

Please note that our menus are subject to last minute changes, resulting in nutrient details changing. If your student requires medical attention at school and the medical attention is related to food nutrients please contact your school nurse.

Day 1

Menu Cycle: #FALL Ala Carte AUG.2021-22

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 6-8

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	Gram	GRAM	GRAM	MG	GRAM												
600.0	20.0	6.6	0.0	710.0	80.0												

**Food Description**

**Lunch**

Baked Lays m 143	1 Each	m 143	139	3.98	0.498	0	179	23.9									
Lays Salt & Vinager Chips m 156	1 Each	m 156	180	7	1	0	180	28									
Sour Cream & Onion Chips m 182	1 Each	m 182	137	3.99	0.57	0	194	23.92									
Cheetos Crunchy Cheese Curls m 148	1 Each	m 148	120	4.5	1	0	200	16									
Cheetos Flamin Hot m 157	1 Each	m 157	120	4.51	0.501	0	200	16.04									
Cheese Puffs m 181	1 Each	m 181	90	3.51	0.501	0	140	13.03									
Doritos Cool Ranch Tortilla Chips m 151	1 Each	m 153	132	5.06	0.506	0	182	20.25									
Doritos Flamas m155	1 Each	m 155	132	5.06	0.506	0	202	20.25									
Doritos Nacho Cheese m 158	1 Each	m 158	132	5.06	1.012	0	202	20.25									
Orange Tangerine Juice Box 4.23 f 26	1 1 Each	f 26	60	0	0	0	10	15									
Apple Juice Box 4.23 oz f 14	1 1 Each	f 14	60	0	0	0	5	14									
Fruit Yogurt Parfait b 210	1 1 Parfait	b 210	195	2.43	1.008	0	105	38.05									
Rice Krispie Treat 1.4 oz m 420	1 Each	m 420	160	4	0.999	0	140	29.98									

<b>Meal SubTotal</b>			1,657.0	49.1	8.1	0.0	1,939.0	278.7									
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Milk Nutrient Details:

Chocolate Milk 1% (140 K Cal) (20 CHO) Skim Milk (80 K Cal) (12.5 CHO) 1% Milk (100 Kcal) (12.5 CHO)

This institution is an equal opportunity provider."

\* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.