

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: Win-Spring Condiments 2017

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Lunch 9-12

KCAL	FAT	SFA	FATR	NA	CHO													
KCAL	GM	GM	GM	MG	GM													
750.0	25.0	8.3	0.0	740.0	100.0													

Food Description

Lunch

Mayo FF s 2	1	1 pkt.	s 2	15	0	0	0	105	3									
Ketchup pkg s 3	1	2 pkt.	s 3	20	0	0	0	170	6									
Mustard pkg s 22	1	1 pkt.	s 22	5	0	0	0	85	0									
BBQ pkg s 12	1	2 pkt.	s 12	42	0.39	0.061	0.005	179	9.79									
Tartar sauce pkg s 13	1	1 pkt.	s 13	43	3.67	0.576	0.024	103	2.6									
relish pkg. s 15	1	1 pkt.	s 15	11	0.02	0.009	0.009	60	2.65									
Syrup pancake s 14	1	1 ounce	s 14	94	0	0	0	26	24.1									
Jelly pkg s 24	1	1 pkt.	s 24	36	0	0	0	1	9.11									
Lite Cream Cheese s 20	1	1 oz. pkt.	s 20	60	4.5	3.5	0	95	1									
sour crm lite s 4	1	1 oz.	s 4	57	4.72	3.307	0	47	1.89									
Salsa s 5	1	2 oz.	s 5	20	0	0	0	137	3.96									
Parm. Cheese s 6	1	1T	s 6	43	2.83	0	0	340	0									
Ranch drs FF 1 oz. s 9	1	1 oz	s 9	29	0	0	0	363	7.64									
Italian drs FF 1oz s 10	1	1 oz	s 10	11	0	0	0	528	3.23									
French drs FF 1oz s 11	1	1oz	s 11	45	0	0	0	320	10									
Raspberry Vinaigrette s 30	1	2oz	s 30	61	0	0	0	489	13.97									
Honey Mustard Dressing s 31	1	1oz	s 31	54	0.22	0.012	0	231	12.65									
Caesar Dressing pkg s 40	1	1 pkt.	s 40	50	2.5	1.001	0	410	6.01									
Greek Salad Dressing pkg s 41	1	1 pkt.	s 41	111	9.1	1.517	0	677	5.06									
Chipolte Sauce s 32	1	2oz	s 32	94	3.76	0.73	0.038	244	13.87									
TSO sauce/sweet sour s 7	1	2oz	s 7	3	0.03	0.008		9	0.56									
TSO sauce (hot) s 16	1	2oz	s 16	4	0	0	0	20	0.94									
red hot sauce s 18	1	1 oz	s 18	10	0.43	0.062	0	726	1.28									
seafood sauce s 6015	1	2 pkt.	s 6015	77	0	0	0	552	15.46									

Meal SubTotal	995.0	32.2	10.8	<u>0.1</u>	5,917.0	154.8												
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Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 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.