

MCISD Child Nutrition Program
HHFKA - 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1 Cheese Enchiladas-2 inc Chicken Flautas Quesadilla, chicken Rice SALSA, Canned Beans, in salsa-Charro K- Romaine/Diced Tomato/ MGR CHOICE FRUIT C ORANGES,FRESH (6-12 Apple, Fresh, PK-12 BANANAS,K-12 PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Jalapeno Slices	Feb - 2 Hot Ham and Cheese Ho Italian Meatball Hoagie Celery Sticks Carrots, Baby,6oz pre-pa MGR CHOICE FRUIT C Apple, Fresh, PK-12 ORANGES,FRESH (6-12 BANANAS,K-12 PEARS,FRESH,PK-12 Chips, Cheetos Puffs,PK- Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Avg Nutrients Target Cals... 794 100% Chol... 54 mg Sodium. 1585 mg Vit A 15519 IU Vit C 65.6 mg T.Fat 23.4g 26.6%Cal S.Fat 9.0g 10.2%Cal
			Nutrients Target Cals... 827 100% Chol... 41 mg Sodium. 1742 mg Vit A 6329 IU Vit C 105.2 mg T.Fat 22.7g 24.7%Cal S.Fat 8.3g 9.0%Cal	Nutrients Target Cals... 761 100% Chol... 68 mg Sodium. 1428 mg Vit A 24709 IU Vit C 26.0 mg T.Fat 24.2g 28.6%Cal S.Fat 9.6g 11.4%Cal	

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

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MCISD Child Nutrition Program

HHFKA - 9-12

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Feb - 5 Chicken Leg Quarters-Re Spicy Chicken Poppers Dinner Roll Cheesy Roasted Potatoe Mixed Vegetables MGR CHOICE FRUIT C Apple, Fresh, PK-12 ORANGES,FRESH (6-12 PEARS,FRESH,PK-12 BANANAS,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 6 Pollo Guisado -Reheating Carne Guisada,Site Rehe Tortilla, Corn,K-12 Rice Beans, in salsa-Charro K- Romaine/Diced Tomato/ MGR CHOICE FRUIT C Apple, Fresh, PK-12 ORANGES,FRESH (6-12 BANANAS,K-12 PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Jalapeno Slices	Feb - 7 Chicken Parmesan Rotini and Meat Sauce Whole Wheat Breadstick Green Beans Rom./Spinach/Mandarin MGR CHOICE FRUIT C Fruit, Fresh Assorted, K-1	Feb - 8 Tacos, Chicken Fajita Taquitos Mexicanos,HS Confetti Rice Romaine/Diced Tomato Refried Beans, K-12 MGR CHOICE FRUIT C Apple, Fresh, PK-12 ORANGES,FRESH (6-12 BANANAS,K-12 PEARS,FRESH,PK-12 Chilled Milk Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 9 Italian Meatball Hoagie BBQ Riblet Burger Salad 6-12 Carrots, Baby,3oz pre-pa Celery Sticks RF Doritos MGR CHOICE FRUIT C Apple, Fresh, PK-12 ORANGES,FRESH (6-12 BANANAS,K-12 PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">815 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">71 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1326 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">8240* IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">79.5* mg</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.5g 21.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.4g 6.0%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	815 100%	Chol...	71 mg	Sodium.	1326 mg	Vit A	8240* IU	Vit C	79.5* mg	T.Fat	19.5g 21.5%Cal	S.Fat	5.4g 6.0%Cal																																																															
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Philly Steak Sandwich	Picadillo con Papas-Site	Spicy Chicken Poppers	Chicken Leg Quarters-Re	Fish Cheeseburger	Chol... 81 mg
RF Doritos	Tortilla, Corn,K-12	Dinner Roll	Cheesy Pasta,CK,PK-12	Hot Ham and Cheese Ho	Sodium. 1385 mg
Rom./Spinach/Cucumber,	Rice	Mashed Potato, pearls,K-	Mixed Vegetables	Burger Salad 6-12	Vit A 9459* IU
Green Beans	Beans, in salsa-Charro K-	Golden Corn	Mashed Potato, pearls,K-	Carrots, Baby,6oz pre-pa	Vit C 66.5* mg
MGR CHOICE FRUIT C	Romaine/Diced Tomato/	MGR CHOICE FRUIT C	MGR CHOICE FRUIT C	Celery Sticks	T.Fat 22.0g 24.1%Cal
Apple, Fresh, PK-12	MGR CHOICE FRUIT C	Apple, Fresh, PK-12	Apple, Fresh, PK-12	Assorted Chips	S.Fat 6.3g 6.9%Cal
ORANGES,FRESH (6-12	Apple, Fresh, PK-12	ORANGES,FRESH (6-12	ORANGES,FRESH (6-12	MGR CHOICE FRUIT C	
BANANAS,K-12	ORANGES,FRESH (6-12	PEARS,FRESH,PK-12	PEARS,FRESH,PK-12	Apple, Fresh, PK-12	
PEARS,FRESH,PK-12	BANANAS,K-12	BANANAS,K-12	BANANAS,K-12	ORANGES,FRESH (6-12	
Chilled Milk	PEARS,FRESH,PK-12	Chilled Milk	Chilled Milk	BANANAS,K-12	
Milk, Skim,PK	Chilled Milk	Milk, Skim,PK	Milk, Skim,PK	PEARS,FRESH,PK-12	
Milk,Chocolate,FF	Milk, Skim,PK	Milk,Chocolate,FF	Milk,Chocolate,FF	Chilled Milk	
Milk,Strawberry,FF	Milk,Chocolate,FF	Milk,Strawberry,FF	Milk,Strawberry,FF	Milk, Skim,PK	
	Milk,Strawberry,FF			Milk,Chocolate,FF	
	Jalapeno Slices			Milk,Strawberry,FF	
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 797 100%	Cals... 841 100%	Cals... 824 100%	Cals... 793 100%	Cals... 843 100%	
Chol... 50 mg	Chol... 52 mg	Chol... 86 mg	Chol... 155 mg	Chol... 64 mg	
Sodium. 1791 mg	Sodium. 1467 mg	Sodium. 1247 mg	Sodium. 1200 mg	Sodium. 1219 mg	
Vit A 7359* IU	Vit A 8707* IU	Vit A 784* IU	Vit A 1877* IU	Vit A 28566* IU	
Vit C 38.3* mg	Vit C 120.2* mg	Vit C 41.4* mg	Vit C 104.5* mg	Vit C 28.3* mg	
T.Fat 20.5g 23.1%Cal	T.Fat 14.6g 15.6%Cal	T.Fat 23.5g 25.7%Cal	T.Fat 27.4g 31.1%Cal	T.Fat 23.9g 25.6%Cal	
S.Fat 7.8g 8.8%Cal	S.Fat 4.2g 4.5%Cal	S.Fat 5.9g 6.4%Cal	S.Fat 7.7g 8.7%Cal	S.Fat 5.7g 6.1%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.

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MCISD Child Nutrition Program

HHFKA - 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																
Feb - 26	Feb - 27 Pizza, Pepperoni Big Dad Pizza Calzone Rom./Spinach/Cucumber, Green Beans MGR CHOICE FRUIT C Apple, Fresh, PK-12 ORANGES,FRESH (6-12 BANANAS,K-12 Fruit, Fresh Assorted, K-1 PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF	Feb - 28 Cheese Enchiladas-2 inc Chicken Flautas Quesadilla, chicken Rice SALSA, Canned Beans, in salsa-Charro K- Romaine/Diced Tomato/ MGR CHOICE FRUIT C ORANGES,FRESH (6-12 Apple, Fresh, PK-12 BANANAS,K-12 PEARS,FRESH,PK-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Jalapeno Slices			<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Avg Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>820 100%</td> </tr> <tr> <td>Chol...</td> <td>43 mg</td> </tr> <tr> <td>Sodium.</td> <td>1449 mg</td> </tr> <tr> <td>Vit A</td> <td>6869* IU</td> </tr> <tr> <td>Vit C</td> <td>101.8* mg</td> </tr> <tr> <td>T.Fat</td> <td>22.1g 24.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>7.9g 8.6%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	820 100%	Chol...	43 mg	Sodium.	1449 mg	Vit A	6869* IU	Vit C	101.8* mg	T.Fat	22.1g 24.3%Cal	S.Fat	7.9g 8.6%Cal																
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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	810	750-850	100%	Tot. Fat	21.03 g	23.36%	
Cholesterol	66 mg			Sat. Fat	6.53 g	7.26%	<10.00%
Sodium	1357 mg	1420					
Vitamin A	9969* IU						
Vitamin C	72.51* mg						

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