

Peacham School Lunch Menu for March 2018

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 WINTER VACATION	2 WINTER VACATION	Calories *N/A* Cholesterol *N/A* mg Sodium *N/A* mg Dietary Fiber *N/A* g Iron *N/A* mg Calcium *N/A* mg Vitamin A *N/A* IU Vitamin C *N/A* mg Sugars *N/A* g *N/A%* Protein *N/A* g *N/A%* Carbohydrate *N/A* g *N/A%* Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
5 WINTER VACATION	6 WINTER VACATION	7 Pasta Marinara Sauce Meat Sauce Italian Style Vegetables Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	8 Beef Burrito Bean Burrito Tuna Salad Sand. Sw. Pot. Home Fries Refried Beans Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	9 Assorted Pizza Tuna Salad Sand. Carrots Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 599 Cholesterol 48 mg Sodium 693 mg Dietary Fiber 10.51 g Iron 4.17 mg Calcium 596.81 mg Vitamin A 9748 IU Vitamin C 63.66 mg Sugars 30.79 g 20.5% Protein 30.46 g 20.3% Carbohydrate 86.74 g 57.9% Total Fat 16.40 g 24.6% Saturated Fat 7.07 g 10.6%
12 Chicken Stew Garlic Flatbread Green Beans Egg Salad Sand. Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	13 Sheperd's Pie Rice Egg Salad Sand. Fiesta Salad Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	14 Mac & Cheese Ham Sand. Pretty Pretty P"l"eas Rice Salad Bar Fruit Bar Fruit Desserts Assted Milk, Assorted	15 Baked Potato Bar Chili Con Carne Broccoli Ham Sand. Cornbread Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	16 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%
19 Chicken Parm. Pasta Marinara Sauce Ham Sand. "Colonel" Corn Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	20 El Supremo Taco Ham Sand. Refried Beans Rice Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	21 Pasta Meat Sauce Marinara Sauce Green Beans Ham Sand. Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	22 Fishwich Ham Sand. Broccoli Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	23 Assorted Pizza Ham Sand. Pretty Pretty P"l"eas Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 621 Cholesterol 52 mg Sodium 874 mg Dietary Fiber 11.01 g Iron 4.44 mg Calcium 570.93 mg Vitamin A 4389 IU Vitamin C 69.79 mg Sugars 31.67 g 20.4% Protein 32.50 g 20.9% Carbohydrate 91.99 g 59.2% Total Fat 16.29 g 23.6% Saturated Fat 6.15 g 8.9%
26 Hamburger Bar Cheeseburger Turkey Sand. Home Fries Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	27 Chicken Fajita Hot Ham & Cheese Veg. Baked Beans Rice Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	28 Tuna Melt Chicken & Rice Casserole Cous-Cous Carrots Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	29 Assorted Flatbread Pizza Turkey Sand. Broccoli Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	30 Sloppy Joe w/Roll Cuban Sandwich "Colonel" Corn Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 640 Cholesterol 62 mg Sodium 921 mg Dietary Fiber 10.09 g Iron 3.84 mg Calcium 588.29 mg Vitamin A 4966 IU Vitamin C 62.81 mg Sugars 30.12 g 18.8% Protein 33.35 g 20.8% Carbohydrate 91.15 g 56.9%

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.