

# Okaloosa County Nutrition Center

## Elementary Lunch (7-10)

### APRIL ELEMENTARY LUNCH

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Nutrients   |
|---|---|---|--|--|---|
| Apr - 2<br>PEPPERONI PIZZA<br>TUNA SALAD<br>GREEN BEANS<br>PEARS, DICED<br>CHOICE OF MILK<br>JUICE        | Apr - 3<br>CORN DOG<br>MEATBALLS<br>HOTDOG ROLLS/BUNS,PL<br>OVEN FRIES<br>PI NEAPPLE,TI DBITS,NAT<br>ROLL<br>CHOICE OF MILK                     | Apr - 4<br>CHICKEN NUGGETS<br>BURRITO<br>MASHED POTATO'S<br>PEACH CRISP<br>ROLL<br>CHOICE OF MILK<br>JUICE                              | Apr - 5<br>TURKEY<br>PEPPERONI HOT POCKET<br>CORNBREAD DRESSING<br>MASHED POTATO'S<br>FRUIT COCKTAIL<br>SWEET POTATO<br>W/MARSHMALLOWS<br>ROLL<br>CHOICE OF MILK<br>JUICE<br>GRAVY<br>HOLIDAY CAKE | Apr - 6<br>FISH NUGGETS<br>BREADED CHICKEN SAN<br>MACARONI & CHEESE<br>TOSSED SALAD<br>PEARS, DICED<br>CORNBREAD MUFFIN<br>CHOICE OF MILK<br>JUICE | Avg Nutrients Target<br>Cals... 1181 183%<br>Chol... 100 Mg<br>Sodium. 2127 Mg<br>Fiber.. 32.2 G<br>Iron... 9.5 Mg 289%<br>Calcium 571.6 Mg 214%<br>Vit A 2833 IU 269%<br>Vit C 39.3 Mg 262%<br>Prot 41.3G 14.0%Cal<br>Carb 151.4G 51.3%Cal<br>T.Fat 45.8G 34.9%Cal<br>S.Fat 11.7G 8.9%Cal  |
| Apr - 9<br>DOUBLE STUFF PIZZA<br>BBQ RIBLET SUB<br>SEASONED CORN<br>APPLESAUCE<br>CHOICE OF MILK<br>JUICE | Apr - 10<br>CHEESEBURGER<br>SOUP, MEAT & VEGGIE<br>GOLDFISH CRACKERS<br>STEAMED CARROTS<br>CELERY<br>PEACHES, SLICED<br>CHOICE OF MILK<br>JUICE | Apr - 11<br>POPCORN CHICKEN<br>EGG SALAD<br>TATER TOTS<br>LIMA BEANS<br>BLACK BEANS, CANNED<br>FRUITED JELLO<br>CHOICE OF MILK<br>JUICE | Apr - 12<br>CHEESEBURGER MACARO<br>TURKEY ON WHEAT<br>STEAMED BROCCOLI<br>PEARS, DICED<br>ROLL<br>CHOICE OF MILK<br>JUICE  | Apr - 13<br>SPAGHETTI<br>HOT DOG<br>GREEN BEANS<br>FRUIT COCKTAIL<br>BREADSTICKS<br>CHOICE OF MILK<br>JUICE  | Avg Nutrients Target<br>Cals... 1085 168%<br>Chol... 154 Mg<br>Sodium. 2103 Mg<br>Fiber.. 53.1 G<br>Iron... 11.2 Mg 340%<br>Calcium 712.5 Mg 267%<br>Vit A 4481 IU 425%<br>Vit C 37.4 Mg 249%<br>Prot 46.7G 17.2%Cal<br>Carb 150.4G 55.5%Cal<br>T.Fat 34.7G 28.8%Cal<br>S.Fat 11.8G 9.8%Cal |
| Apr - 16<br>HOLIDAY   | Apr - 17<br>HAMBURGER<br>CHICKEN & CHEESE CAS<br>MIXED VEGETABLES<br>PEACHES, SLICED<br>ROLL<br>CHOICE OF MILK<br>JUICE                         | Apr - 18<br>CHICKEN NUGGETS<br>SLOPPY JOE<br>ON BUN<br>CURLEY FRIES<br>ORANGE<br>BISCUIT<br>CHOICE OF MILK<br>JUICE                     | Apr - 19<br>FRITO BAKE<br>CHEESE,AMERICAN, SHR<br>SUBMARINE SANDWICH<br>SEASONED CORN<br>FRUIT COCKTAIL<br>CORN CHIPS<br>CINNAMON ROLLS<br>CHOICE OF MILK<br>JUICE                                 | Apr - 20<br>FISH SANDWICH<br>CORN DOG<br>AU GRATIN POTATO'S<br>PI NEAPPLE,TI DBITS,NAT<br>CORNBREAD MUFFIN<br>CHOICE OF MILK<br>JUICE              | Avg Nutrients Target<br>Cals... 1186 184%<br>Chol... 105 Mg<br>Sodium. 2416 Mg<br>Fiber.. 50.9 G<br>Iron... 9.8 Mg 296%<br>Calcium 676.0 Mg 253%<br>Vit A 2100 IU 199%<br>Vit C 41.0 Mg 273%<br>Prot 48.1G 16.2%Cal<br>Carb 156.2G 52.7%Cal<br>T.Fat 41.6G 31.6%Cal<br>S.Fat 12.6G 9.5%Cal  |

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| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Nutrients  |
|---|---|---|---|--|--|
| Apr - 23<br>PIZZA STIXS<br>PIZZA SAUCE<br>GRILLED CHICKEN WRAP<br>TOSSED SALAD<br>APPLESAUCE<br>ROLL<br>CHOICE OF MILK<br>JUICE | Apr - 24<br>CHEESEBURGER<br>TURKEY<br>GRAVY<br>RICE, WHITE, LONG, PARB<br>BLACK BEANS, CANNED<br>PEACHES, SLICED<br>ROLL<br>CHOICE OF MILK<br>JUICE | Apr - 25<br>CHICKEN CHUNKS<br>MEATBALLS<br>GRAVY<br>MASHED POTATO'S<br>APPLE<br>ROLL<br>CHOICE OF MILK<br>JUICE | Apr - 26<br>LASAGNA W/BREADSTICK<br>BBQ PORK<br>ON BUN<br>SEASONED CORN<br>PEARS, DICED<br>BREADSTICKS<br>CHOICE OF MILK<br>JUICE | Apr - 27<br>SHRIMP POPPERS<br>HOT DOG<br>MACARONI & CHEESE<br>CARROTS<br>FRUIT COCKTAIL<br>CHOICE OF MILK<br>JUICE | Avg Nutrients Target<br>Cals... 915 142%<br>Chol... 78 Mg<br>Sodium. 1543 Mg<br>Fiber.. 49.2 G<br>Iron... 11.3 Mg 341%<br>Calcium 615.0 Mg 230%<br>Vit A 3007 IU 285%<br>Vit C 31.2 Mg 208%<br>Prot 35.6G 15.6%Cal<br>Carb 134.2G 58.6%Cal<br>T.Fat 26.3G 25.9%Cal<br>S.Fat 9.2G 9.0%Cal |
| Apr - 30<br>PEPPERONI PIZZA<br>BREADED CHICKEN SANDWICH<br>GREEN BEANS<br>PEARS, DICED<br>CHOICE OF MILK<br>JUICE               |   |   |   |  | Avg Nutrients Target<br>Cals... 917 142%<br>Chol... 71 Mg<br>Sodium. 1866 Mg<br>Fiber.. 7.8 G<br>Iron... 7.6 Mg 230%<br>Calcium 437.1 Mg 164%<br>Vit A 1324 IU 126%<br>Vit C 50.6 Mg 337%<br>Prot 38.4G 16.7%Cal<br>Carb 109.2G 47.6%Cal<br>T.Fat 36.8G 36.1%Cal<br>S.Fat 9.0G 8.8%Cal   |

|             | Average   | Target | % of Target |          | Average  | % of Calories | Target  |
|-------------|-----------|--------|-------------|----------|----------|---------------|---------|
| Calories    | 1078      | 645    | 167%        | Protein  | 42.45 G  | 15.75%        | 8.87    |
| Cholesterol | 108 Mg    |        |             | Carbohyd | 145.68 G | 54.04%        |         |
| Sodium      | 2020 Mg   |        |             | Tot. Fat | 36.88 G  | 30.78%        | <30.00% |
| Fiber       | 44.18 G   |        |             | Sat. Fat | 11.13 G  | 9.29%         | <10.00% |
| Iron        | 10.34 Mg  | 3.30   | 313%        |          |          |               |         |
| Calcium     | 631.83 Mg | 267.00 | 237%        |          |          |               |         |
| Vitamin A   | 3067 IU   | 1055   | 291%        |          |          |               |         |
| Vitamin C   | 37.72 Mg  | 15.00  | 251%        |          |          |               |         |