


KJSHS LUNCH OCT. 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
					Cal 361 T.Fat 11.49 G S.Fat 3.6 G Chol 36.0 Mg Sodm 741.23 Mg Carb 46.87 G Fiber 2.4 G
5 CORN DOG SALAD BAR POTATO CHIPS VEGGIES, ASSORTED FRUIT MILK	6 SLOPPY JOE SALAD BAR POTATO CHIPS STEAMED CORN FRUIT MILK	7 CHICKEN RICE SOUP SALAD BAR DINNER ROLL BABY CARROTS FRUIT MILK	8 FRITO PIE SALAD BAR CHEESE SAUCE STEAMED CORN FRUIT MILK	9 CHICKEN AND NOODLES SALAD BAR DINNER ROLL GREEN BEANS FRUIT MILK	Cal 419 T.Fat 14.59 G S.Fat 3.6 G Chol 50.6 Mg Sodm 583.40 Mg Carb 51.78 G Fiber 3.9 G
12 HOT DOG SALAD BAR POTATO CHIPS BAKED BEANS FRUIT APPLE Crisp MILK	13 NACHOS WITH GROUND BEEF NACHO CHEESE SAUCE SALAD BAR VEGGIES, ASSORTED FRUIT MILK	14 CHICKEN NUGGETS SALAD BAR SPAGETTI SALAD BABY CARROTS FRUIT MILK	15 NO SCHOOL TODAY	16 NO SCHOOL TODAY	Cal 731 T.Fat 30.11 G S.Fat 10.6 G Chol 89.9 Mg Sodm 1318.73 Mg Carb 80.22 G Fiber 6.4 G
19 BURRITO ENCHILADA STYLE SALAD BAR TATOR TOTS STEAMED CORN FRUIT MILK	20 STACKED HAM & CHEDDAR SANDWICH SALAD BAR POTATO CHIPS VEGGIES, ASSORTED FRUIT MILK	21 POTATO BAR SALAD BAR BROCCOLI CHILI CHEESE SAUCE CUCUMBER SLICES FRUIT MILK	22 CHICKEN TACO SALAD BAR Rice, White STEAMED CORN FRUIT - Elem lunch MILK SUGAR COOKIES	23 MACARONI AND CHEESE SALAD BAR DINNER ROLL STEAMED PEAS FRUIT MILK	Cal 591 T.Fat 16.51 G S.Fat 5.0 G Chol 47.7 Mg Sodm 787.13 Mg Carb 88.44 G Fiber 6.9 G
26 CHICKEN BURGER SALAD BAR PASTA SALAD POTATO CHIPS BROCCOLI, raw FRUIT MILK	27 CHILI SALAD BAR CINNAMON ROLL BABY CARROTS FRUIT MILK	28 CHEESY BEEFY HIDEAWAYS SALAD BAR POTATO CHIPS GREEN BEANS FRUIT MILK	29 CHEESEBURGER SALAD BAR POTATO WEDGES CUCUMBER SLICES FRUIT MILK	30 STRAW-HATS SALAD BAR PUMPKIN TEETH FRUITY EYEBALLS NO BAKE COOKIE MILK	Cal 637 T.Fat 22.85 G S.Fat 7.8 G Chol 64.9 Mg Sodm 987.73 Mg Carb 82.15 G Fiber 6.3 G