

LITTLE COUGARS LUNCH & SNACK

COUGAR MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 CHICKEN BITES ROLL GREEN BEANS BANANA MILK,Whole or1% CONDIMENTS SNACK APPLES PEANUT BUTTER	3 HAM POTATO AU GRATIN BROCCOLI ENGLISH MUFFINS,WH GR,TOASTED APPLESAUCE,W/CINNAMON MILK,Whole or 1% CONDIMENTS SNACK PINEAPPLE(Chunks) YOGURT	4 TACO'S LETTUCE(SHREDDED) TOMATOE, DICED, FRESH CORN CANTELOUPE MILK,Wholeor1% CONDIMENTS SNACK CUCUMBER CRACKERS (WHEAT)	5 PIZZA BREAD STICKS CUCUMBER PINEAPPLE(Chunks) MILK,Whole or 1% CONDIMENTS SNACK PRETZEL 2 oz. Bag ORANGES HALVES	6 	Calories 540 Cholesterol 41 mg Sodium 1214 mg Dietary Fiber 6.40 g Iron 4.36 mg Calcium 314.85 mg Vitamin A 2939 IU Vitamin C 45.74 mg Sugars 10.08 g 7.5% Protein 25.39 g 18.8% Carbohydrate 77.60 g 57.5% Total Fat 15.75 g 26.2% Saturated Fat 5.17 g 8.6%
9 HOT DOG ON A BUN PORK & BEANS PEAS SUGAR SNAP PEAR (DICED) MILK,Whole or 1% CONDIMENTS SNACK CELERY STICKS PEANUT BUTTER	10 TACO SALAD CHEESE CAULIFLOWER BLACK BEANS GRAPES APPLES CORNBREAD MILK,Whole OR1% CONDIMENTS SNACK PEAR COTTAGE CHEESE	11 TOMATOE SOUP,CAMPBELL GRILLED CHEESE SANDWICH CORN LETTUCE APPLES MILK,Whole OR 1% CONDIMENTS STRAWBERRIES YOGURT	12 COOK'S CHOICE PIZZA STIX LETTUCE BROCCOLI PEACHES MILK,Whole OR 1% CONDIMENTS SNACK BROCCOLI RANCH DRESSING	13 	Calories 687 Cholesterol 42 mg Sodium 1156 mg Dietary Fiber 14.88 g Iron 5.81 mg Calcium 398.22 mg Vitamin A 10781 IU Vitamin C 69.35 mg Sugars 21.21 g 12.4% Protein 31.92 g 18.6% Carbohydrate 101.99 g 59.4% Total Fat 20.81 g 27.3% Saturated Fat 7.29 g 9.6%
16 EGG ROLL STIR FRY VEGETABLES PINEAPPLE(Chunks) FORTUNE COOKIE MILK,WholeOR1% CONDIMENTS SNACK CUCUMBER RANCH DRESSING	17 CHICKEN FRIED STEAK MASHED POTATOES ROLL GREEN BEANS FRUIT COCKTAIL MILK,Whole OR1% CONDIMENTS SNACK PRETZEL 2 oz. Bag YOGURT PLAIN	18 HOT TURKEY SANDWICH GRAVY,TURKEY LETTUCE BROCCOLI PEACHES MILK,Whole OR1% CONDIMENTS SNACK HARD BOILED EGG ORANGES HALVES	19 WHITE CHICKEN CHILI SOUP CRACKERS CORNBREAD CORN PEAR (DICED) MILK,Whole OR 1% CONDIMENTS SNACK TORTILLAS, WHOLE GRAIN CHEESE	20 MACARONI AND CHEESE ROLL TOMATOES (Cherry) SALAD, ROMAINE SHREDDED PEACHES MILK,Whole or1% CONDIMENTS SNACK CEREAL ASST. BOWL APPLES	Calories 637 Cholesterol 42 mg Sodium 1065 mg Dietary Fiber 9.49 g Iron 3.89 mg Calcium 319.79 mg Vitamin A 5851 IU Vitamin C 46.76 mg Sugars 13.61 g 8.6% Protein 33.33 g 20.9% Carbohydrate 100.79 g 63.3% Total Fat 14.94 g 21.1% Saturated Fat 4.06 g 5.7%
23 FISH STICKS MACARONI AND CHEESE CELERY STICKS BANANA MILK,WholeOR 1% CONDIMENTS SNACK GRAHAM CRACKERS/HONEY GRAMAH BANANA	24 CHEESEY BEEFY NACHOS TORTILLA CHIPS LETTUCE TOMATOES (Cherry) PEAS BANANA MILK,Whole OR 1% CONDIMENTS SNACK YOGURT FRUIT CUP	25 CHICKEN ALFREDO GARLIC BREAD LETTUCE GREEN BEANS PEAR (DICED) MILK,Whole OR 1% CONDIMENTS SNACK CRACKERS BROCCOLI	26 CHEF'S SALAD HAM 2 OZ. TURKEY CHEESE GARLIC BREAD BANANA MILK,Whole OR 1% CONDIMENTS SNACK PEACHES COTTAGE CHEESE	27 	Calories 728 Cholesterol 70 mg Sodium 1628 mg Dietary Fiber 10.41 g Iron 4.80 mg Calcium 741.11 mg Vitamin A 12741 IU Vitamin C 31.16 mg Sugars 32.41 g 17.8% Protein 41.65 g 22.9% Carbohydrate 87.54 g 48.1% Total Fat 25.50 g 31.5% Saturated Fat 9.33 g 11.5%
30 CHILI DOGS BROCCOLI PEAR (DICED) MILK,Whole OR 1% CONDIMENTS SNACK PEANUT BUTTER & HONEY SAN 1/2 BANANA	31 MEATBALL SANDWICH CARROT STICKS CORN APPLES MILK,Whole OR1% CONDIMENTS SNACK PINEAPPLE(Chunks) YOGURT				Calories 561 Cholesterol 43 mg Sodium 966 mg Dietary Fiber 9.80 g Iron 3.39 mg Calcium 254.98 mg Vitamin A 6448 IU Vitamin C 60.70 mg Sugars 23.79 g 17.0% Protein 21.66 g 15.4% Carbohydrate 74.87 g 53.4% Total Fat 20.98 g 33.6% Saturated Fat 8.21 g 13.2%

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.