# Greene County School District

 Aug 12, 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | | Oct - 1<br><br>COUNTRY FRIED STEAK<br>TURKEY POBOY<br>MASHED POTATOES<br>FIELD PEAS<br>LETTUCE,TOMATO,&PICK<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>ICE CREAM CUP<br>YEAST ROLL |
| Oct - 4<br><br>PIZZA<br>CORN DOG<br>RANCH-STYLE BEANS<br>GREEN PEAS<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>VANILLA PUDDING | Oct - 5<br><br>CHICKEN NUGGETS<br>CHEESY BRDSTICK/SAUC<br>MASHED POTATOES<br>GLAZED CARROTS<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>YEAST ROLL<br>YELLOW CAKE<br>CHOCOLATE GLAZE | Oct - 6<br><br>SPAG W/ MEAT SAUCE<br>BBQ RIB SANDWICH<br>MIXED VEGETABLES<br>SEASONED GREEN BEAN<br>TOSSED SALAD<br>TEXAS TOAST<br>ASSORT FRUIT JUICE<br>FRESH FRUIT BOWL<br>BROWNIES | Oct - 7<br><br>TUNA SALAD with Crackers<br>HAMBURGER ON A BUN<br>CHEF SALAD<br>W K CORN<br>LETTUCE,TOMATO,&PICK<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>CHOC CHIP COOKIE | Oct - 8<br><br>CHICKEN PATTY SANDWI<br>GRILLED CHEESE SANDW<br>FRENCH FRIES<br>BAKED BEANS<br>LETTUCE,TOMATO,PICKL<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>ICE CREAM CUP |
| Oct - 11<br><br>BEEF BURRITO<br>CHICKEN SPAGHETTI<br>BLACK-EYED PEAS<br>SEASONED GREEN BEAN<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>YEAST ROLL<br>CHOCOLATE PUDDING | Oct - 12<br><br>PIZZA<br>CHEESY MAC & HAM<br>CORN ON THE COB<br>GREEN PEAS<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>YEAST ROLL<br>PEANUT BUTTER COOKIE | Oct - 13<br><br>BEEF STICKS<br>HAM AND CHEESE SUB<br>RICE<br>BAKED BEANS<br>LETTUCE,TOMATO,&PICK<br>FRESH FRUIT BOWL<br>ASSORT FRUIT JUICE<br>YEAST ROLL<br>OATMEAL COOKIE | Oct - 14<br><br>STEAK W/ GRAVY<br>SLOPPY JOE ON BUN<br>CHEF SALAD<br>MASHED POTATOES<br>SEASONED LIMA BEANS<br>RAW VEGGIES WITH DIP<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>YEAST ROLL<br>FRUIT COBBLER | Oct - 15<br><br>HAMBURGER ON A BUN<br>GRILLED CHEESE SANDW<br>FRENCH FRIES<br>GREEN PEAS<br>LETTUCE,TOMATO,PICKL<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>ICE CREAM CUP |
| Oct - 18<br><br>PIZZA<br>CORN DOG<br>W K CORN<br>CHEESY BROCCOLI<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>VANILLA PUDDING | Oct - 19<br><br>TUNA SALAD with Crackers<br>CHICKEN NUGGETS<br>SEASONED GREEN BEAN<br>BAKED BEANS<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>YELLOW CAKE<br>CHOCOLATE ICING | Oct - 20<br><br>BBQ RIB SANDWICH<br>CHEESY BRDSTICK/SAUC<br>MASHED POTATOES<br>SOUTHERN GREENS<br>CORNBREAD<br>FRESH FRUIT BOWL<br>ASSORT FRUIT JUICE<br>OATMEAL COOKIE | Oct - 21<br><br>COUNTRY FRIED STEAK<br>CHILI CHEESE DOG<br>CHEF SALAD<br>RICE<br>BLACK-EYED PEAS<br>GREEN BEANS<br>CORNBREAD<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>CHOC CHIP COOKIE | Oct - 22<br><br>SPAG W/ MEAT SAUCE<br>GRILLED CHICKEN SAND<br>FRENCH FRIES<br>SEASONED LIMA BEANS<br>LETTUCE,TOMATO,PICKL<br>TEXAS TOAST<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>ICE CREAM CUP |
| Oct - 25<br><br>PIZZA<br>CORN DOG NUGGETS<br>PEAS & CARROTS<br>BAKED BEANS<br>YEAST ROLL<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>CHOCOLATE PUDDING | Oct - 26<br><br>BEEF BURRITO<br>BEEF STICKS<br>RICE<br>SEASONED GREEN BEAN<br>GLAZED CARROTS<br>YEAST ROLL<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>FRUIT COBBLER | Oct - 27<br><br>HAMBURGER ON A BUN<br>CHEESY MAC & HAM<br>CORN ON THE COB<br>SEASONED GREEN BEAN<br>LETTUCE,TOMATO,PICKL<br>FRESH FRUIT BOWL<br>ASSORT FRUIT JUICE<br>YEAST ROLL<br>RICE KRISPIE TREAT | Oct - 28<br><br>LASAGNA<br>CHICKEN PATTY SANDWI<br>CHEF SALAD<br>FRENCH FRIES<br>W K CORN<br>LETTUCE,TOMATO,PICKL<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>CHOC CHIP COOKIE | Oct - 29<br><br>COUNTRY FRIED STEAK<br>TURKEY POBOY<br>MASHED POTATOES<br>FIELD PEAS<br>LETTUCE,TOMATO,&PICK<br>CANNED FRUIT<br>ASSORT FRUIT JUICE<br>ICE CREAM CUP<br>YEAST ROLL |

***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.***

# Greene County School District

 Aug 12, 2010

**Monday** **Tuesday** **Wednesday** **Thursday** **Friday**

| | Average | | Target | % of Target | | Average | | % of Calories | Target |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 784 | | 785 | 100% | Protein | 31.65 | g | 16.15% | 14.56 |
| Cholesterol | 66* | mg | | | Carbohyd | 110.18 | g | 56.21% | |
| Sodium | 1603 | mg | | | Tot. Fat | 24.93 | g | 28.61% | <=30.00% |
| Fiber | 6.96* | g | | | Sat. Fat | 9.08* | g | 10.42% | <10.00% |
| Iron | 5.22* | mg | 4.23 | 123% | | | | | |
| Calcium | 533.48* | mg | 370.45 | 144% | | | | | |
| Vitamin A | 2423* | IU | 1426 | 170% | | | | | |
| Vitamin A | 439* | RE | 285 | 154% | | | | | |
| Vitamin C | 25.45* | mg | 17.42 | 146% | | | | | |

***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.***