

Peacham School Lunch Menu for April 2018

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Hot Turkey Sandwich Sandwich Bar Mashed Potato Chicken Gravy Milk, Assorted Salad Bar Fresh Whole Fruit Fruit Desserts Assted	3 Mac & Cheese Sandwich Bar Pretty Pretty P"l"eas Rice Salad Bar Fresh Whole Fruit Fruit Desserts Assted Milk, Assorted	4 Hoagie Sand. Day Roasted Carrots & Tom. Salad Bar Fresh Whole Fruit Fruit Desserts Assted Milk, Assorted	5 Baked Potato Bar Chili Con Carne Broccoli Sandwich Bar Cornbread Salad Bar Fresh Whole Fruit Fruit Desserts Assted Milk, Assorted	6 Chicken Caesar Wrap Sandwich Bar Bestest Black Beans Salad Bar Fresh Whole Fruit Fruit Desserts Assted Milk, Assorted	Calories 608 Cholesterol 62 mg Sodium 1087 mg Dietary Fiber 9.54 g Iron 3.91 mg Calcium 571.09 mg Vitamin A 8107 IU Vitamin C 40.57 mg Sugars 29.55 g 19.5% Protein 32.05 g 21.1% Carbohydrate 87.48 g 57.6% Total Fat 15.44 g 22.9% Saturated Fat 4.91 g 7.3%
9 Assorted Pizza Slice Sandwich Bar Carrots Garden Salad Fresh Whole Fruit Fruit Desserts Assted Milk, Assorted	10 Shepherd's Pie Sandwich Bar Biscuit Roasted Cauliflower w/Tumeric Salad Bar Fresh Whole Fruit Fruit Desserts Assted Milk, Assorted	11 Burger Bar Sandwich Bar Broccoli Salad Salad Bar Fresh Whole Fruit Fruit Desserts Assted Milk, Assorted	12 Chicken Patty Sandwich Sandwich Bar Red Bliss Potato Salad Salad Bar Fresh Whole Fruit Cut Fruit Milk, Assorted	13 SPRING BREAK	Calories 595 Cholesterol 56 mg Sodium 857 mg Dietary Fiber 8.37 g Iron 3.80 mg Calcium 566.87 mg Vitamin A 5392 IU Vitamin C 51.53 mg Sugars 33.47 g 22.5% Protein 30.27 g 20.3% Carbohydrate 81.87 g 55.0% Total Fat 17.81 g 26.9% Saturated Fat 5.89 g 8.9%
16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	20 SPRING BREAK	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%
23 Chicken Club Wrap Sandwich Bar Pasta Salad Salad Bar Fresh Whole Fruit Cut Fruit Milk, Assorted	24 Chicken Stew Sandwich Bar Buttermilk Biscuit Green Beans Salad Bar Fresh Whole Fruit Cut Fruit Milk, Assorted	25 Hoagie Sand. Day Carrots Salad Bar Fresh Whole Fruit Cut Fruit Milk, Assorted	26 Pad Thai Sandwich Bar "Colonel" Corn Garlic Flatbread Salad Bar Fresh Whole Fruit Cut Fruit Milk, Assorted	27 Assorted Pizza Sandwich Bar Veg. Baked Beans Salad Bar Fresh Whole Fruit Fruit Desserts Assted Milk, Assorted	Calories 616 Cholesterol 98 mg Sodium 1281 mg Dietary Fiber 10.43 g Iron 3.86 mg Calcium 570.13 mg Vitamin A 8771 IU Vitamin C 38.33 mg Sugars 29.39 g 19.1% Protein 32.94 g 21.4% Carbohydrate 85.81 g 55.7% Total Fat 17.59 g 25.7% Saturated Fat 5.97 g 8.7%
30 BBQ Pulled Pork Sand. Sandwich Bar Green Beans Salad Bar Fresh Whole Fruit Cut Fruit Milk, Assorted					Calories 530 Cholesterol 59 mg Sodium 1161 mg Dietary Fiber 7.68 g Iron 3.95 mg Calcium 469.56 mg Vitamin A 4543 IU Vitamin C 30.17 mg Sugars 36.00 g 27.2% Protein 30.25 g 22.8% Carbohydrate 81.91 g 61.8%

Total Fat 9.72 g 16.5%
Saturated Fat 3.17 g 5.4%

This institution is an equal opportunity employer and provider.

Student paid meal prices: Bkfst \$1.65, Lunch \$2.75

Breakfast served daily 7:30 - 8:00 a.m.

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.