Daily Totals for 12/11/24			447	31.1	3.2	1019	11.4	57.0	68+	358+	1.48+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			22	62.1		44	14.6	20.7	23+	28+	8.20+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			22	62.1		44	14.6	20.7	23+	28+	8.20+

Menu: NSLP K-8 Date: Thu Dec 12, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Pasta, Macaroni & Cheese, WG	2/3 cup	170	290	17.0	18.6	981	11.0	31.0	30	400	
* Corn, Whole Kernel, Frozen, LF, LS *	1/2 cup	167	80	2.7	1.1	5	0.7	18.8	0	6	0.38
* Celery Sticks, Raw	1/4 cup	25	4	0.2	2.3	20	0.0	0.7	0	10	0.05
* Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0		130	1.0	14.0		34	1.00
* K-12 Orange, Fresh	1 each	96	45	0.9	0.3	0	0.1	11.2	0	38	0.10
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
Sandwich, Chicken, Ranch, Wrap CN	1 each	358	515	25.9	9.0	596	22.4	49.6	52+	131+	1.72
K-12 Salad, Turkey, Italian	1 cup	239	319	18.3	17.4	998	23.2	9.9	49	215	1.46
Noon Meal Totals			602	32.1	11.4	1244	15.2	88.0	42+	795	1.60+
Daily Totals for 12/12/24			602	32.1	11.4	1244	15.2	88.0	42+	795	1.60+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			30	64.2		54	19.5	32.0	14+	61	8.89+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			30	64.2		54	19.5	32.0	14+	61	8.89+

Menu: NSLP K-8 Date: Fri Dec 13, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Bread, Waffles, WG, 1.3 oz	1 each	37	80	2.0		105	2.0	12.0	4	30	0.70
* K-12 Chicken, Patty, Fritter, WG	1 each	99	220	15.0		371	13.0	10.0	50	24	0.72
* Broccoli, Florets, Raw	1/2 cup	36	10	1.1	1.4	10	0.1	1.8	0	17	0.32
* Carrots, Baby, Raw	1/4 cup	45	16	0.3	0.6	35	0.1	3.7	0	15	0.40
* K-12 Apple, Fresh	1 each	127	66	0.3	0.4	1	0.2	17.5	0	8	0.15
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Ind, Syrup, Pancake, 1.4 oz	1 each	28	77	0.0		3	0.0	19.1	0	31	0.03
Sandwich, Beef & Cheese, WG Bread, CN	1 each	198	359	32.1	14.4	725	13.1	31.0	79	373	4.29
K-12 Egg, Omelet, Cheese 3.5 oz	1 each	99	180	10.0		511	13.0	5.0		105	1.00
K-12 Salad, Chicken, Taco	1 cup	284	434	29.4	15.1	746	22.8+	23.0+	33+	234+	2.80+
Noon Meal Totals			572	27.0	2.5	633	17.8	76.5	66	431	2.40
Daily Totals for 12/13/24			572	27.0	2.5	633	17.8	76.5	66	431	2.40
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			29	54.0		28	22.8	27.8	22	33	13.34
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			29	54.0		28	22.8	27.8	22	33	13.34
Week Daily Average (12/08/24-12/14/24)			608	31.0	5.8	952	14.0+	84.8	51+	539+	2.48+

Menu: NSLP K-8 Date: Mon Dec 16, 2024												
Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbohydrat (gm)	Cholesterol (mg)	Calcium (mg)	Iron (mg)	
Noon Meal												
* K-12 Beef, Patty, Ckd, 2.1 oz, (Advance)	1 each	59	110	11.0		45	6.0	2.0	25			
* Cheese, Shredded, Mozzarella, 1/2 oz	1/2 ounce	14	42	3.4	34.4	94	2.8	0.8	9	99	0.03	
* Sauce, Marinara, 2 oz	2 oz	66	42	1.0		331	1.6	7.3		12	0.52	
* Broccoli, Florets, Raw	1/2 cup	36	10	1.1	1.4	10	0.1	1.8	0	17	0.32	
* Celery Sticks, Raw	1/4 cup	25	4	0.2	2.3	20	0.0	0.7	0	10	0.05	
* Bread, Bun, Hamburger, White Wheat (Eag	1 each	57	160	6.0		250	2.0	28.0	0	70	2.00	
* Ind, Fruit, Applesauce, Strawberry, 4 oz	1 each	128	52	0.0		10	0.0	13.6				
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07	
K-12 Vegetarian Patty, w/Marinara Sauce	1 each	139	238	22.5	20.5	552	13.3	8.5	26+	339	2.93	
Sandwich, Turkey & Cheese, WG Bread, CN	1 each	212	276	24.3	8.0	1146	7.2	31.9	45	222+	3.42	
^K-12 Salad, Turkey, Chef	1 cup	217	436	22.4	21.7	1098	35.5	6.0	197	241	1.82	
Noon Meal Totals				523	30.9	5.5	868	14.9	66.5	46+	515+	3.00+
Daily Totals for 12/16/24				523	30.9	5.5	868	14.9	66.5	46+	515+	3.00+
Daily Value				2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)				26	61.9		38	19.1	24.2	15+	40+	16.66+
Daily Value				2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)				26	61.9		38	19.1	24.2	15+	40+	16.66+

Menu: NSLP K-8 Date: Tue Dec 17, 2024												
Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbohydrat (gm)	Cholesterol (mg)	Calcium (mg)	Iron (mg)	
Noon Meal												
* K-12 Chicken, Taco, f/Diced	4 oz	116	181	35.4	0.1	180	0.2+	1.0+	0+	6+	2.76	
* Rice, Brown, LS, LF *	1/2 cup	102	104	2.1	1.5	4	0.9	21.6	0	5	0.37	
* Cheese, Shredded, Cheddar, 1/2 oz	1/2 ounce	14	57	3.2	42.1	93	4.7	0.4	14	101	0.02	
* Salad, Tomatoes, Diced, Fresh, RTU	1/4 cup	45	8	0.4	1.2	2	0.1	1.8	0	5	0.12	
* Salad, Lettuce, Shredded	1/2 cup	38	5	0.3	1.0	4	0.1	1.1	0	7	0.15	
* Salsa, Beans, Black, Corn	2 oz	63	46	2.3	1.6	116	1.0	8.6	0	48	2.97	
* Banana, Fresh *	1 each	101	90	1.1	1.0	1	0.3	23.1	0	5	0.26	
* Chips, Tortilla, WG, Bulk (CN)	1 oz	28	134	2.0	5.2	93	5.9	19.2	0	30	0.43	
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07	
Ind, Sour Cream	1 each	28	59	0.7	75.6	29	5.5	1.9	0	1	0.11	
K-12 Vegetarian, Taco Meat, w/Crumbles (C	2/3 cup	94	123	16.7	0.5	930	3.9	3.6+	0	21+	1.07+	
Sandwich, Chicken Salad, Wrap CN	1 each	345	402	25.9	3.7	664	14.3	42.8	64+	32+	2.08	
^* K-12 Salad, Chicken, Caesar	1 cup	197	464	31.5	16.1	850	32.7+	6.6+	69+	252+	1.89	
Noon Meal Totals				1192	86.6	10.3	1451	48.2+	95.7+	95+	763+	9.05
Daily Totals for 12/17/24				1192	86.6	10.3	1451	48.2+	95.7+	95+	763+	9.05
Daily Value				2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)				60	173.3		63	61.8+	34.8+	32+	59+	50.26
Daily Value				2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)				60	173.3		63	61.8+	34.8+	32+	59+	50.26

Menu: NSLP K-8 Date: Wed Dec 18, 2024												
Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbohydrat (gm)	Cholesterol (mg)	Calcium (mg)	Iron (mg)	
Noon Meal												
* K-12 Beef, Frankfurter 8x1	1 each	62	186	6.4	24.8	570	16.4	3.1	52	67	0.70	
* Beans, Baked, Cnd, Vegetarian, Red Sodi	1/2 cup	157	181	8.5		366		36.3		60	2.30	
* Carrots, Baby, Raw	1/4 cup	45	16	0.3	0.6	35	0.1	3.7	0	15	0.40	
* Bread, Bun, Hot Dog, White WG, (Eagan) (1 each	57	160	6.0		250	2.0	28.0		70	2.00	
* K-12 Orange, Fresh	1 each	96	45	0.9	0.3	0	0.1	11.2	0	38	0.10	
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07	
* Ind, Ketchup *	1 each	9	9	0.1	0.1	82	0.0	2.5	0	1	0.03	
* Ind, Salad Dressing, Ranch, 12 grams	1 each	12	60	0.0	13.8	94	6.0	0.4	2	0	0.00	
K-12 Pasta, Macaroni & Cheese, WG	2/3 cup	170	290	17.0	18.6	981	11.0	31.0	30	400		
Sandwich, Chicken, Buffalo, Wrap CN	1 each	320	381	30.0	1.2	924	11.0	37.6+	61+	20+	2.43+	
K-12 Salad, Vegetable Salad, w/Egg	1 cup	241	390	13.8	22.6	642	33.4	9.0	208	257	1.13	
Noon Meal Totals				760	30.4	9.0	1505	26.9+	97.4	67+	558	5.60
Daily Totals for 12/18/24				760	30.4	9.0	1505	26.9+	97.4	67+	558	5.60
Daily Value				2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)				38	60.9		65	34.6+	35.4	22+	43	31.11
Daily Value				2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)				38	60.9		65	34.6+	35.4	22+	43	31.11

Menu: NSLP K-8 Date: Thu Dec 19, 2024											
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Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Chicken, Fries, WG, 8 each	8 each	98	264	15.2			15.2	16.3	25	41	2.13
* Potatoes, Wedges, Skin On *	1/2 cup	91	119	2.2		32	2.7	20.5	0		0.86
* Celery Sticks, Raw	1/4 cup	25	4	0.2	2.3	20	0.0	0.7	0	10	0.05
* Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0		130	1.0	14.0		34	1.00
* Fruit Cocktail *	1/2 cup	143	66	0.7	0.0	6	0.0	17.0	0	11	0.30
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Ind, Ketchup *	1 each	9	9	0.1	0.1	82	0.0	2.5	0	1	0.03
Sandwich, Chicken, Honey Mustard, Wrap C	1 each	461	584	26.4	7.3	628	20.2	73.0	51+	140+	1.94
K-12 Vegetarian, Cheese Stick, Bosco CN	2 each	122	300	20.0		440	10.0	34.0	30	444	
K-12 Salad, Turkey, Italian	1 cup	239	319	18.3	17.4	998	23.2	9.9	49	215	1.46
Noon Meal Totals			645	29.6	2.2	378+	21.4	83.2	38+	404+	4.45
Daily Totals for 12/19/24			645	29.6	2.2	378+	21.4	83.2	38+	404+	4.45
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			32	59.2		16+	27.4	30.3	13+	31+	24.74
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			32	59.2		16+	27.4	30.3	13+	31+	24.74

Menu: NSLP K-8 Date: Fri Dec 20, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Chicken, Drumstick, Glazed	1 piece	83	144	14.4		288	9.0	1.8			0.90
* Broccoli, Florets, LF, LS	1/2 cup	160	21	2.3	0.5	11	0.1	4.0	0	27	0.46
* Salad, Tossed, Lettuce Shred	1/2 cup	80	11	0.9	1.3	6	0.1	2.1	0	21	0.66
* Bread, White,Wheat Sliced (Eagan) (CN)	1 slice	28	70	3.0		110	1.0	14.0	0	32	1.00
* Pineapple, Tidbits *	1/2 cup	150	90	0.6	0.1	2	0.1	23.6	0	21	0.42
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
Ind, Salad Dressing, Ranch, 12 grams	1 each	12	60	0.0	13.8	94	6.0	0.4	2	0	0.00
Ind, Sauce, BBQ, 1 oz	1 each	9	16	0.1	0.2	96	0.1	3.8	0	3	0.06
K-12 Vegetarian, Cheese Bread, WG	1 each	122	320	18.0		580	15.0	30.0			2.30
Sandwich, Chicken, BBQ, Wrap CN	1 each	382	546	25.9	7.9	778	20.0	63.6	51+	131+	1.72+
K-12 Salad, Chicken, Taco	1 cup	284	434	29.4	15.1	746	22.8+	23.0+	33+	234+	2.80+
Noon Meal Totals			439	29.5	3.2	524	12.7	57.8	12+	408+	3.51
Daily Totals for 12/20/24			439	29.5	3.2	524	12.7	57.8	12+	408+	3.51
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			22	59.1		23	16.3	21.0	4+	31+	19.53
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			22	59.1		23	16.3	21.0	4+	31+	19.53
Week Daily Average (12/15/24-12/21/24)			712	41.4	7.0	945+	24.8+	80.1+	52+	529+	5.12+

Menu: NSLP K-8 Date: Mon Dec 23, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Chicken, Patty, Fritter, WG	1 each	99	220	15.0		371	13.0	10.0	50	24	0.72
* Cheese, Sliced, American, 1/2 oz	1/2 ounce	14	52	2.6	44.2	237	4.4	0.7	14	148	0.09
* Bread, Bun, Hamburger, White Wheat (Eag	1 each	57	160	6.0		250	2.0	28.0	0	70	2.00
* Carrots, Sliced, LF, LS *	1/2 cup	167	33	0.7	1.1	64	0.4	7.2	0	35	0.40
* Broccoli, Florets, Raw	1/2 cup	36	10	1.1	1.4	10	0.1	1.8	0	17	0.32
* Ind, Fruit, Applesauce, 4 oz Cup	1 each	113	77	0.2	0.4	2	0.2	19.8	0	3	0.14
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Ind, Salad Dressing, Ranch, 12 grams	1 each	12	60	0.0	13.8	94	6.0	0.4	2	0	0.00
* Ind, Mayonnaise *	1 each	12	83	0.0	13.8	58	9.3	0.0	0	1	0.03
Vegetarian, Burger, Garden Burger	1 each	96	117	14.6	2.8	427	4.2	6.5	0	84	2.78
Sandwich, Turkey & Cheese, WG Bread, CN	1 each	212	276	24.3	8.0	1146	7.2	31.9	45	222+	3.42
^K-12 Salad, Turkey, Chef	1 cup	217	436	22.4	21.7	1098	35.5	6.0	197	241	1.82
Noon Meal Totals			798	33.8	7.2	1194	37.8	80.2	79	605	3.77
Daily Totals for 12/23/24			798	33.8	7.2	1194	37.8	80.2	79	605	3.77
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			40	67.7		52	48.5	29.2	26	47	20.93
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			40	67.7		52	48.5	29.2	26	47	20.93

Menu: NSLP K-8 Date: Tue Dec 24, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											

* K-12 Beef, Patty, Ckd, 2.1 oz, (Advance)	1 each	59	110	11.0		45	6.0	2.0	25		
* Gravy, Brown, CC	1 oz	33	16	0.2	0.0	73	1.0	1.4	0	5	0.00+
* Potatoes, Mashed (Eagan)	1/2 cup	109	110	3.1	0.1	344	1.7	20.5	0+	30+	0.02+
* Carrots, Baby, Raw (1/4 cup)	1/4 cup	45	16	0.3	0.6	35	0.1	3.7	0	15	0.40
* Bread, White,Wheat Sliced (Eagan) (CN)	1 slice	28	70	3.0		110	1.0	14.0	0	32	1.00
* K-12 Orange, Fresh	1 each	96	45	0.9	0.3	0	0.1	11.2	0	38	0.10
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
K-12 Pasta, Macaroni & Cheese, WG	2/3 cup	170	290	17.0	18.6	981	11.0	31.0	30	400	
Sandwich, Chicken, Ceasar, Wrap CN	1 each	312	423	30.3	2.7	916	15.7	37.8+	66+	27+	2.58
^K-12 Salad, Chicken, Caeser	1 cup	197	464	31.5	16.1	850	32.7+	6.6+	69+	252+	1.89
Noon Meal Totals			470	26.8	3.0	715	12.2	65.1	38+	427+	1.59+
Daily Totals for 12/24/24			470	26.8	3.0	715	12.2	65.1	38+	427+	1.59+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			23	53.5		31	15.7	23.7	13+	33+	8.82+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			23	53.5		31	15.7	23.7	13+	33+	8.82+

Menu: NSLP K-8 Date: Thu Dec 26, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Chicken, Meatballs, w/ RTU Marinara	3 each	134	216	16.9		492	12.3	12.3		38	1.45
* Cheese, Shredded, Mozzarella, 1/2 oz	1/2 ounce	14	42	3.4	34.4	94	2.8	0.8	9	99	0.03
* Bread, Bun, Hot Dog, White WG, (Eagan) (1 each	57	160	6.0		250	2.0	28.0		70	2.00
* Cucumbers, Sliced	1/4 cup	70	10	0.5	1.8	1	0.1	2.5	0	11	0.20
* Peas, Green, Frz, LF, LS *	1/2 cup	167	71	4.7	0.6	68	0.2	12.9	0	24	1.38
* Oranges, Mandarin *	1/2 cup	193	71	1.2	0.1	10	0.1	18.5	0	21	0.52
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Ind, Salad Dressing, Ranch, 12 grams	1 each	12	60	0.0	13.8	94	6.0	0.4	2	0	0.00
K-12 Vegetarian, Meatballs, w/Marinara Sauc	3 each	146	164	6.7	9.7	876	5.2	24.9	7+	63	1.64
Sandwich, Chicken, Ranch, Wrap CN	1 each	358	515	25.9	9.0	596	22.4	49.6	52+	131+	1.72
K-12 Salad, Turkey, Italian	1 cup	239	319	18.3	17.4	998	23.2	9.9	49	215	1.46
Noon Meal Totals			733	40.8	5.1	1117	25.9	87.7	23+	570	5.65
Daily Totals for 12/26/24			733	40.8	5.1	1117	25.9	87.7	23+	570	5.65
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			37	81.7		49	33.2	31.9	8+	44	31.38
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			37	81.7		49	33.2	31.9	8+	44	31.38

Menu: NSLP K-8 Date: Fri Dec 27, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Bread, French Toast, Sticks	4 each	88	251	5.8	5.1	290	9.7	36.7		39	2.15
* K-12 Sausage, Link, Turkey	2 each	58	120	12.0		180	8.0		60		
* Celery Sticks, Raw	1/2 cup	50	8	0.3	2.3	40	0.1	1.5	0	20	0.10
* Cucumbers, Sliced	1/4 cup	70	10	0.5	1.8	1	0.1	2.5	0	11	0.20
* Fruit, Tropical Canned *	1/2 cup	155	134	0.6	0.2	3	0.2	34.7	0	20	0.81
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Ind, Syrup, Pancake, 1.4 oz	1 each	28	77	0.0		3	0.0	19.1	0	31	0.03
K-12 Egg, Omelet, Cheese 3.5 oz	1 each	99	180	10.0		511	13.0	5.0		105	1.00
Sandwich, Beef & Cheese, WG Bread, CN	1 each	198	359	32.1	14.4	725	13.1	31.0	79	373	4.29
K-12 Salad, Chicken, Taco	1 cup	284	434	29.4	15.1	746	22.8+	23.0+	33+	234+	2.80+
Noon Meal Totals			703	27.5	3.9	626	20.4	106.8+	72+	427+	3.36+
Daily Totals for 12/27/24			703	27.5	3.9	626	20.4	106.8+	72+	427+	3.36+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			35	55.0		27	26.1	38.8+	24+	33+	18.64+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			35	55.0		27	26.1	38.8+	24+	33+	18.64+
Week Daily Average (12/22/24-12/28/24)			676	32.2	5.0	913	24.1	85.0+	53+	507+	3.59+

Menu: NSLP K-8 Date: Mon Dec 30, 2024

Recipe Name	Size	Amt (gm)	Calo ries (kcal)	Pro tein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Iron (mg)
Noon Meal											
* K-12 Chicken, Tenders, WG, CN	2 each	98	200	16.1	9.7	248	9.0	9.9	37	0	0.00
* Corn, Whole Kernel, Frozen, LF, LS *	1/2 cup	167	80	2.7	1.1	5	0.7	18.8	0	6	0.38
* Carrots, Baby, Raw (1/4 cup)	1/4 cup	45	16	0.3	0.6	35	0.1	3.7	0	15	0.40
* Bread, Roll, Tea Biscuit WG (Eagan)	1 each	28	80	3.0		130	1.0	14.0		34	1.00
* Ind, Fruit, Applesauce, Strawberry, 4 oz	1 each	128	52	0.0		10	0.0	13.6			
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07

* Ind, Ketchup *	1 each	9	9	0.1	0.1	82	0.0	2.5	0	1	0.03
K-12 Vegetarian, Cheese Stick, Bosco CN	2 each	122	300	20.0		440	10.0	34.0	30	444	
Sandwich, Turkey & Cheese, WG Bread, CN	1 each	212	276	24.3	8.0	1146	7.2	31.9	45	222+	3.42
^K-12 Salad, Turkey, Chef	1 cup	217	436	22.4	21.7	1098	35.5	6.0	197	241	1.82
Noon Meal Totals			540	30.5	6.3	618	13.2	74.7	49+	362+	1.89+
Daily Totals for 12/30/24			540	30.5	6.3	618	13.2	74.7	49+	362+	1.89+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			27	61.0		27	16.9	27.2	16+	28+	10.50+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			27	61.0		27	16.9	27.2	16+	28+	10.50+

Menu: NSLP K-8 Date: Tue Dec 31, 2024

Recipe Name	Size	Amt (gm)	Calories (kcal)	Protein (gm)	% Cal. SFA (%)	Sodium (mg)	Fat (gm)	Carbohydat (gm)	Cholesterol (mg)	Calcium (mg)	Iron (mg)
Noon Meal											
* K-12 Beef, Taco Meat, RTU, (CN)	1/2 cup	113	223	20.2	26.2	506	14.2	0.0	71	40	2.19
* Cheese, Shredded, Cheddar, 1 oz	1 ounce	28	115	6.5	42.1	185	9.4	0.9	28	201	0.04
* K-12 Bread, Tortilla, Whole Wheat, Flour, 6"	2 each	56	140	4.0			4.0	24.0	0	18	2.00
* K-12 Beans, Pinto, Cnd	1/2 cup	145	119	6.7	1.2	212	0.8	22.0	0	68	2.13
* Salad, Lettuce, Shredded (Eagan)	1/2 cup	38	5	0.5	1.6	2	0.1	0.8	0	13	0.47
* Banana, Fresh *	1 each	101	90	1.1	1.0	1	0.3	23.1	0	5	0.26
* Milk, 1%, Ind (Eagan)	1 each	245	103	8.3	13.5	108	2.4	12.2	12	306	0.07
* Sauce, Salsa, RTU	1 oz	31	10	0.0		154	0.0	2.0			
K-12 Vegetarian, Taco Meat, w/Crumbles (C	2/3 cup	94	123	16.7	0.5	930	3.9	3.6+	0	21+	1.07+
Sandwich, Chicken Salad, Wrap CN	1 each	345	402	25.9	3.7	664	14.3	42.8	64+	32+	2.08
^K-12 Salad, Chicken, Caeser	1 cup	197	464	31.5	16.1	850	32.7+	6.6+	69+	252+	1.89
Noon Meal Totals			804	47.3	15.3	1167+	31.2	85.1	111+	652+	7.16+
Daily Totals for 12/31/24			804	47.3	15.3	1167+	31.2	85.1	111+	652+	7.16+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			40	94.5		51+	40.0	30.9	37+	50+	39.80+
Daily Value			2000	50.0		2300	78.0	275.0	300	1300	18.00
Percent Daily Value (%)			40	94.5		51+	40.0	30.9	37+	50+	39.80+
Week Daily Average (12/29/24-12/31/24)			672	38.9	11.7	893+	22.2	79.9	80+	507+	4.53+
Daily Average (12/02/24-12/31/24)			677	35.2	6.8	960+	21.6+	85.0+	58+	514+	4.02+