

Peacham School Lunch Menu for May 2018

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 El Supremo Taco Sandwich Bar "Colonel" Corn Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	2 Assorted Pizza Slice Sandwich Bar Peas & Carrots Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	3 Twisted Chicken Cass Sandwich Bar Broccoli Spiced Quinoa Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	4 Toasted Cheese Sand. Sandwich Bar Mashed Bnut Squash Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 607 Sodium 1059 mg Iron 4.14 mg Calcium 724.36 mg Vitamin A 9194 IU Vitamin C 34.49 mg Sugars 22.58 g 14.9% Protein 35.25 g 23.2% Carbohydrate 86.02 g 56.7% Total Fat 15.80 g 23.4% Saturated Fat 7.47 g 11.1%
7 Chicken Parm. Pasta Marinara Sauce Sandwich Bar Green Bean Cass. Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	8 Sloppy Taco Sandwich Bar Refried Beans Rice Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	9 Pasta Marinara Sauce Meat Sauce Sandwich Bar Italian Style Vegetables Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	10 Fishwich Sandwich Bar Potato Wedges Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	11 Assorted Pizza Sandwich Bar Pretty Pretty P"l"eas Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 603 Sodium 931 mg Iron 4.38 mg Calcium 601.38 mg Vitamin A 5899 IU Vitamin C 36.12 mg Sugars 24.48 g 16.2% Protein 30.78 g 20.4% Carbohydrate 86.28 g 57.2% Total Fat 16.45 g 24.6% Saturated Fat 6.27 g 9.4%
14 Hamburger Bar Sandwich Bar Home Fries Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	15 Hot Ham & Cheese Marinara Sauce Sandwich Bar Grilled Italian Squash Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	16 Hoagie Sand. Day Pasta Prima Vera Salad Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	17 Chicken a la King Sandwich Bar Broccoli Cheese & Rice Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	18 Meatball Sandwich Sandwich Bar Pretty Pretty P"l"eas Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 638 Sodium 981 mg Iron 4.27 mg Calcium 595.62 mg Vitamin A 7175 IU Vitamin C 44.01 mg Sugars 25.09 g 15.7% Protein 36.47 g 22.9% Carbohydrate 78.69 g 49.4% Total Fat 20.98 g 29.6% Saturated Fat 7.09 g 10.0%
21 Hot Turkey Sandwich Sandwich Bar Mashed Potato Chicken Gravy Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	22 Mac & Cheese Sandwich Bar Pretty Pretty P"l"eas Rice Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	23 Hoagie Sand. Day Roasted Carrots & Tom. Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	24 Baked Potato Bar Chili Con Carne Broccoli Sandwich Bar Cornbread Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	25 Chicken Ranch Wrap Sandwich Bar Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	Calories 605 Sodium 977 mg Iron 3.78 mg Calcium 623.37 mg Vitamin A 7404 IU Vitamin C 34.80 mg Sugars 21.91 g 14.5% Protein 32.26 g 21.3% Carbohydrate 82.13 g 54.3% Total Fat 17.23 g 25.6% Saturated Fat 6.27 g 9.3%
28 NO SCHOOL TODAY MEMORIAL DAY	29 Assorted Pizza Slice Sandwich Bar Carrots Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	30 Shepherd's Pie Sandwich Bar Biscuit Roasted Cauliflower w/Tumeric Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted	31 Taco Bowl Sandwich Bar Refried Beans Rice Salad Bar Assted Fresh Whole Fruit Cut Fruit Milk, Assorted		Calories 596 Sodium 821 mg Iron 4.17 mg Calcium 630.97 mg Vitamin A 7779 IU Vitamin C 38.19 mg Sugars 22.24 g 14.9% Protein 33.87 g 22.7% Carbohydrate 77.21 g 51.8% Total Fat 17.97 g 27.1% Saturated Fat 7.72 g 11.7%

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.