MS CYCLES II

ELEMENTARY MENU - 3 CHOICES - WEEK 4

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Ham and Cheese Wrap 772 Chef Salad 601	Salisbury Steak w/ Gravy 172 Baked Chicken Nuggets 532 Chef Salad 601	BBQ Chicken 512 Lasagna? Chef Salad 601	Grilled Chicken Sandwich 764 Cheesy Breadsticks w/ 122 Tuna Salad Salad 634	Nachos Grande 168 Turkey and Cheese on Bun 796
VEGETABLE	Corn on the Cob, 5" 1024 Carrot Sticks w/ Dip 1017	Black-Eyed Peas 1066E Seasoned Cabbage 1016E	Seasoned Green Beans 1044E Tossed Salad w/ Dressing 1126E	Straight Cut French Fries 1090E Creamy Coleslaw 1116E	Whole Kernel Corn 1031E Pinto Beans 912
FRUIT	Chilled Peach Slices 1274E Fresh Grapes 1226E	Watermelon Chunks 1238E Chilled Peach Slices 1274E	Pineapple Tidbits 1286E Fresh Strawberries 1292E	Fresh Oranges 1268 Fresh Banana 1220	Hot Cinnamon Apples 1208E Fruit Juice 1299
GRAIN/BREAD		Central MS Cornbread 1304 Rice 1344	Yeast Rolls 1358 Macaroni and Cheese 1338		
DESSERT	Vanilla Pudding 1499			Chocolate Chip Cookie, Purchased 1446	
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Brown Gravy Ketchup Variety Dipping Sauces Hot Sauce		Ketchup Mustard Mayonnaise	Taco Sauce Ketchup Mustard Mayonnaise

(Continued on Back)

ELEMENTARY MENU - *3 CHOICES - WEEK 4*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	690		Iron	4.13	Mg	Protein	31.01	G	Percent ⇒	Protein	17.99%
Cholesterol	76	Mg	Calcium	523.18	Mg	Carbohydrates	88.76	G	Of ⇒	Carbohydrates	88.76%
Sodium	1732	Mg	Vitamin A	795	RE	Total Fat	21.72	G	Calories ⇒	Total Fat	21.72%
Dietary Fiber	6.73	G	Vitamin C	40.14	Mg	Saturated Fat	7.43	G	From ⇒	Saturated Fat	7.43%