

Utah K-8 Winter Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3 Pepperoni Pizza Hummus Wrap Lemon Roasted Carrot Romaine Salad LETTUCE & TOMATO Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 4 Bean Burrito Bowl w/ Elote and Pico Cup Grilled Chicken Caesar ORANGES PINEAPPLE CHUNKS Salsa SOUR CREAM Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 5 Roasted Ranch Chicken Vegetarian Bean Chili Southern Cornbread Roasted Potato Wedge GREEN BEANS BANANAS Apple Bake Cheese, cheddar, grated Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 6 Lasagna Roll Up Cheesy Baked Potato Garlic Bread Roasted Parmesan Br CHERRY TOMATOES PEARS, FRESH PEACHES SOUR CREAM Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 7 Sloppy Joe FISH STRIPS Macaroni and Cheese BAKED BEANS Celery and Carrot Stick APPLES, Fresh PEACHES RAISINS KETCHUP TARTAR SAUCE Milk Non-fat Chocolate MILK, 1% Lowfat
Jan - 10 Oven Fried Chicken Double Cherry Yogurt Parfait Whole Wheat Roll Garlic Smashed Red Potatoes GREEN BEANS Apple Wedges STRAWBERRIES KETCHUP BBQ Sauce Gravy Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 11 Cheese Quesadilla Kale Apple and Chicken Wrap Seasoned Pinto Beans Roasted Butternut Squash Pico Cup GRAPEFRUIT HALVE FRUIT COCKTAIL Salsa SOUR CREAM Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 12 Orange Chicken Teriyaki Chicken Lo Mein Noodles BROCCOLI Lemon Roasted Carrot Cinnamon Applesauce ORANGES Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 13 Cheesy Baked Penne Turkey and Cheese Wrap Steamed Vegetable Medley Spinach Side Salad LETTUCE & TOMATO BANANAS PEACHES MUSTARD MAYONNAISE Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 14 Chicken Parmesan Sandwich VEGGIE BURGER Sweet Potato Fries CUCUMBER COINS LETTUCE & TOMATO PINEAPPLE, Fresh Cranberries KETCHUP MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK, 1% Lowfat
Jan - 17 Cheese Pizza Yogurt Strawberry Parfait Lemon Roasted Carrot Romaine Salad LETTUCE & TOMATO Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 18 Chicken Fajita Chef Salad Spanish Rice Refried Beans Pico Cup ORANGES PINEAPPLE CHUNKS Salsa SOUR CREAM Cheese, cheddar, grated Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 19 Loaded Baked Potato with Veggie Chili Pepperoni Pizza Flatbread Southern Cornbread CORN BROCCOLI, raw PEARS, FRESH Apple Bake Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 20 Grilled Cheese Fiesta Grilled Chicken Roasted Cauliflower Tomato Soup BANANAS PEACHES Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 21 BBQ Sandwich Macaroni and Cheese BAKED BEANS Cole Slaw APPLES, Fresh RAISINS Milk Non-fat Chocolate MILK, 1% Lowfat

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.

School Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 24	Jan - 25	Jan - 26	Jan - 27	Jan - 28
Egg Chicken Tenders WAFFLES Roasted Red Potatoes CHERRY TOMATOES GRAPEFRUIT HALVE Smoothie White Gravy SYRUP,PANCAKE Salsa Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat	Bean Taco w/ Seasoned Black Beans and Pico Cup Cobb Salad CUCUMBER COINS APPLES,Fresh FRUIT COCKTAIL Salsa SOUR CREAM Cheese, cheddar, grated Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat	General Tso Chicken Make Your Own PB&J Fried Rice BROCCOLI Baby Carrots ORANGES Cinnamon Applesauce Milk Non-fat Chocolate MILK,1% Lowfat	Chicken Spinach Alfredo Fruit and Cheese Bistro Plate Steamed Vegetable Medley Sweet Kale Salad BANANAS PEACHES CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat	Turkey Burger Bean and Cheese Burrito Sweet Potato Fries GREEN BEANS LETTUCE &TOMATO PINEAPPLE,Fresh Cranberries KETCHUP MUSTARD MAYONNAISE Salsa Milk Non-fat Chocolate MILK,1% Lowfat

Green Highlight=Seasonal scratch recipe available

Yellow Highlight= Harvest of the Season item, source locally when possible



Harvest of the Season

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