

United High School

Lunch

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Cheeseburger French Fries Peas Shredded Romaine Sliced Tomatoes Oreo	2 Taco in a Bag Shredded Romaine Carrots Refried Beans Rice	3 Chicken Nuggets Mashed Potatoes Country Gravy Green Beans	4 Tenderloin Sandwich Tator Tots Corn Coleslaw	5 Turkey Sub Carrot Sticks Sun Chips Shredded Romaine Sliced Tomatoes Brownies	Cals... 699* 93% Chol... 64* mg Sodium. 1316* mg Fiber.. 9.5* g Iron... 4.5* mg Calcium477.5* mg Vit C 21.1* mg Sugar 22.3*g 12.8%Cal Prot 30.4*g 17.4%Cal Carb 78.9*g 45.2%Cal T.Fat 30.0*g 38.7%Cal
8 Hamburger Cheesy Fries Peas Shredded Romaine Sliced Tomatoes	9 Super Nachos Corn Cookies and Cream Diced Tomatoes	10 Chicken Fried Steak Mashed Potatoes Country Gravy Biscuit Green Beans	11 Hot Ham Sandwich Broccoli and Cheese Fritos String Cheese Shredded Romaine Sliced Tomatoes	12 Pizza Cheese Sticks Romaine Salad Cherry Tomatoes Ice Cream Bar	Cals... 686* 91% Chol... 54* mg Sodium. 1723* mg Fiber.. 7.6* g Iron... 3.5* mg Calcium668.3* mg Vit C 29.0* mg Sugar 22.9*g 13.4%Cal Prot 35.0*g 20.4%Cal Carb 80.1*g 46.7%Cal T.Fat 26.4*g 34.7%Cal
15 Cook's Choice	16 Cook's Choice	17 Sack Lunch Cheeseburger Sun Chips Celery Sticks Shredded Romaine Sliced Tomatoes Chocolate Chip Cookie	18 Sack Lunch Chicken Sandwich Soft Pretzel Veggie Sticks Oreo Shredded Romaine Sliced Tomatoes	19 Sack Lunch Ham Sandwich Fritos Carrot Sticks Ice Cream String Cheese	Cals... 442* 59% Chol... 51* mg Sodium. 832* mg Fiber.. 4.1* g Iron... 2.7* mg Calcium363.1* mg Vit C 8.7* mg Sugar 14.6*g 13.2%Cal Prot 22.9*g 20.7%Cal Carb 45.2*g 40.9%Cal T.Fat 19.3*g 39.2%Cal
22 Sack Lunch Turkey Sub Sun Chips Pudding Carrot Sticks Shredded Romaine Sliced Tomatoes					Cals... 519* 69% Chol... 14* mg Sodium. 691* mg Fiber.. 9.9* g Iron... 2.8* mg Calcium434.9* mg Vit C 13.4* mg Sugar 19.7*g 15.2%Cal Prot 19.6*g 15.1%Cal Carb 83.9*g 64.6%Cal T.Fat 12.1*g 21.0%Cal

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.

Milk, Water, Fruit Choice, available with all meals. Condiments, bread, butter and crackers available when part of the menu.