

# US Foods

## Twin Rivers K-8

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Aug - 16  BBQ Pork Rib Sandwich Breadstick Vegetable Blend 4-Way Tossed Salad Choice Of Fruit Assorted Milk	Aug - 17  Pizza Pepperoni WG Green Peas Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Avg Nutrients    Target Cals...            612        100% Sodium.        1185 mg S.Fat    3.8g    5.5%Cal
Aug - 20  Beef Ravioli CN Garlic Toast Pinto Beans Sweet Potato FF Ketchup Packets Choice Of Fruit Assorted Milk	Aug - 21  Nachos Supreme Green Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Aug - 22  Meatball Sub Vegetable Blend 4-Way Tossed Salad Choice Of Fruit Assorted Milk	Aug - 23  Breaded Chicken Chunks Assorted Dipping Sauce French Fries Ketchup Packets Tossed Salad Breadstick Choice Of Fruit Assorted Milk	Aug - 24  Chicken Fried Steak Mashed Potatoes/Gravy Cole Slaw Garlic Toast Choice Of Fruit Assorted Milk	Avg Nutrients    Target Cals...            650        100% Sodium.        1107 mg S.Fat    5.2g    7.3%Cal
Aug - 27  Turkey Biscuit Pie Sliced Carrots Tossed Salad Choice Of Fruit Assorted Milk	Aug - 28  Chicken Crispito Refried Beans Tortilla Chips Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Aug - 29  Salisbury Steak w/Gravy Green Beans Tossed Salad Wheat Roll Margarine Spread TFF Choice Of Fruit Assorted Milk	Aug - 30  Grilled Cheese Tomato Soup Broccoli Cuts Breadstick Choice Of Fruit Assorted Milk	Aug - 31  Pizza Pepperoni WG Crinkle Cut FF 1/2" Ketchup Packets Tossed Salad Choice Of Fruit Assorted Milk	Avg Nutrients    Target Cals...            649        100% Sodium.        1187 mg S.Fat    7.5g    10.4%Cal
Sep - 3  NO SCHOOL TODAY	Sep - 4  Beef & Bean Burrito WG Refried Beans w/Cheese Tortilla Chips Tossed Salad Choice Of Fruit Assorted Milk	Sep - 5  Sloppy Joe Crinkle Cut FF 1/2" Ketchup Packets Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Sep - 6  Chicken Sandwich Sliced Carrots Green Beans Choice Of Fruit Assorted Milk	Sep - 7  HotDog w/Bun Ketchup & Mustard Vegetable Blend 4-Way French Fries Ketchup Packets Choice Of Fruit Assorted Milk	Avg Nutrients    Target Cals...            645        100% Sodium.        1218 mg S.Fat    4.2g    5.9%Cal

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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Sep - 10 Meatball Sub Pinto Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Sep - 11 Chicken Penne Garlic Toast French Fries Ketchup Packets Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Sep - 12 Bosco Pizza Stick Cole Slaw Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Sep - 13 Popcorn Chicken Assorted Dipping Sauce Broccoli & Cheese Tossed Salad Choice Of Fruit Assorted Milk	Sep - 14 Pizza Pepperoni WG Green Beans Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Avg Nutrients Target Cals... 644 100% Sodium. 1090 mg S.Fat 5.7g 8.0%Cal
Sep - 17 Breaded Chicken Chunks Assorted Dipping Sauce Pinto Beans Breadstick Tossed Salad Choice Of Fruit Assorted Milk	Sep - 18 Chicken Quesadilla Salsa Baby Carrots Ranch Dressing FF Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Sep - 19 Chicken Fried Steak Mashed Potatoes/Gravy Vegetable Blend 4-Way Breadstick Choice Of Fruit Assorted Milk	Sep - 20 Combo Sub Sandwich Baby Carrots Fresh Broccoli Florettes Ranch Dressing FF Choice Of Fruit Assorted Milk	Sep - 21 NO SCHOOL TODAY	Avg Nutrients Target Cals... 625 100% Sodium. 1138 mg S.Fat 3.9g 5.6%Cal
Sep - 24 Tangerine Chicken Fresh Broccoli Florettes Ranch Dressing FF Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Sep - 25 BBQ Pork Rib Sandwich Breadstick Vegetable Blend 4-Way Tossed Salad Choice Of Fruit Assorted Milk	Sep - 26 Chicken Strips Assorted Dipping Sauce Breadstick Pork And Beans Tossed Salad Choice Of Fruit Assorted Milk	Sep - 27 Spaghetti & Meat Sauce Green Beans Tossed Salad Garlic Toast Choice Of Fruit Assorted Milk	Sep - 28 Pizza Pepperoni WG Green Peas Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Avg Nutrients Target Cals... 646 100% Sodium. 1150 mg S.Fat 3.2g 4.4%Cal
Oct - 1 Chicken Fried Steak Mashed Potatoes/Gravy Cole Slaw Garlic Toast Choice Of Fruit Assorted Milk	Oct - 2 Nachos Supreme Green Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Oct - 3 Meatball Sub Vegetable Blend 4-Way Tossed Salad Choice Of Fruit Assorted Milk	Oct - 4 Breaded Chicken Chunks Assorted Dipping Sauce French Fries Ketchup Packets Tossed Salad Breadstick Choice Of Fruit Assorted Milk	Oct - 5 NO SCHOOL TODAY	Avg Nutrients Target Cals... 644 100% Sodium. 1074 mg S.Fat 5.6g 7.8%Cal

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Oct - 8  NO SCHOOL TODAY	Oct - 9  Chicken Crispito Refried Beans Tortilla Chips Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Oct - 10  Salisbury Steak w/Gravy Green Beans Tossed Salad Wheat Roll Margarine Spread TFF Choice Of Fruit Assorted Milk	Oct - 11  Grilled Cheese Tomato Soup Broccoli Cuts Breadstick Choice Of Fruit Assorted Milk	Oct - 12  Pizza Pepperoni WG Crinkle Cut FF 1/2" Ketchup Packets Tossed Salad Choice Of Fruit Assorted Milk	Avg Nutrients    Target Cals...            650            100% Sodium.           1173 mg S.Fat    7.7g    10.7%Cal
Oct - 15  Hot Ham & Cheese Green Beans Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Oct - 16  Beef & Bean Burrito WG Refried Beans w/Cheese Tortilla Chips Tossed Salad Choice Of Fruit Assorted Milk	Oct - 17  Sloppy Joe Crinkle Cut FF 1/2" Ketchup Packets Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Oct - 18  Chicken Sandwich Sliced Carrots Green Beans Choice Of Fruit Assorted Milk	Oct - 19  HotDog w/Bun Ketchup & Mustard Vegetable Blend 4-Way French Fries Ketchup Packets Choice Of Fruit Assorted Milk	Avg Nutrients    Target Cals...            650            100% Sodium.           1322 mg S.Fat    4.4g    6.1%Cal
Oct - 22  Meatball Sub Pinto Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Oct - 23  Chicken Penne Garlic Toast French Fries Ketchup Packets Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Oct - 24  Bosco Pizza Stick Cole Slaw Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Oct - 25  Popcorn Chicken Assorted Dipping Sauce Broccoli & Cheese Tossed Salad Choice Of Fruit Assorted Milk	Oct - 26  Pizza Pepperoni WG Green Beans Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Avg Nutrients    Target Cals...            644            100% Sodium.           1090 mg S.Fat    5.7g    8.0%Cal
Oct - 29  Breaded Chicken Chunks Assorted Dipping Sauce Pinto Beans Breadstick Tossed Salad Choice Of Fruit Assorted Milk	Oct - 30  Chicken Quesadilla Salsa Baby Carrots Ranch Dressing FF Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Oct - 31  Chicken Fried Steak Mashed Potatoes/Gravy Vegetable Blend 4-Way Breadstick Choice Of Fruit Assorted Milk			Avg Nutrients    Target Cals...            660            102% Sodium.           997 mg S.Fat    4.4g    6.0%Cal

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