

North Pike School District

NPSD 9-12

Jan 3, 2019

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
			Thu - 1/3/2019 Cheesy Garlic French Bread with Marinara Spicy Chicken Sandwich Whole Kernel Corn Green Beans Tossed Salad w/ Dressing Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Fri - 1/4/2019 Stuffed Crust Pizza Chicken Tenders Yeast Roll Spicy Fries Green Peas Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Mon - 1/7/2019 Chicken Pieces in Honey BBQ Sauce Bacon Cheese Burger Macaroni and Cheese Baby Carrots w/ Dressing Lima Beans Fresh Fruit Bowl Assorted Fruit Juices Veg. Juice Variety Chocolate Milk	Tue - 1/8/2019 Mexican Pizza Buffalo Hot Wings Rolls, Enriched Flour MS13 Chef Salad Saltine Crackers Crispy Sweet Potato Cubes Spicy Fries Green Peas Chocolate Pudding Fresh Fruit Bowl	Wed - 1/9/2019 Spicy Chicken Sandwich BBQ Rib Sandwich Chef Salad Saltine Crackers Crispy Sweet Potato Cubes Black-Eyed Peas Assorted Gelatins Fresh Fruit Bowl Assorted Fruit Juices	Thu - 1/10/2019 Sausage & Pancake on a Stick Sausage and Biscuit Hot Grits Cheese Omelet Hashbrown Potatoes Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk	Fri - 1/11/2019 Chili Cheese over Chips Chicken Patty Sandwich Whole Kernel Corn Cheesy Broccoli Choclate Chip Cookie Chilled Peaches Assorted Fruit Juices Chocolate Milk Fat Free Milk
Mon - 1/14/2019 BBQ Pulled Pork Burger Mandarin Chicken Stir Fried Rice Cucumber Sticks W/Dip Crispy Sweet Potato Cubes Baked Beans Fruit Crisp Fresh Fruit Bowl Assorted Fruit Juices	Tue - 1/15/2019 Stuffed Crust Pizza Chicken Tenders Chef Salad Saltine Crackers Yeast Roll Macaroni and Cheese Spicy Fries Green Peas Brownies	Wed - 1/16/2019 Boneless Buffalo Hot Wings Taco Soup Tortilla Chips - plain Baby Carrots w/ Dressing Crinkle Cut Fries Black-Eyed Peas Hot Cinnamon Apples Fresh Fruit Bowl Assorted Fruit Juices	Thu - 1/17/2019 Cheesy Chicken Over/Rice Yeast Roll Cheeseburger Chef Salad Saltine Crackers Crispy Sweet Potato Cubes Lima Beans Cucumber Sticks W/Dip Fresh Fruit Bowl	Fri - 1/18/2019 Grilled Chicken Sandwich Chili Dog Baked Beans Cheesy Broccoli Tater Tots Fresh Fruit Bowl Chocolate Pudding Assorted Fruit Juices Chocolate Milk
Mon - 1/21/2019	Tue - 1/22/2019 Stuffed Crust Pizza Beef Steak Burger Grilled Fajita Salad Cheesy Broccoli Seasoned Green Beans Choclate Chip Cookie Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk	Wed - 1/23/2019 Cheesy Breadsticks/Chili Bacon Cheese Burger Chef Salad Saltine Crackers Yeast Roll Cheesy Broccoli Green Peas Glazed Carrots Fruit Crisp	Thu - 1/24/2019 Sausage & Pancake on a Stick Sausage and Biscuit Hot Grits Cheese Omelet Hashbrown Potatoes Hot Cinnamon Apples Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices	Fri - 1/25/2019 Beefy Nachos Grande Ham and Turkey on Ciabatta Bread Tater Tots Refried Beans Tossed Salad w/ Dressing Assorted Gelatins Chilled Peaches Fresh Fruit Bowl Assorted Fruit Juices
Mon - 1/28/2019 Cheeseburger Buffalo Hot Wings Green Beans Crispy Sweet Potato Cubes Fruit Crisp Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Tue - 1/29/2019 Stuffed Crust Pizza Grilled Fajita Salad Chicken Patty Sandwich Baked Beans Glazed Carrots Whole Kernel Corn Sliced Strawberries Assorted Fruit Juices Chocolate Milk	Wed - 1/30/2019 Huntington Chicken BBQ Rib Sandwich Chef Salad Saltine Crackers Yeast Roll Oven Baked Potato Wedge Cheesy Broccoli Fresh Fruit Bowl Chocolate Pudding	Thu - 1/31/2019 Meatballs in Marinara Sauce on Hoagie Bun Cheesy Garlic French Bread with Marinara Chef Salad Saltine Crackers Baby Carrots w/ Dressing Crinkle Cut Fries Green Peas Fresh Fruit Bowl Assorted Fruit Juices	Fri - 2/1/2019 Corn Dog Chicken Tenders Chef Salad Saltine Crackers Yeast Roll Whole Kernel Corn Quick Baked Potato Lima Beans Assorted Gelatins with Whipped Topping

***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.

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Milk, Juice & Fruit variety served daily

This menu is subject to change depending on availability of ingredients and special functions that require a menu change

This institution is an equal opportunity provider

	Average	Weekly Target	% of Target		Average		% of Calories	Weekly Target
Calories	758	750-850	100%	Sugars	51.06*	g	26.94%	
Cholesterol	68			Protein	31.53	g	16.63%	
Sodium	1406	1420		Carbohyd	107.07	g	56.49%	
Fiber	6.73			Tot. Fat	23.65	g	28.07%	<=30.0%
Iron	3.57*			Sat. Fat	7.36	g	8.73%	<10.00%
Calcium	451.22*							
Vitamin A	1775*							
Vitamin C	51.02*							

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.