

MCISD Child Nutrition Program

HHFKA - 6-8

Jan 31, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1 Cheeseburger on WW Bu Hamburger on WW Bun, Burger Salad 6-12 Roasted Potatoes- 1/2c, Baked Potato Chips,PK-1 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF MGR CHOICE FRUIT C	Feb - 2 Chicken (Breaded) Burge Fish Burger,K-12 Carrots, Baby, 1/2c,PK-1 Burger Salad K-5 RF Doritos Fruit, Fresh Assorted, K-1 Chilled Milk	Avg Nutrients Target Cals... 657 100% Chol... 62 mg Sodium. 957 mg Vit A 9128* IU Vit C 17.9* mg T.Fat 22.9g 31.4%Cal S.Fat 6.5g 8.9%Cal
			Nutrients Target Cals... 694 100% Chol... 77 mg Sodium. 1067 mg Vit A 4551* IU Vit C 14.2* mg T.Fat 24.0g 31.1%Cal S.Fat 8.3g 10.8%Cal	Nutrients Target Cals... 620 100% Chol... 46 mg Sodium. 848 mg Vit A 13706* IU Vit C 21.6* mg T.Fat 21.8g 31.7%Cal S.Fat 4.6g 6.7%Cal	
Feb - 5 Nardone 96WWEDP 4X6 Pizza Calzone Green Beans Golden Corn MGR CHOICE FRUIT C Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 6 Chicken Drumsticks, K-5 Chicken Tenders Cheesy Pasta,CK,PK-12 Romaine/Diced Tomato,K Mixed Vegetables MGR CHOICE FRUIT C Milk, Skim,PK Chilled Milk Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 7 Cheeseburger on WW Bu Hamburger on WW Bun, Cucumber, Sliced, K-12 Broccoli and Cheese Chips, Cheetos Puffs,PK- Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF MGR CHOICE FRUIT C	Feb - 8 Taquitos Mexicanos,K-8 Beef Cheese Enchiladas Spanish Rice(CK)-Site H Refried Beans, K-12 Romaine/Diced Tomato,K Apple, Fresh, PK-12 BANANAS,K-12 Orange Smiles PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 9 Chicken (Breaded) Burge Fish Burger,K-12 Carrots, Baby, 1/2c,PK-1 Burger Salad K-5 RF Doritos Fruit, Fresh Assorted, K-1 Chilled Milk	Avg Nutrients Target Cals... 639 100% Chol... 57 mg Sodium. 1246 mg Vit A 6348* IU Vit C 37.0* mg T.Fat 19.1g 26.9%Cal S.Fat 5.4g 7.5%Cal
Nutrients Target Cals... 681 100% Chol... 51 mg Sodium. 1445 mg Vit A 1494* IU Vit C 22.3* mg T.Fat 18.2g 24.1%Cal S.Fat 7.5g 9.9%Cal	Nutrients Target Cals... 602 100% Chol... 35 mg Sodium. 1056 mg Vit A 8180* IU Vit C 51.6* mg T.Fat 14.6g 21.9%Cal S.Fat 3.5g 5.3%Cal	Nutrients Target Cals... 653 100% Chol... 77 mg Sodium. 1188 mg Vit A 576* IU Vit C 16.0* mg T.Fat 26.9g 37.0%Cal S.Fat 9.5g 13.1%Cal	Nutrients Target Cals... 639 100% Chol... 76 mg Sodium. 1696 mg Vit A 7784* IU Vit C 73.7* mg T.Fat 13.8g 19.4%Cal S.Fat 1.7g 2.3%Cal	Nutrients Target Cals... 620 100% Chol... 46 mg Sodium. 848 mg Vit A 13706* IU Vit C 21.6* mg T.Fat 21.8g 31.7%Cal S.Fat 4.6g 6.7%Cal	

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 12 Chicken Fajitas -CK Rice Cheese Enchiladas-2 inc Spanish Rice(CK)-Site H Refried Beans, K-12 Romaine/Diced Tomato,K Apple, Fresh, PK-12 BANANAS,K-12 Orange Smiles PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 13 Mini Corndogs K-8 Spicy Chicken Burger Cheesy Pasta,CK,PK-12 Green Beans Rom./Spinach/Mandarin Apple, Fresh, PK-12 BANANAS,K-12 Orange Smiles PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 14 Cheese Pizza Spicy Chicken Poppers CORN, frozen,K-12 Broccoli & Carrot Coins MGR CHOICE FRUIT C Milk - Variety K-12 Chocolate Pudding	Feb - 15 Pollo Guisado -Reheating Carne Guisada,Site Rehe Tortilla, Corn,K-12 Spanish Rice(CK)-Site H Refried Beans, K-12 Romaine/Diced Tomato/ Fruit, Fresh Assorted, K-1 Milk - Variety K-12	Feb - 16 Chicken (Breaded) Burge Fish Burger,K-12 Carrots, Baby, 1/2c,PK-1 Burger Salad K-5 RF Doritos Fruit, Fresh Assorted, K-1 Chilled Milk	Avg Nutrients Target Cals... 629 100% Chol... 52 mg Sodium. 1369 mg Vit A 6534* IU Vit C 43.7* mg T.Fat 18.5g 26.4%Cal S.Fat 5.1g 7.4%Cal
Nutrients Target Cals... 637 100% Chol... 43 mg Sodium. 1902 mg Vit A 7091* IU Vit C 47.9* mg T.Fat 21.0g 29.7%Cal S.Fat 7.7g 10.8%Cal	Nutrients Target Cals... 602 100% Chol... 57 mg Sodium. 1854 mg Vit A 873* IU Vit C 42.7* mg T.Fat 18.0g 26.9%Cal S.Fat 5.1g 7.6%Cal	Nutrients Target Cals... 602 100% Chol... 41 mg Sodium. 773 mg Vit A 2545* IU Vit C 29.0* mg T.Fat 18.6g 27.8%Cal S.Fat 6.0g 8.9%Cal	Nutrients Target Cals... 686 100% Chol... 69 mg Sodium. 1467 mg Vit A 8456* IU Vit C 77.2* mg T.Fat 12.8g 16.8%Cal S.Fat 2.5g 3.2%Cal	Nutrients Target Cals... 620 100% Chol... 46 mg Sodium. 848 mg Vit A 13706* IU Vit C 21.6* mg T.Fat 21.8g 31.7%Cal S.Fat 4.6g 6.7%Cal	
Feb - 19 BBQ Riblet Spicy Chicken Burger Carrots, Baby, 1/2c,PK-1 Tropical Coleslaw MGR CHOICE FRUIT C Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 20 Mini Corndogs K-8 Hot Dog Bun, 10in Cheesy Pasta,CK,PK-12 Golden Corn Ranch Style Beans Apple, Fresh, PK-12 BANANAS,K-12 Orange Smiles PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 21 Lasagna PK-12 SPAGHETTI AND MEAT Dinner Roll Rom./Spinach/Mandarin Green Beans Apple, Fresh, PK-12 BANANAS,K-12 Orange Smiles PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 22 Cheeseburger on WW Bu Chicken (Breaded) Burge Burger Salad 6-12 Roasted Potatoes- 1/2c, MGR CHOICE FRUIT C Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 23 Cheese Pizza Italian Meatball Hoagie Carrots, Baby, 1/2c,PK-1 CORN, frozen,K-12 WG Rice Krispy Treats MGR CHOICE FRUIT C Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Avg Nutrients Target Cals... 628 100% Chol... 48 mg Sodium. 1046 mg Vit A 4777* IU Vit C 28.1* mg T.Fat 17.5g 25.0%Cal S.Fat 5.8g 8.3%Cal

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Nutrients Target Cals... 617 100% Chol... 47 mg Sodium. 1189 mg Vit A 10649* IU Vit C 22.0* mg T.Fat 16.5g 24.0%Cal S.Fat 3.9g 5.7%Cal	Nutrients Target Cals... 612 100% Chol... 39 mg Sodium. 1551 mg Vit A 699* IU Vit C 42.0* mg T.Fat 13.4g 19.7%Cal S.Fat 3.8g 5.6%Cal	Nutrients Target Cals... 677 100% Chol... 56 mg Sodium. 712 mg Vit A 6361* IU Vit C 45.1* mg T.Fat 14.9g 19.8%Cal S.Fat 6.3g 8.4%Cal	Nutrients Target Cals... 602 100% Chol... 53 mg Sodium. 911 mg Vit A 4650* IU Vit C 14.3* mg T.Fat 21.8g 32.6%Cal S.Fat 5.9g 8.8%Cal	Nutrients Target Cals... 633 100% Chol... 46 mg Sodium. 868 mg Vit A 1525* IU Vit C 17.1* mg T.Fat 20.8g 29.5%Cal S.Fat 9.1g 12.9%Cal	
Feb - 26	Feb - 27 Nardone 96WWEDP 4X6 Pizza Calzone Green Beans Rom./Spinach/Mandarin MGR CHOICE FRUIT C Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 28 Tacos, Chicken Fajita Tacos, beef Spanish Rice(CK)-Site H Refried Beans, K-12 Romaine/Diced Tomato/ Fruit, Fresh Assorted, K-1 Milk - Variety K-12			Avg Nutrients Target Cals... 691 100% Chol... 72 mg Sodium. 1333 mg Vit A 5858* IU Vit C 47.0* mg T.Fat 20.3g 26.4%Cal S.Fat 7.5g 9.7%Cal
	Nutrients Target Cals... 690 100% Chol... 51 mg Sodium. 1335 mg Vit A 6992* IU Vit C 46.2* mg T.Fat 17.4g 22.7%Cal S.Fat 7.5g 9.8%Cal	Nutrients Target Cals... 691 100% Chol... 93 mg Sodium. 1330 mg Vit A 4723* IU Vit C 47.8* mg T.Fat 23.2g 30.2%Cal S.Fat 7.5g 9.7%Cal			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	641	600-700	100%	Tot. Fat	19.02 g	26.70%	
Cholesterol	55 mg			Sat. Fat	5.75 g	8.08%	<10.00%
Sodium	1205 mg	1360					
Vitamin A	6225* IU						
Vitamin C	35.48* mg						

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