

US Foods
Twin Rivers K-8

Oct 19, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 5 Tangerine Chicken Fresh Broccoli Florettes Ranch Dressing FF Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Nov - 6 Frito Chili Pie Tossed Salad Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Nov - 7 Chicken Strips Assorted Dipping Sauce Breadstick Pork And Beans Tossed Salad Choice Of Fruit Assorted Milk	Nov - 1 Combo Sub Sandwich Baby Carrots Fresh Broccoli Florettes Ranch Dressing FF Choice Of Fruit Assorted Milk Nov - 8 Spaghetti & Meat Sauce Green Beans Tossed Salad Garlic Toast Choice Of Fruit Assorted Milk	Nov - 2 Corn Dog Chicken WG Ketchup & Mustard Crinkle Cut FF 1/2" Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie Nov - 9 Pizza Pepperoni WG Green Peas Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Avg Nutrients Target Cals... 608 100% Sodium. 1360 mg S.Fat 3.3g 4.8%Cal
Nov - 12 NO SCHOOL TODAY	Nov - 13 NO SCHOOL TODAY	Nov - 14 Nachos Supreme Green Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Nov - 15 Breaded Chicken Chunks Assorted Dipping Sauce Garlic Toast Tossed Salad Choice Of Fruit Assorted Milk	Nov - 16 Turkey Roast Turkey Gravy Mashed Potatoes/Gravy Wheat Roll Pumpkin Cake Choice Of Fruit Assorted Milk	Avg Nutrients Target Cals... 618 100% Sodium. 1149 mg S.Fat 4.0g 5.9%Cal
Nov - 19 Cheeseburger W/Bun Crinkle Cut FF 1/2" Ketchup Packet Tossed Salad Choice Of Fruit Assorted Milk	Nov - 20 Chicken Crispito Refried Beans Tortilla Chips Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY	Avg Nutrients Target Cals... 647 100% Sodium. 943 mg S.Fat 6.6g 9.2%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nov - 26 Hot Ham & Cheese Green Beans Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Nov - 27 Beef & Bean Burrito WG Refried Beans w/Cheese Tortilla Chips Tossed Salad Choice Of Fruit Assorted Milk	Nov - 28 Sloppy Joe Crinkle Cut FF 1/2" Ketchup Packets Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Nov - 29 Chicken Sandwich Sliced Carrots Green Beans Choice Of Fruit Assorted Milk	Nov - 30 BBQ Pork Rib Sandwich Breadstick Vegetable Blend 4-Way Tossed Salad Choice Of Fruit Assorted Milk	Avg Nutrients Target Cals... 649 100% Sodium. 1226 mg S.Fat 4.1g 5.7%Cal
Dec - 3 Meatball Sub Pinto Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Dec - 4 Chicken Penne Garlic Toast French Fries Ketchup Packets Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Dec - 5 Bosco Pizza Stick Cole Slaw Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Dec - 6 Popcorn Chicken Assorted Dipping Sauce Broccoli & Cheese Tossed Salad Choice Of Fruit Assorted Milk	Dec - 7 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
Dec - 10 Breaded Chicken Chunks Assorted Dipping Sauce Pinto Beans Breadstick Tossed Salad Choice Of Fruit Assorted Milk	Dec - 11 Chicken Quesadilla Salsa Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Dec - 12 Chili With Beans Peanut Butter Sandwich Tossed Salad Choice Of Fruit Assorted Milk	Dec - 13 Combo Sub Sandwich Baby Carrots Fresh Broccoli Florettes Ranch Dressing FF Choice Of Fruit Assorted Milk	Dec - 14 Turkey Roast Turkey Gravy Mashed Potatoes/Gravy Wheat Roll Pumpkin Cake Choice Of Fruit Assorted Milk	Avg Nutrients Target Cals... 649 100% Sodium. 1224 mg S.Fat 4.1g 5.6%Cal
Dec - 17 Tangerine Chicken Fresh Broccoli Florettes Ranch Dressing FF Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Dec - 18 Frito Chili Pie Tossed Salad Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Dec - 19 Chicken Strips Assorted Dipping Sauce Breadstick Pork And Beans Tossed Salad Choice Of Fruit Assorted Milk	Dec - 20 NO SCHOOL TODAY	Dec - 21 NO SCHOOL TODAY	Avg Nutrients Target Cals... 647 100% Sodium. 973 mg S.Fat 3.6g 5.1%Cal
Dec - 24 NO SCHOOL TODAY	Dec - 25 NO SCHOOL TODAY	Dec - 26 NO SCHOOL TODAY	Dec - 27 NO SCHOOL TODAY	Dec - 28 NO SCHOOL TODAY	Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg S.Fat *N/A*g *N/A*%Cal

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Dec - 31 NO SCHOOL TODAY	Jan - 1 NO SCHOOL TODAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 Breaded Chicken Chunks Assorted Dipping Sauce Garlic Toast Tossed Salad Choice Of Fruit Assorted Milk	Jan - 4 Chicken Fried Steak Mashed Potatoes/Gravy Cole Slaw Garlic Toast Choice Of Fruit Assorted Milk	Avg Nutrients Target Cals... 625 100% Sodium. 966 mg S.Fat 4.6g 6.6%Cal
Jan - 7 Cheeseburger W/Bun Crinkle Cut FF 1/2" Ketchup Packet Tossed Salad Choice Of Fruit Assorted Milk	Jan - 8 Chicken Crispito Refried Beans Tortilla Chips Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Jan - 9 Salisbury Steak w/Gravy Green Beans Tossed Salad Wheat Roll Margarine Spread TFF Choice Of Fruit Assorted Milk	Jan - 10 Grilled Cheese Tomato Soup Broccoli Cuts Breadstick Choice Of Fruit Assorted Milk	Jan - 11 Pizza Pepperoni WG Tossed Salad Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Avg Nutrients Target Cals... 644 100% Sodium. 1179 mg S.Fat 7.5g 10.5%Cal
Jan - 14 Hot Ham & Cheese Green Beans Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Jan - 15 Beef & Bean Burrito WG Refried Beans w/Cheese Tortilla Chips Tossed Salad Choice Of Fruit Assorted Milk	Jan - 16 Sloppy Joe Crinkle Cut FF 1/2" Ketchup Packets Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Jan - 17 Chicken Sandwich Sliced Carrots Green Beans Baby Carrots Choice Of Fruit Assorted Milk	Jan - 18 BBQ Pork Rib Sandwich Breadstick Vegetable Blend 4-Way Tossed Salad Choice Of Fruit Assorted Milk	Avg Nutrients Target Cals... 649 100% Sodium. 1226 mg S.Fat 4.1g 5.7%Cal
Jan - 21 NO SCHOOL TODAY	Jan - 22 Chicken Penne Garlic Toast French Fries Ketchup Packets Vegetable Blend 4-Way Choice Of Fruit Assorted Milk	Jan - 23 Bosco Pizza Stick Cole Slaw Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk	Jan - 24 Popcorn Chicken Assorted Dipping Sauce Broccoli & Cheese Tossed Salad Choice Of Fruit Assorted Milk	Jan - 25 Pizza Pepperoni WG Green Beans Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Avg Nutrients Target Cals... 637 100% Sodium. 1094 mg S.Fat 5.5g 7.7%Cal

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Jan - 28	Jan - 29	Jan - 30	Jan - 31										
Breaded Chicken Chunks Assorted Dipping Sauce Pinto Beans Breadstick Tossed Salad Choice Of Fruit Assorted Milk	Chicken Quesadilla Salsa Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk Chocolate Chip Cookie	Chili With Beans Peanut Butter Sandwich Tossed Salad Choice Of Fruit Assorted Milk	Combo Sub Sandwich Baby Carrots Fresh Broccoli Florettes Ranch Dressing FF Choice Of Fruit Assorted Milk		<table border="1"> <thead> <tr> <th>Avg Nutrients</th> <th>Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td>638 100%</td> </tr> <tr> <td>Sodium</td> <td>1143 mg</td> </tr> <tr> <td>S.Fat</td> <td>4.0g 5.7%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	638 100%	Sodium	1143 mg	S.Fat	4.0g 5.7%Cal
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