

**San Lorenzo Valley USD**  
**SLV Middle Lunch (6-8)**  
**HHFKA - 6-8**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jun - 18 PB & J, 2.8oz Whole Wh CARROT, Baby Cut Fres CELERY STICKS APPLES, Fresh 125-138 MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Jun - 19 Ham Sandwich (turkey h Peas Sweet, Canned ORANGES MILK,1% Lowfat MILK,FF Chocolate MAYONNAISE MUSTARD	Jun - 20 Turkey & Cheese Sandwi GREEN BEANS Fruit Cup MILK,1% Lowfat MILK,FF Chocolate	Jun - 21 PB & J, 2.8oz Whole Wh Salad Bar Fri Highlands PEARS,FRESH MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Jun - 22	Avg Nutrients Target Cals... 645 100% Sodium. 1350 mg Fiber.. 9.9 g 166% Iron... 3.0 mg 86% Calcium 476.7 mg 167% Vit A 4250 IU 379% Prot 31.3g 19.4%Cal Carb 90.2g 56.0%Cal T.Fat 19.7g 27.4%Cal S.Fat 5.4g 7.6%Cal
Jun - 25 PB & J, 2.8oz Whole Wh CARROT, Baby Cut Fres CELERY STICKS APPLES, Fresh 125-138 MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Jun - 26 Ham Sandwich (turkey h Peas Sweet, Canned ORANGES MILK,1% Lowfat MILK,FF Chocolate MAYONNAISE MUSTARD	Jun - 27 Turkey & Cheese Sandwi GREEN BEANS Fruit Cup MILK,1% Lowfat MILK,FF Chocolate	Jun - 28 PB & J, 2.8oz Whole Wh Salad Bar Fri Highlands PEARS,FRESH MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Jun - 29	Avg Nutrients Target Cals... 645 100% Sodium. 1350 mg Fiber.. 9.9 g 166% Iron... 3.0 mg 86% Calcium 476.7 mg 167% Vit A 4250 IU 379% Prot 31.3g 19.4%Cal Carb 90.2g 56.0%Cal T.Fat 19.7g 27.4%Cal S.Fat 5.4g 7.6%Cal
Jul - 2 PB & J, 2.8oz Whole Wh CARROT, Baby Cut Fres CELERY STICKS APPLES, Fresh 125-138 MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Jul - 3 Ham Sandwich (turkey h Peas Sweet, Canned ORANGES MILK,1% Lowfat MILK,FF Chocolate MAYONNAISE MUSTARD	Jul - 4 HOLIDAY	Jul - 5 HOLIDAY	Jul - 6	Avg Nutrients Target Cals... 647 100% Sodium. 1299 mg Fiber.. 8.6 g 143% Iron... 2.6 mg 74% Calcium 510.1 mg 178% Vit A 5298 IU 473% Prot 31.5g 19.5%Cal Carb 77.4g 47.9%Cal T.Fat 24.2g 33.7%Cal S.Fat 6.5g 9.1%Cal
Jul - 9 PB & J, 2.8oz Whole Wh CARROT, Baby Cut Fres CELERY STICKS APPLES, Fresh 125-138 MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Jul - 10 Ham Sandwich (turkey h Peas Sweet, Canned ORANGES MILK,1% Lowfat MILK,FF Chocolate MAYONNAISE MUSTARD	Jul - 11 Turkey & Cheese Sandwi GREEN BEANS Fruit Cup MILK,1% Lowfat MILK,FF Chocolate	Jul - 12 PB & J, 2.8oz Whole Wh Salad Bar Fri Highlands PEARS,FRESH MILK,1% Lowfat MILK,FF Chocolate Ranch Dressing R/F	Jul - 13	Avg Nutrients Target Cals... 645 100% Sodium. 1350 mg Fiber.. 9.9 g 166% Iron... 3.0 mg 86% Calcium 476.7 mg 167% Vit A 4250 IU 379% Prot 31.3g 19.4%Cal Carb 90.2g 56.0%Cal T.Fat 19.7g 27.4%Cal S.Fat 5.4g 7.6%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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 HHFKA - 6-8

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jul - 16	Jul - 17	Jul - 18	Jul - 19		Avg Nutrients Target
PB & J, 2.8oz Whole Wh	Ham Sandwich (turkey h	Turkey & Cheese Sandwi	PB & J, 2.8oz Whole Wh		Cals... 645 100%
CARROT, Baby Cut Fres	Peas Sweet, Canned	GREEN BEANS	Salad Bar Fri Highlands		Sodium. 1350 mg
CELERY STICKS	ORANGES	Fruit Cup	PEARS,FRESH		Fiber.. 9.9 g 166%
APPLES, Fresh 125-138	MILK,1% Lowfat	MILK,1% Lowfat	MILK,1% Lowfat		Iron... 3.0 mg 86%
MILK,1% Lowfat	MILK,FF Chocolate	MILK,FF Chocolate	MILK,FF Chocolate		Calcium 476.7 mg 167%
MILK,FF Chocolate	MAYONNAISE		Ranch Dressing R/F		Vit A 4250 IU 379%
Ranch Dressing R/F	MUSTARD				Prot 31.3g 19.4%Cal
					Carb 90.2g 56.0%Cal
					T.Fat 19.7g 27.4%Cal
					S.Fat 5.4g 7.6%Cal

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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