

Riverton Parke Jr High Lunch

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
<p>Pizza Variety SPANISH RICE Broccoli, Frozen-Local JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat fresh fruit variety strawberry milk-fat free White Milk-1% chocolate milk-fat free Corn, Frozen-Local Canned Fruit Variety</p> <p style="text-align: center;">View Nutrients</p>	<p>Bosco Sticks-Pepperoni Peas, Frozen-Local JUICE VARIETY GArden spinach salad Smoothie Cup Cottage Cheese-Lowfat Sugar cookie, WG fresh fruit variety strawberry milk-fat free chocolate milk-fat free White Milk-1% Taco Nachos</p> <p style="text-align: center;">View Nutrients</p>	<p>Chicken Wrap-local Romaine and Tomato Mix fresh fruit variety JUICE VARIETY SPANISH RICE Carrots-Local Smoothie Cup Cottage Cheese-Lowfat Canned Fruit Variety strawberry milk-fat free White Milk-1% chocolate milk-fat free Taco Nachos</p> <p style="text-align: center;">View Nutrients</p>	<p>Chili Uncrustable PB Sandwich fresh fruit variety JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat Taco Nachos Canned Fruit Variety strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p style="text-align: center;">View Nutrients</p>
8	9	10	11
<p>Maxi sticks (Bosco) Tossed Salad W/Romaine JUICE VARIETY Carrots-Local Smoothie Cup Cottage Cheese-Lowfat fresh fruit variety Sugar cookie, WG strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p style="text-align: center;">View Nutrients</p>	<p>Chicken Nuggets-Local Taco Nachos GArden spinach salad JUICE VARIETY Tomato Wedges Smoothie Cup Cottage Cheese-Lowfat Raisins-Local potato chip variety fresh fruit variety strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p style="text-align: center;">View Nutrients</p>	<p>BBQ RIB/BUN GREEN BEANS-HS JUICE VARIETY potato wedges-variety Leaf Lettuce/Tomato Cherry Crisp Smoothie Cup Cottage Cheese-Lowfat fresh fruit variety strawberry milk-fat free White Milk-1% chocolate milk-fat free Taco Nachos</p> <p style="text-align: center;">View Nutrients</p>	<p>Sweet/Sour Chicken Taco Nachos Broccoli/Cheese JUICE VARIETY Smoothie Cup fresh fruit variety Cottage Cheese-Lowfat SPANISH RICE strawberry milk-fat free White Milk-1% chocolate milk-fat free Chocolate Chip cookie, Local</p> <p style="text-align: center;">View Nutrients</p>
15	16	17	18
<p>Fish Sandwich Carrots-Local JUICE VARIETY Smoothie Cup</p>	<p>Taco in a Bag Taco Nachos refried beans Black bean and corn salsa</p>	<p>Pizza Variety Tossed Salad W/Romaine Breadstick, WG with Sauce fresh fruit variety</p>	<p>Quesadilla-Variety Green Pepper Strips Carrots-Local fresh fruit variety</p>

<p>Cottage Cheese-Lowfat Baked Beans fresh fruit variety potato chip variety strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>	<p>fresh fruit variety JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat Cinnamon Puff strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>	<p>JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat Sugar cookie, WG strawberry milk-fat free White Milk-1% chocolate milk-fat free Taco Nachos</p> <p>View Nutrients</p>	<p>JUICE VARIETY Taco Nachos Royal Brownie Smoothie Cup Cottage Cheese-Lowfat strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>
<p>22</p> <p>Spaghetti-Jr High/Elementary Romaine and Tomato Mix WG Garlic Toast fresh fruit variety JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>	<p>23</p> <p>Pork BBQ Sandwich Taco Nachos Sweet Potato Puffs Baked Beans fresh fruit variety Oatmeal Cookie JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>	<p>24</p> <p>CHIC' PENNE Garden spinach salad Carrots-Local JUICE VARIETY Smoothie Cup Breadstick, WG with Sauce Cottage Cheese-Lowfat fresh fruit variety strawberry milk-fat free White Milk-1% chocolate milk-fat free Taco Nachos</p> <p>View Nutrients</p>	<p>25</p> <p>Bacon Cheeseburger Taco Nachos Leaf Lettuce/Tomato French Fries-Local fresh fruit variety graham Crackers Variety-Local JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>

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 so menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to medical professional for assistance in planning for or treating medical conditions.

Friday	Nutrients Avg
<p>5</p> <p>Chicken/Noodles Mashed Potatoes JUICE VARIETY GREEN BEANS-HS fresh fruit variety Wheat Roll/Jelly Smoothie Cup Cottage Cheese-Lowfat strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>	<p>Calories 642 Sodium 1133 mg Carbohydrate 97.45 g 60.7% Saturated Fat 3.65 g 5.1%</p>
<p>12</p> <p>HAM/CHEESE/BUN potato wedges-variety Chocolate Chip cookie, Local JUICE VARIETY Smoothie Cup fresh fruit variety Cottage Cheese-Lowfat strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>	<p>Calories 697 Sodium 1241 mg Carbohydrate 94.41 g 54.2% Saturated Fat 6.40 g 8.3%</p>
<p>19</p> <p>Chicken Patty/Bun-Local Mashed Potatoes/Gravy RP GREEN BEANS-HS fresh fruit variety</p>	<p>Calories 688 Sodium 1266 mg Carbohydrate 102.62 g 59.7% Saturated Fat 4.28 g 5.6%</p>

<p>JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>	
<p>Country Style Beef Patty Mashed potatoes/Gravy-Local Broccoli/Cheese Wheat Roll/Jelly fresh fruit variety JUICE VARIETY Smoothie Cup Cottage Cheese-Lowfat strawberry milk-fat free White Milk-1% chocolate milk-fat free</p> <p>View Nutrients</p>	<p>26</p> <p>Calories 695 Sodium 1090 mg Carbohydrate 94.75 g 54.5% Saturated Fat 5.39 g 7.0%</p>

ftware should not be used for and does not provide
change or substitution without notice. Please consult a