

San Lorenzo Valley USD
Elementary Lunch (k-5)
HHFKA - K-5
002 - BCE Elementary Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 10 WG POPCORN CHICKE Salad Bar MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F BBQ Sauce 12 gm PKT	Apr - 11 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Apr - 12 BAKED POTATO w/chee Cracker Graham LF Hon Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate KETCHUP Single Serve Ranch Dressing R/F	Apr - 13 Bean & Cheese Burrito X Salad Bar Mex MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F Taco Sauce	Apr - 14 Mini Corn Dogs Salad Bar Veggie (Fri) Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate MUSTARD KETCHUP Single Serve	Avg Nutrients Target Cals... 651 100% Sodium. 1017 mg Fiber.. 12.3 g 205% Iron... 4.5 mg 128% Calcium 600.9 mg 210% Vit A 5074 IU 453% Vit C 58.5 mg 390% Sugar 37.1*g 22.8%Cal Prot 29.0g 17.8%Cal Carb 99.0g 60.8%Cal T.Fat 18.0g 24.9%Cal S.Fat 6.4g 8.8%Cal
Apr - 17 Chicken Sand. Grilled Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Apr - 18 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Apr - 19 Bosco Stick (1 stick) Salad Bar Bosco Sauce Cup Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Apr - 20 Pizza Crunchers Rich's Salad Bar Mex MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Apr - 21 Chicken Nuggets WG Salad Bar Veggie (Fri) Ranch Dressing R/F BBQ Sauce 12 gm PKT MILK,1% Lowfat MILK,FF Chocolate	Avg Nutrients Target Cals... 637 100% Sodium. 1138 mg Fiber.. 11.0 g 183% Iron... 3.9 mg 110% Calcium 569.6 mg 199% Vit A 4829 IU 431% Vit C 45.7 mg 305% Sugar 36.2*g 22.7%Cal Prot 29.8g 18.7%Cal Carb 93.7g 58.8%Cal T.Fat 18.4g 25.9%Cal S.Fat 5.9g 8.3%Cal
Apr - 24 HAMBURGER ON A BU Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate KETCHUP Single Serve Ranch Dressing R/F	Apr - 25 Pizza Cheese WW Tony Salad Bar Pizza Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Apr - 26 WG Chicken Sticks Salad Bar Beans (mon) MILK,1% Lowfat MILK,FF Chocolate	Apr - 27 Taco Mini Chicken Salad Bar Mex MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F Taco Sauce	Apr - 28 Mac & Cheese RF (Rose) Salad Bar Veggie (Fri) Ranch Dressing R/F MILK,1% Lowfat MILK,FF Chocolate	Avg Nutrients Target Cals... 639 100% Sodium. 974 mg Fiber.. 11.6 g 193% Iron... 4.0 mg 115% Calcium 580.7 mg 203% Vit A 5863 IU 523% Vit C 45.7 mg 305% Sugar 35.6*g 22.3%Cal Prot 31.4g 19.6%Cal Carb 89.7g 56.1%Cal T.Fat 18.7g 26.4%Cal S.Fat 6.7g 9.5%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.