

Washoe County School District
 FEB-2012~ SNA LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 6 Cheese Pizza w/WG Crust Baby Carrots Fresh Apple ELE MILK CHOICES Strawberry Goldfish	Feb - 7 CHEESE-Chef Salad Tater Tots Diced Peaches ELE MILK CHOICES WG Cheddar Goldfish	Feb - 8 Bean & Cheese Burrito Fresh Broccoli Fresh Banana ELE MILK CHOICES ~GRAIN ASSORTMENT~	Feb - 9 Fun Fish Nuggets Baby Carrots Pineapple Tidbits ELE MILK CHOICES Tartar Sauce Packet PC Pretzel Goldfish	Feb - 10 Grilled Cheese Sandwich Celery Sticks 1.6oz Bag Fresh Oranges ELE MILK CHOICES Vanilla Goldfish	Avg Nutrients Target Cals... 673 104% Chol... 40 mg Sodium... 1237 mg Fiber... 6.8 g Iron... 5.5 mg 165% Calcium 662.3 mg 248% Vit A 4766 IU 452% Vit A 922 RE 437% Vit C 35.4 mg 236% Prot 29.1g 17.3%Cal Carb 100.3g 59.6%Cal T.Fat 17.4g 23.3%Cal S.Fat 6.2g 8.3%Cal
Feb - 13 Pepperoni Pizza w/WG Crust Baby Carrots Ranch DressingPacket Diced Pears w/Juice ELE MILK CHOICES Strawberry Goldfish	Feb - 14 Turkey Ham Hoagie IW Peas and Carrots Seasonal Fruit ELE MILK CHOICES Mustard Packet PC WG Cheddar Goldfish	Feb - 15 Bean & Cheese Burrito Baby Carrots Fresh Banana ELE MILK CHOICES ~GRAIN ASSORTMENT~	Feb - 16 CHEESE-Chef Salad Italian Veggies Pineapple Tidbits ELE MILK CHOICES Pretzel Goldfish	Feb - 17 Grilled Cheese Sandwich Celery Sticks 1.6oz Bag Fresh Oranges ELE MILK CHOICES Vanilla Goldfish	Avg Nutrients Target Cals... 653 101% Chol... 45 mg Sodium... 1291 mg Fiber... 7.3 g Iron... 5.8 mg 175% Calcium 743.6 mg 279% Vit A 5824 IU 552% Vit A 1201 RE 569% Vit C 35.2 mg 235% Prot 30.4g 18.6%Cal Carb 95.8g 58.7%Cal T.Fat 16.4g 22.6%Cal S.Fat 6.7g 9.2%Cal
Feb - 27 Cheese Pizza w/WG Crust Baby Carrots Fresh Apple ELE MILK CHOICES Strawberry Goldfish	Feb - 28 CHEESE-Chef Salad Tater Tots Diced Peaches ELE MILK CHOICES WG Cheddar Goldfish	Feb - 29 Bean & Cheese Burrito Fresh Broccoli Fresh Banana ELE MILK CHOICES ~GRAIN ASSORTMENT~	Feb - 2 Grilled Cheese Sandwich Celery Sticks 1.6oz Bag Apple Slices ELE MILK CHOICES Pretzel Goldfish	Feb - 3 Turkey Ham Hoagie IW Country Vegetables Applesauce ELE MILK CHOICES Mustard Packet PC Vanilla Goldfish	Avg Nutrients Target Cals... 689 107% Chol... 43 mg Sodium... 1121 mg Fiber... 7.0 g Iron... 5.7 mg 173% Calcium 749.7 mg 281% Vit A 5129 IU 486% Vit A 936 RE 444% Vit C 28.5 mg 190% Prot 29.9g 17.4%Cal Carb 102.6g 59.5%Cal T.Fat 17.5g 22.8%Cal S.Fat 7.5g 9.8%Cal

NOTES: 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.