

North Pike School District
NORTH PIKE SCHOOL DISTRICT
DECEMBER K-8

Monday	Tuesday	Wednesday	Thursday	Friday
			Dec - 1 Spaghetti & Meat Sauc Pigs in a Blanket Chef Salad Saltine Crackers Whole Wheat Garlic T Green Peas Cheesy Broccoli Whole Kernel Corn Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Dec - 2 Chicken and Sausage Jambalaya Whole Wheat Garlic T Bacon Burger 2oz. Tossed Salad w/ Dress Potato Salad Baked Beans Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Ketchup Mayonnaise Mustard, PC, MS1538
Dec - 5 Chicken Pieces in Hon BBQ Sauce BBQ Pulled Pork Burg Macaroni and Cheese Croissant Tossed Salad w/ Dress Cheesy Broccoli Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Dec - 6 Chili Cheese over Chip Hamburger w/ Trimm Grilled Fajita Salad Whole Kernel Corn Green Peas Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Dec - 7 Chicken Patty Sandwic Cheese Pizza Loaded Baked Potato with Chicken and Ham Pasta with Italian Red Sauce Seasoned Green Bean Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup Mayonnaise	Dec - 8 Vegetable Beef Soup Cornbread Saltine Crackers Chef Salad Cheeseburger Southern Turnip Green Tater Tots Lima Beans Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Dec - 9 Mandarin Chicken Hamburger Steak w/ G Fiesta Rice Croissant Mashed Potatoes Baby Carrots Ranch Salad Dressing Green Peas Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup

**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.

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Dec - 12 BBQ Pulled Pork Burg Chicken Patty Sandwic Tater Tots Seasoned Green Bean Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Dec - 13 Hot Dog Beef Ravioli Whole Wheat Garlic T Hamburger w/ Trimmin Mashed Potatoes with Cheese Seasoned Green Bean Baby Carrots Assorted Salad Dressi Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Dec - 14 Turkey and Dressing Glazed Ham Cheeseburger Yeast Roll Green Peas Baked Sweet Potato w/ Margarine Whole Kernel Corn Cranberry Sauce Yellow Cake Chocolate Glaze Assorted Fruit Juices Fat Free Milk Low Fat Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk	Dec - 15 Chicken Tenders Yeast Roll Hamburger w/ Trimmin Chicken Salad w/Cr Quick Baked Potato Baked Beans Creamy Coleslaw Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Ketchup Mayonnaise Mustard, PC, MS1538	Dec - 16 Hot Dog Beef Ravioli Whole Wheat Garlic T Hamburger w/ Trimmin Mashed Potatoes with Cheese Seasoned Green Bean Baby Carrots Assorted Salad Dressi Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Vanilla Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	655	600-650	101%	Sugars	38.44* g	23.48%	
Cholesterol	61 mg			Protein	31.11 g	19.00%	
Sodium	1220 mg	1230		Carbohyd	92.92 g	56.76%	
Fiber	6.77 g			Tot. Fat	18.46 g	25.37%	<=30.0%
Iron	3.91* mg			Sat. Fat	5.55 g	7.63%	<10.00%
Calcium	446.41* mg						
Vitamin A	2391* IU						
Vitamin C	48.17* mg						

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