

## Peacham School Lunch Menu for February 2018

### Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 Beef Burrito Bean Burrito Tuna Salad Sand. Sw. Pot. Home Fries Refried Beans Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	2 Assorted Pizza Tuna Salad Sand. Carrots Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 592 Cholesterol 50 mg Sodium 793 mg Dietary Fiber 9.19 g Iron 3.59 mg Calcium 684.51 mg Vitamin A 12569 IU Vitamin C 51.02 mg Sugars 29.72 g 20.1% Protein 30.30 g 20.5% Carbohydrate 82.79 g 55.9% Total Fat 16.65 g 25.3% Saturated Fat 7.72 g 11.7%
5 Chicken Stew Garlic Flatbread Green Beans Egg Salad Sand. Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	6 Sheperd's Pie Rice Egg Salad Sand. Fiesta Salad Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	7 Mac & Cheese Ham Sand. Pretty Pretty P"l"eas Rice Salad Bar Fruit Bar Fruit Desserts Assted Milk, Assorted	8 Baked Potato Bar Chili Con Carne Broccoli Ham Sand. Cornbread Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	9 Toasted Cheese Sand. Cream/Tomato Soup Ham Sand. Salad Bar Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 640 Cholesterol 65 mg Sodium 1122 mg Dietary Fiber 11.39 g Iron 4.20 mg Calcium 656.46 mg Vitamin A 6488 IU Vitamin C 69.72 mg Sugars 36.78 g 23.0% Protein 34.00 g 21.3% Carbohydrate 99.40 g 62.2% Total Fat 13.74 g 19.3% Saturated Fat 5.88 g 8.3%
12 Chicken Parm. Pasta Marinara Sauce Ham Sand. "Colonel" Corn Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	13 El Supremo Taco Ham Sand. Refried Beans Rice Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	14 Pasta Meat Sauce Marinara Sauce Sesame Green Beans Ham Sand. Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	15 Fishwich Ham Sand. Broccoli Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	16 Assorted Pizza Ham Sand. Rstd. Brussel Sprouts Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 633 Cholesterol 53 mg Sodium 879 mg Dietary Fiber 11.20 g Iron 4.56 mg Calcium 575.25 mg Vitamin A 4382 IU Vitamin C 75.98 mg Sugars 31.81 g 20.1% Protein 32.64 g 20.6% Carbohydrate 92.32 g 58.3% Total Fat 17.54 g 24.9% Saturated Fat 6.54 g 9.3%
19 Hamburger Bar Cheeseburger Turkey Sand. Home Fries Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	20 Chicken Fajita Hot Ham & Cheese Veg. Baked Beans Rice Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	21 Tuna Melt Chicken & Rice Casserole Cous-Cous Carrots Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	22 Sloppy Joe w/Roll Cuban Sandwich "Colonel" Corn Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	23 NO SCHOOL TODAY IN-SERVICE	Calories 645 Cholesterol 65 mg Sodium 899 mg Dietary Fiber 10.33 g Iron 4.21 mg Calcium 551.27 mg Vitamin A 5266 IU Vitamin C 62.85 mg Sugars 28.22 g 17.5% Protein 34.32 g 21.3% Carbohydrate 92.34 g 57.3% Total Fat 17.71 g 24.7% Saturated Fat 6.16 g 8.6%
26 WINTER VACATION	27 WINTER VACATION	28 WINTER VACATION			Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Sugars 0.00 g 0.0% Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0%

Total Fat 0.00 g 0.0%
Saturated Fat 0.00 g 0.0%

This institution is an equal opportunity employer and provider.  
Student paid meal prices: Bkfst \$1.65, Lunch \$2.75

\*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.