

MCISD Child Nutrition Program

HHFKA - K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1 Cheeseburger on WW Bu Hamburger on WW Bun, Burger Salad K-5 Roasted Potatoes- 1/2c, Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF MGR CHOICE FRUIT C	Feb - 2 Fish Burger,K-12 Carrots, Baby, 1/2c,PK-1 Tropical Coleslaw-site ser RF Doritos Fruit, Fresh Assorted, K-1 Chilled Milk	Avg Nutrients Target Cals... 571 100% Chol... 74 mg Sodium. 906 mg Vit A 5423 IU Vit C 18.6* mg T.Fat 22.6g 35.7%Cal S.Fat 7.1g 11.2%Cal
			Nutrients Target Cals... 553 100% Chol... 92 mg Sodium. 947 mg Vit A 488 IU Vit C 3.5* mg T.Fat 25.1g 40.8%Cal S.Fat 9.8g 16.0%Cal	Nutrients Target Cals... 590 100% Chol... 55 mg Sodium. 866 mg Vit A 10359 IU Vit C 33.8* mg T.Fat 20.2g 30.8%Cal S.Fat 4.4g 6.7%Cal	
Feb - 5 Nardone 96WWEDP 4X6 Green Beans CORN, frozen,K-12 MGR CHOICE FRUIT C Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 6 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 Pollo Guisado -Reheating Tortilla, Corn,K-12 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 Milk - Variety K-12	Feb - 9 Chicken (Breaded) Burge Carrots, Baby, 1/2c,PK-1 Burger Salad K-5 RF Doritos Fruit, Fresh Assorted, K-1 Chilled Milk	Avg Nutrients Target Cals... 577 100% Chol... 50 mg Sodium. 1022 mg Vit A 6182 IU Vit C 30.4* mg T.Fat 18.7g 29.2%Cal S.Fat 6.0g 9.4%Cal
Nutrients Target Cals... 587 100% Chol... 45 mg Sodium. 938 mg Vit A 1109 IU Vit C 17.5* mg T.Fat 19.5g 29.9%Cal S.Fat 8.7g 13.4%Cal	Nutrients Target Cals... 600 100% Chol... 34 mg Sodium. 1054 mg Vit A 8180 IU Vit C 51.6* mg T.Fat 14.5g 21.8%Cal S.Fat 3.5g 5.3%Cal	Nutrients Target Cals... 549 100% Chol... 92 mg Sodium. 969 mg Vit A 444 IU Vit C 4.4* mg T.Fat 25.3g 41.5%Cal S.Fat 9.9g 16.3%Cal	Nutrients Target Cals... 566 100% Chol... 48 mg Sodium. 1369 mg Vit A 7484 IU Vit C 57.1* mg T.Fat 11.9g 18.9%Cal S.Fat 3.5g 5.6%Cal	Nutrients Target Cals... 586 100% Chol... 30 mg Sodium. 779 mg Vit A 13691 IU Vit C 21.6* mg T.Fat 22.5g 34.6%Cal S.Fat 4.5g 6.8%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.

MCISD Child Nutrition Program

HHFKA - K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 12 Chicken Tenders Whole Wheat Bread Mashed Potato, pearls,K- Golden Corn MGR CHOICE FRUIT C Milk, Skim,PK Chilled Milk Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 13 Chicken (Breaded) Burge Burger Salad K-5 Roasted Potatoes- 1/2c, Fruit, Fresh Assorted, K-1 Milk - Variety K-12	Feb - 14 Fish Burger,K-12 Cheesy Pasta,CK,PK-12 Golden Corn Broccoli & Carrot Coins Chocolote Pudding 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 - 15 Taqitos Mexicanos,K-8 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 - 16 Cheese Pizza Green Beans Rom./Spinach/Mandarin MGR CHOICE FRUIT C Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Avg Nutrients Target Cals... 599 100% Chol... 43 mg Sodium. 1187 mg Vit A 3450 IU Vit C 36.7* mg T.Fat 15.9g 23.8%Cal S.Fat 3.4g 5.1%Cal
Nutrients Target Cals... 565 100% Chol... 24 mg Sodium. 1198 mg Vit A 682 IU Vit C 14.4* mg T.Fat 14.4g 22.9%Cal S.Fat 2.1g 3.4%Cal	Nutrients Target Cals... 603 100% Chol... 25 mg Sodium. 826 mg Vit A 3639 IU Vit C 17.8* mg T.Fat 23.7g 35.4%Cal S.Fat 3.4g 5.1%Cal	Nutrients Target Cals... 640 100% Chol... 59 mg Sodium. 1513 mg Vit A 808 IU Vit C 42.2* mg T.Fat 12.6g 17.7%Cal S.Fat 3.4g 4.7%Cal	Nutrients Target Cals... 631 100% Chol... 75 mg Sodium. 1671 mg Vit A 7762 IU Vit C 73.7* mg T.Fat 13.4g 19.1%Cal S.Fat 1.5g 2.1%Cal	Nutrients Target Cals... 555 100% Chol... 35 mg Sodium. 728 mg Vit A 4361 IU Vit C 35.3* mg T.Fat 15.3g 24.9%Cal S.Fat 6.7g 10.9%Cal	
Feb - 19 Cheeseburger on WW Bu Hamburger on WW Bun, Carrots, Baby, 1/2c,PK-1 Ranch Style Beans RF Doritos MGR CHOICE FRUIT C Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 20 Mini Corndogs K-8 Cheesy Pasta,CK,PK-12 Golden Corn Broccoli & Carrot Coins 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 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 Chicken (Breaded) Burge Burger Salad K-5 Roasted Potatoes- 1/2c, Fruit, Fresh Assorted, K-1 Milk - Variety K-12	Feb - 23 Fish Burger,K-12 Carrots, Baby, 1/2c,PK-1 Tropical Coleslaw-site ser RF Doritos Fruit, Fresh Assorted, K-1 Chilled Milk WG Rice Krispy Treats	Avg Nutrients Target Cals... 591 100% Chol... 53 mg Sodium. 1009 mg Vit A 4362 IU Vit C 28.9* mg T.Fat 20.0g 30.4%Cal S.Fat 5.7g 8.7%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.

MCISD Child Nutrition Program

HHFKA - K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																																
<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>560 100%</td></tr> <tr><td>Chol...</td><td>92 mg</td></tr> <tr><td>Sodium.</td><td>1010 mg</td></tr> <tr><td>Vit A</td><td>620 IU</td></tr> <tr><td>Vit C</td><td>3.5* mg</td></tr> <tr><td>T.Fat</td><td>25.3g 40.7%Cal</td></tr> <tr><td>S.Fat</td><td>10.0g 16.1%Cal</td></tr> </table>	Nutrients	Target	Cals...	560 100%	Chol...	92 mg	Sodium.	1010 mg	Vit A	620 IU	Vit C	3.5* mg	T.Fat	25.3g 40.7%Cal	S.Fat	10.0g 16.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>621 100%</td></tr> <tr><td>Chol...</td><td>57 mg</td></tr> <tr><td>Sodium.</td><td>1748 mg</td></tr> <tr><td>Vit A</td><td>723 IU</td></tr> <tr><td>Vit C</td><td>42.2* mg</td></tr> <tr><td>T.Fat</td><td>18.5g 26.8%Cal</td></tr> <tr><td>S.Fat</td><td>5.0g 7.3%Cal</td></tr> </table>	Nutrients	Target	Cals...	621 100%	Chol...	57 mg	Sodium.	1748 mg	Vit A	723 IU	Vit C	42.2* mg	T.Fat	18.5g 26.8%Cal	S.Fat	5.0g 7.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>579 100%</td></tr> <tr><td>Chol...</td><td>37 mg</td></tr> <tr><td>Sodium.</td><td>594 mg</td></tr> <tr><td>Vit A</td><td>6459 IU</td></tr> <tr><td>Vit C</td><td>47.3* mg</td></tr> <tr><td>T.Fat</td><td>12.1g 18.8%Cal</td></tr> <tr><td>S.Fat</td><td>5.6g 8.8%Cal</td></tr> </table>	Nutrients	Target	Cals...	579 100%	Chol...	37 mg	Sodium.	594 mg	Vit A	6459 IU	Vit C	47.3* mg	T.Fat	12.1g 18.8%Cal	S.Fat	5.6g 8.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>603 100%</td></tr> <tr><td>Chol...</td><td>25 mg</td></tr> <tr><td>Sodium.</td><td>826 mg</td></tr> <tr><td>Vit A</td><td>3639 IU</td></tr> <tr><td>Vit C</td><td>17.8* mg</td></tr> <tr><td>T.Fat</td><td>23.7g 35.4%Cal</td></tr> <tr><td>S.Fat</td><td>3.4g 5.1%Cal</td></tr> </table>	Nutrients	Target	Cals...	603 100%	Chol...	25 mg	Sodium.	826 mg	Vit A	3639 IU	Vit C	17.8* mg	T.Fat	23.7g 35.4%Cal	S.Fat	3.4g 5.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>591 100%</td></tr> <tr><td>Chol...</td><td>55 mg</td></tr> <tr><td>Sodium.</td><td>867 mg</td></tr> <tr><td>Vit A</td><td>10368 IU</td></tr> <tr><td>Vit C</td><td>33.8* mg</td></tr> <tr><td>T.Fat</td><td>20.2g 30.8%Cal</td></tr> <tr><td>S.Fat</td><td>4.4g 6.7%Cal</td></tr> </table>	Nutrients	Target	Cals...	591 100%	Chol...	55 mg	Sodium.	867 mg	Vit A	10368 IU	Vit C	33.8* mg	T.Fat	20.2g 30.8%Cal	S.Fat	4.4g 6.7%Cal	
Nutrients	Target																																																																																				
Cals...	560 100%																																																																																				
Chol...	92 mg																																																																																				
Sodium.	1010 mg																																																																																				
Vit A	620 IU																																																																																				
Vit C	3.5* mg																																																																																				
T.Fat	25.3g 40.7%Cal																																																																																				
S.Fat	10.0g 16.1%Cal																																																																																				
Nutrients	Target																																																																																				
Cals...	621 100%																																																																																				
Chol...	57 mg																																																																																				
Sodium.	1748 mg																																																																																				
Vit A	723 IU																																																																																				
Vit C	42.2* mg																																																																																				
T.Fat	18.5g 26.8%Cal																																																																																				
S.Fat	5.0g 7.3%Cal																																																																																				
Nutrients	Target																																																																																				
Cals...	579 100%																																																																																				
Chol...	37 mg																																																																																				
Sodium.	594 mg																																																																																				
Vit A	6459 IU																																																																																				
Vit C	47.3* mg																																																																																				
T.Fat	12.1g 18.8%Cal																																																																																				
S.Fat	5.6g 8.8%Cal																																																																																				
Nutrients	Target																																																																																				
Cals...	603 100%																																																																																				
Chol...	25 mg																																																																																				
Sodium.	826 mg																																																																																				
Vit A	3639 IU																																																																																				
Vit C	17.8* mg																																																																																				
T.Fat	23.7g 35.4%Cal																																																																																				
S.Fat	3.4g 5.1%Cal																																																																																				
Nutrients	Target																																																																																				
Cals...	591 100%																																																																																				
Chol...	55 mg																																																																																				
Sodium.	867 mg																																																																																				
Vit A	10368 IU																																																																																				
Vit C	33.8* mg																																																																																				
T.Fat	20.2g 30.8%Cal																																																																																				
S.Fat	4.4g 6.7%Cal																																																																																				
Feb - 26	Feb - 27 Nardone 96WWEDP 4X6 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 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 Milk - Variety K-12			<table style="width: 100%; border-collapse: collapse;"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>578 100%</td></tr> <tr><td>Chol...</td><td>48 mg</td></tr> <tr><td>Sodium.</td><td>1219 mg</td></tr> <tr><td>Vit A</td><td>5814* IU</td></tr> <tr><td>Vit C</td><td>42.5* mg</td></tr> <tr><td>T.Fat</td><td>16.1g 25.0%Cal</td></tr> <tr><td>S.Fat</td><td>6.4g 10.0%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	578 100%	Chol...	48 mg	Sodium.	1219 mg	Vit A	5814* IU	Vit C	42.5* mg	T.Fat	16.1g 25.0%Cal	S.Fat	6.4g 10.0%Cal																																																																
Avg Nutrients	Target																																																																																				
Cals...	578 100%																																																																																				
Chol...	48 mg																																																																																				
Sodium.	1219 mg																																																																																				
Vit A	5814* IU																																																																																				
Vit C	42.5* mg																																																																																				
T.Fat	16.1g 25.0%Cal																																																																																				
S.Fat	6.4g 10.0%Cal																																																																																				
	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>595 100%</td></tr> <tr><td>Chol...</td><td>45 mg</td></tr> <tr><td>Sodium.</td><td>958 mg</td></tr> <tr><td>Vit A</td><td>4261 IU</td></tr> <tr><td>Vit C</td><td>32.3* mg</td></tr> <tr><td>T.Fat</td><td>19.3g 29.2%Cal</td></tr> <tr><td>S.Fat</td><td>8.7g 13.2%Cal</td></tr> </table>	Nutrients	Target	Cals...	595 100%	Chol...	45 mg	Sodium.	958 mg	Vit A	4261 IU	Vit C	32.3* mg	T.Fat	19.3g 29.2%Cal	S.Fat	8.7g 13.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>562 100%</td></tr> <tr><td>Chol...</td><td>51 mg</td></tr> <tr><td>Sodium.</td><td>1480 mg</td></tr> <tr><td>Vit A</td><td>7368* IU</td></tr> <tr><td>Vit C</td><td>52.7* mg</td></tr> <tr><td>T.Fat</td><td>12.8g 20.5%Cal</td></tr> <tr><td>S.Fat</td><td>4.1g 6.6%Cal</td></tr> </table>	Nutrients	Target	Cals...	562 100%	Chol...	51 mg	Sodium.	1480 mg	Vit A	7368* IU	Vit C	52.7* mg	T.Fat	12.8g 20.5%Cal	S.Fat	4.1g 6.6%Cal																																																			
Nutrients	Target																																																																																				
Cals...	595 100%																																																																																				
Chol...	45 mg																																																																																				
Sodium.	958 mg																																																																																				
Vit A	4261 IU																																																																																				
Vit C	32.3* mg																																																																																				
T.Fat	19.3g 29.2%Cal																																																																																				
S.Fat	8.7g 13.2%Cal																																																																																				
Nutrients	Target																																																																																				
Cals...	562 100%																																																																																				
Chol...	51 mg																																																																																				
Sodium.	1480 mg																																																																																				
Vit A	7368* IU																																																																																				
Vit C	52.7* mg																																																																																				
T.Fat	12.8g 20.5%Cal																																																																																				
S.Fat	4.1g 6.6%Cal																																																																																				

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	586	550-650	100%	Tot. Fat	18.43 g	28.30%	
Cholesterol	51 mg			Sat. Fat	5.41 g	8.30%	<10.00%
Sodium	1071 mg	1230					
Vitamin A	4865* IU						
Vitamin C	31.72* mg						

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.