

Holy Redeemer School

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 Ash Wednesday Pizza Cheese CARROT STICKS CAULIFLOWER,raw Ranch Dressing Butter Bread Diced Pears Milk/Choc/1%	Mar - 2 Taco in a Bag Shredded American Ch Shredded Lettuce Diced Tomato Taco Sauce Baked Beans Grape Jelly Bread STRAWBERRIES Milk/Choc/1%	Mar - 3 Shrimp Poppers J Shake/Bake Potato Ketchup Seasoned Broccoli Diced Peaches Milk/Choc/1%
Mar - 6 Hamburger/Bun French Fries Ketchup Mustard Green Beans Diced Pears Milk/Choc/1%	Mar - 7 Chicken Fajita Shredded Cheese Shredded Lettuce Diced Tomato Ranch Dressing Peas Baked Beans Mandarin Oranges Milk/Choc/1%	Mar - 8 Hamb. Gravy mashed potato Cheesy Broccoli Butter Bread Diced Peaches Milk/Choc/1%	Mar - 9 Nacho Sauce/Beef Tortilla Chips CARROT STICKS Radish Ranch Dressing Applesauce Milk/Choc/1%	Mar - 10 Cinnamon French Toa Syrup Tator Tots Ketchup CORN Blueberries Milk/Choc/1%
Mar - 13 Hot Dog/Bun Shake/Bake Potato Ketchup Mustard Baked Beans Pineapple tidbits Milk/Choc/1%	Mar - 14 Spaghetti Meat Sauce Spaghetti Noodles Parmesean Cheese Garlic Toast Green Beans Applesauce Milk/Choc/1%	Mar - 15 Hamburger Hotdish CORN Butter Bread Diced Peaches Donuts Ring Homestyl Milk/Choc/1%	Mar - 16 Turkey in Gravy mashed potato Glazed Carrots Butter Bread STRAWBERRIES Milk/Choc/1%	Mar - 17 Little Lambs Choice Macaroni & Cheese CORN Romaine Lettuce Salad Ranch/French Dressin Banana Rice Krispy Bars Milk/Choc/1%
Mar - 20 Cold Sub Sandwich Shredded Lettuce Pepper Jack/American Sliced Tomato Ranch Dressing Peas Fruit Salad Milk/Choc/1%	Mar - 21 Sloppy Joe/Bun French Fries Ketchup Green Beans Oranges J Milk/Choc/1%	Mar - 22 Tator Tot Hotdish CORN CARROT STICKS Butter Bread Diced Peaches Milk/Choc/1%	Mar - 23 Pizza Sausage Tator Tots Ketchup Seasoned Broccoli Pineapple tidbits Milk/Choc/1%	Mar - 24 Fish Nuggets Tartar Sauce Ketchup Baked Beans Baked Potato Sour Cream Butter Grapes,Red Milk/Choc/1%
Mar - 27 Chicken Strips French Fries Ketchup Baked Beans Craisins Milk/Choc/1%	Mar - 28 BBQ Pork/Bun Shake/Bake Potato Ketchup Green Beans Applesauce Milk/Choc/1%	Mar - 29 Turkey Roast mashed potato Gravy CORN Garlic Bread stick Mandarin Oranges Milk/Choc/1%	Mar - 30 Barbecue Meatballs French Fries Ketchup Glazed Carrots Grape Jelly Bread Diced Pears Milk/Choc/1%	Mar - 31 Tomato Soup Saltines Un Open Face Grill Chees Romaine Lettuce Salad Ranch/French Dressin Diced Peaches Milk/Choc/1%

**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	Weekly Target	% of Target	Wednesday	Thursday	% of Calories	Weekly Target
		Average				Average		
Calories		676*	600-700	100%	Sugars	30.33* g	17.95%	
Cholesterol		67* mg			Protein	29.84* g	17.65%	
Sodium		1190* mg	1360		Carbohyd	100.40* g	59.40%	
Fiber		9.51* g			Tot. Fat	17.33* g	23.06%	
Iron		3.56* mg			Sat. Fat	6.25* g	8.31%	<10.00%
Calcium		480.20* mg						
Vitamin A		7320* IU						
Vitamin C		35.34* mg						

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