



K-12 WIND RIVER LUNCH COUGAR SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 CHICKEN SANDWICH POTATO SALAD LETTUCE BROCCOLI BANANA MILK CONDIMENTS	2 MEATBALL SANDWICH POTATO CHIPS,BAKED PORK & BEANS CAULIFLOWER APPLES JELLO,CHERRY CONDIMENTS	3 BAKED POTATO HAM, DICED CHEESE ROLL PEPPERS, RED PEACHES MILK CONDIMENTS	4	Calories 766 Cholesterol 59 mg Sodium 1376 mg Dietary Fiber 13.21 g Iron 5.04 mg Calcium 583.44 mg Vitamin A 9633 IU Vitamin C 146.12 mg Sugars 17.72 g 9.3% Protein 35.27 g 18.4% Carbohydrate 109.21 g 57.0% Total Fat 22.41 g 26.3% Saturated Fat 7.76 g 9.1%
7 LABOR DAY	8 CHILI GOLDFISH ROLL CUCUMBER CORN ROSEY APPLESAUCE MILK CONDIMENTS	9 CHICKEN STRIPS BISCUITS PORK & BEANS ORANGES CELERY STICKS PEAS MILK CONDIMENTS	10 PIZZA STIX GARLIC BREAD WHL GRAIN CHEESE STICKS GREEN BEANS ORANGES MILK CONDIMENTS	11	Calories 771 Cholesterol 37 mg Sodium 1723 mg Dietary Fiber 16.74 g Iron 6.30 mg Calcium 526.25 mg Vitamin A 3124 IU Vitamin C 47.69 mg Sugars 14.41 g 7.5% Protein 36.00 g 18.7% Carbohydrate 116.21 g 60.3% Total Fat 20.09 g 23.4% Saturated Fat 7.21 g 8.4%
14 HOT DOG ON A BUN GOLDFISH CORN ROSEY APPLESAUCE MILK CONDIMENTS	15 SLOPPY JOE ON A BUN TOMATOES (Cherry) CARROT STICKS KIWIFRUIT,FRESH PINEAPPLE MILK CONDIMENTS	16 CHICKEN STRIPS BISCUITS PORK & BEANS ORANGES CELERY STICKS PEAS MILK CONDIMENTS	17 CHICKEN ALFREDO CHEESEY BREAD WHL GR LETTUCE GREEN BEANS PEAR MILK CONDIMENTS	18	Calories 812 Cholesterol 65 mg Sodium 1533 mg Dietary Fiber 14.23 g Iron 5.54 mg Calcium 715.51 mg Vitamin A 11233 IU Vitamin C 72.13 mg Sugars 27.70 g 13.7% Protein 42.85 g 21.1% Carbohydrate 112.98 g 55.7% Total Fat 23.29 g 25.8% Saturated Fat 8.43 g 9.3%
21 Mr. RIB SANDWICH LETTUCE APPLES PEAS BAKED BEANS MILK CONDIMENTS	22 COUGAR HAM WRAP ROLL CELERY STICKS PINEAPPLE MILK CONDIMENTS	23 CHEF'S SALAD CHEESEY BREAD WHL GR CHEESE STICK BROCCOLI PEACHES MILK CONDIMENTS	24 TACO'S CHEESE SOUR CREAM COUGAR SALSA LETTUCE TOMATOE REFRIED BEANS TORTILLA, CHIPS MANDARIN ORANGES MILK	25	Calories 728 Cholesterol 80 mg Sodium 1774 mg Dietary Fiber 13.20 g Iron 5.37 mg Calcium 851.89 mg Vitamin A 10556 IU Vitamin C 45.52 mg Sugars 15.98 g 8.8% Protein 44.80 g 24.6% Carbohydrate 92.81 g 51.0% Total Fat 21.65 g 26.8% Saturated Fat 9.45 g 11.7%
28 CORN DOGS PORK & BEANS PEPPERS, RED CAULIFLOWER ROSEY APPLESAUCE MILK CONDIMENTS	29 PIZZA (pepp) GARLIC BREAD WHL GRAIN LETTUCE APPLES CHOCOLATE CHIP COOKIES MILK CONDIMENTS	30 QUESADILLA LETTUCE CAULIFLOWER PEACHES REFRIED BEANS MILK CONDIMENTS			Calories 771 Cholesterol 34 mg Sodium 1491 mg Dietary Fiber 14.99 g Iron 5.42 mg Calcium 553.13 mg Vitamin A 11487 IU Vitamin C 83.33 mg Sugars 14.04 g 7.3% Protein 31.54 g 16.4% Carbohydrate 112.54 g 58.4% Total Fat 23.67 g 27.6% Saturated Fat 7.91 g 9.2%

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
*MENU SUBJECT TO CHANGE

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.