MS CYCLES II
ELEMENTARY MENU - 2 CHOICES - WEEK 3

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Chef Salad 601E	Baked Fish Nuggets 202 Chef Salad 601E	Fried Chicken 552 Chef Salad 601E	Turkey and Cheese on Bun 796 Chef Salad 601E	Hamburger 775
VEGETABLE	Green Peas 1070E Broccoli Salad (Ranch) 1106E	Creamy Coleslaw 1116E Southern Greens 1046E	Mashed Potatoes 1078E Mixed Vegetables 1060E	Quick Baked Potato 1084 Tossed Salad w/ Dressing 1126E	Baked Spicy Fries 1100E Raw Veggies w/ Dip 1124E
FRUIT	Apricots 1218 Fresh Pears 1280	Mandarin Fruit Cup 1254E Fresh Plums 1288	Fruit Juice 1299 Chilled Peach Slices 1274E	Blushing Chilled Pears 1276E Fresh Fruit Bowl 1244	Rosy Applesauce 1212E Fresh Grapes 1226E
GRAIN/BREAD		Northern MS Cornbread 1310?	Yeast Rolls 1358		
DESSERT	Sugar Cookie, Purchased 1484			Assorted Gelatin 1494	Yellow Cake w/ Chocolate Frosting?
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Ketchup Tartar Sauce Hot Pepper Sauce	Brown Gravy	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF)

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	668		Iron	3.53	Mg	Protein	26.90	G	Percent ⇒	Protein	16.11%
Cholesterol	48	Mg	Calcium	508.45	Mg	Carbohydrates	86.77	G	Of ⇒	Carbohydrates	51.97%
Sodium	1644	Mg	Vitamin A	468	RE	Total Fat	21.31	G	Calories ⇒	Total Fat	28.72%
Dietary Fiber	6.16	G	Vitamin C	45.44	Mg	Saturated Fat	7.39	G	From ⇒	Saturated Fat	9.95%