

Leland School District

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 Spaghetti & Meat Sauce Green beans Sliced Strawberries ROLLS (YEAST) Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 2 BBQ Chicken Sandwich Confetti coleslaw Tomato/ cucumber salad French fries Sliced Peaches Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 3 Beef Steak Cheeseburger LETTUCE & TOMATO Garden salad withdressings Applesauce Assorted Chips Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 4 Lemon Pepper Chicken Mashed potatoes Pinto Beans Sliced Peaches Cornbread Low Fat Milk Strawberry Milk Chocolate Milk
Sep - 7 HOLIDAY	Sep - 8 Fish Sticks, Breaded Baked Beans Garden salad withdressings Fresh Orange Smiles Whole Wheat Roll Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 9 Ham and cheese on bun Tomatoes w/ Dip Baked Beans Assorted Chips Blushing Chilled Pears Low Fat Milk Strawberry Milk Chocolate Milk Mayonnaise pc Mustard, PC, MS	Sep - 10 Pepperoni Pizza Whole Grain Garden salad withdressings Corn on the Cob Carrot/Raisin/Apple Medl Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 11 Chicken Fajita Wrap Garden salad withdressings Green peas salad Blueberries w/whipped topping frozen Low Fat Milk *Strawberry Milk *Chocolate Milk
Sep - 14 Turkey and cheese wrap Chips with Salsa and Guacamole Cooked Carrot Slices Mandarin Fruit Cup Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 15 Red Beans and Rice with Sausage Garden salad withdressings Fruit Cocktail Cornbread Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 16 Chicken Spaghetti CORN Tomatoes and Carrots w/ Dip Fresh Orange Smiles Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 17 Pulled Pork on Bun Confetti coleslaw Tomato/ cucumber salad Sliced Peaches Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 18 Fish Sticks, Breaded Baby Carrots with Dip Baked Beans Pineapple Tidbits Whole Wheat Roll Low Fat Milk Strawberry Milk Chocolate Milk

**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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Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 21 Chicken Fajita Wrap Cucumber Sticks W/Dip Green bean casserole Pineapple Tidbits Low Fat Milk Strawberry Milk Chocolate Milk Sour Cream Salsa	Sep - 22 Pork, Leg Roast Steamed Brown Rice Gravy Cheesy Broccoli ROLLS (YEAST) Fresh Fruit Cup Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 23 Ham and cheese on bun Garden salad withdressings FRENCH FRI ES Cooked Carrot Slices Blushing Chilled Pears Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 24 Spaghetti & Meat Sauce CARROT STICKS APPLESAUCE ROLLS (YEAST) Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 25 BBQ Chicken Sandwich Tomato/ cucumber salad Assorted Chips Sliced Peaches Cookie, Oatmeal Cranberry Purchased Low Fat Milk Strawberry Milk Chocolate Milk
Sep - 28 Hamburger LETTUCE & TOMATO Kidney Beans Garden salad withdressings Blushing Chilled Pears Oatmeal Raisin Cookie Low Fat Milk Strawberry Milk Chocolate Milk Mayonnaise pc Mustard, PC, MS	Sep - 29 Fish Sticks, Breaded Baked beans Garden salad withdressings Pineapple Tidbits ROLLS (YEAST) Low Fat Milk Strawberry Milk Chocolate Milk	Sep - 30 BBQ Chicken Hawaiian Mashed potatoes CARROTS Sliced Peaches Whole Wheat Roll 2 Low Fat Milk Strawberry Milk Chocolate Milk		

Due to unforeseen problems menus are subject to change.
 Alternate foods available for students with food allergies.

HAVE A SAFE AND HAPPY SPRING BREAK!

This institution is an equal opportunity provider.

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	752	600-650	116%	Sugars	16.89* g	8.98%	
Cholesterol	66 mg			Protein	36.23 g	19.26%	
Sodium	1391 mg	1230		Carbohyd	109.54 g	58.23%	
Fiber	11.30 g			Tot. Fat	20.56 g	24.59%	<=30.0%
Iron	4.89* mg			Sat. Fat	7.21 g	8.62%	<10.00%
Calcium	520.40* mg						
Vitamin A	8310* IU						
Vitamin C	46.84* mg						

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