

Holy Redeemer School

Elementary Menu

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2 NO SCHOOL TODAY	Jan - 3 BBQ Pork/Bun Baked Potato Butter Sour Cream Green Beans Applesauce Milk/Choc/1%	Jan - 4 Pizza Sausage Tator Tots Ketchup Peas Diced Peaches Milk/Choc/1%	Jan - 5 Hamb. Gravy mashed potato CORN Butter Bread Mandarin Oranges Milk/Choc/1%	Jan - 6 Shrimp Poppers J French Fries Ketchup Seasoned Broccoli Diced Pears Milk/Choc/1%
Jan - 9 3/4 Grade Choice Hot Dog/Bun CAULIFLOWER,raw BROCCOLI,raw CARROT STICKS Ranch Dressing Apple/Caramel Fudge Bar Milk/Choc/1%	Jan - 10 Spaghetti Meat Sauce Spaghetti Noodles Parmesean Cheese Garlic Toast Peas Diced Pears Milk/Choc/1%	Jan - 11 Turkey in Gravy mashed potato CORN Butter Bread STRAWBERRIES Donuts Ring Homestyl Milk/Choc/1%	Jan - 12 Tator Tot Hotdish Green Beans Butter Bread Pineapple tidbits Milk/Choc/1%	Jan - 13 Cheese Italian Dunker Spaghetti Sauce Baked Beans Grapes,Red Milk/Choc/1%
Jan - 16 NO SCHOOL TODAY	Jan - 17 NO SCHOOL TODAY	Jan - 18 Chicken Alfredo Sauce Rotini CARROT STICKS BROCCOLI,raw Ranch Dressing Oranges Milk/Choc/1%	Jan - 19 Taco Shredded American Ch Shredded Lettuce Diced Tomato Taco Sauce CORN Applesauce Milk/Choc/1%	Jan - 20 Fish Nuggets French Fries Tartar Sauce Ketchup Peas Cantaloupe cubes Milk/Choc/1%
Jan - 23 Hamburger/Bun Shake/Bake Potato Ketchup Green Beans Diced Pears Milk/Choc/1%	Jan - 24 Chicken Noodle Soup Saltine Crackers Ham Sandwich CORN STRAWBERRIES Cracker,Graham Cinna Milk/Choc/1%	Jan - 25 Pork Roast mashed potato Gravy Baked Beans Butter Bread Pineapple tidbits Milk/Choc/1%	Jan - 26 Nacho Sauce/Beef Tortilla Chips Glazed Carrots Peas Rice-Vegetable Casser Apple Milk/Choc/1%	Jan - 27 Macaroni & Cheese Romaine Lettuce Salad Ranch/French Dressin Green Beans Diced Peaches Milk/Choc/1%
Jan - 30 Hamburger Hotdish CORN Butter Bread Applesauce Sugar Cookie Milk/Choc/1% Parent Lunch CSW	Jan - 31 Sloppy Joe/Bun Tator Tots Ketchup Peas Diced Peaches Rice Krispy Bars Milk/Choc/1% Parent Lunch CSW			

**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.

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Monday	Tuesday	Wednesday	Thursday	Friday
	Average	Weekly Target	% of Target	
Calories	629*	550-650	100%	Sugars
Cholesterol	61* mg			Protein
Sodium	1067* mg	1230		Carbohyd
Fiber	8.71* g			Tot. Fat
Iron	3.11* mg			Sat. Fat
Calcium	437.99* mg			
Vitamin A	5394* IU			
Vitamin C	34.57* mg			
				Average
				% of Calories
				Weekly Target
				25.44* g
				16.17%
				28.97* g
				18.42%
				89.63* g
				56.98%
				16.56* g
				23.69%
				6.21* g
				8.88%
				<10.00%

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