

CCVC
Franklin Phonetic Primary PV
January Lunch

JAN VARY
Dec 29, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
8	*Choose One Entree' Popcorn Chicken & Roll *or Ham & Cheese Melt *SIDES Whipped Potatoes Red Delicious Apples Sliced Peaches	*Choose One Entree' W/G Chicken Patty on Whole Wheat bun W/G Chicken Mini Tacos *SIDES Ranch Beans Orange Smiles Sliced Pears	*Choose One Entree' Cheeseburger on W/G Bun Turkey Hotdog on W/G Bun *SIDES Cucumber Slices Mixed Fruit Apllesaunce	*Choose One Entree' Sloppy Joe on W/G Bun Bean & Cheese Burrito *SIDES Carrot sticks/Celery sticks Red Delicious Apples Pineapple Chunks	12 Whole Grain Cheese Pizza Fresh Romaine Salad Fresh Grapes Chocolate Chip Cookie WG
15	NO SCHOOL TODAY	*Choose One Entree' Taco Boat BBQ Rib Patty Sandwich *SIDES Baked Beans Orange Smiles Sliced Pears	*Choose One Entree' Cheeseburger on W/G Bun BBQ Chicken Drumstick /Roll *SIDES Green Beans Mixed Fruit Banana	18 *Choose One Entree' Chicken Taco Boat Cheese Quesadilla *SIDES Cherry Tomatoes & Ranch Red Delicious Apples Pineapple Chunks	19 Italian Cheese Stick w /marinara Fresh Romaine Salad Fresh Grapes Chocolate Chip Cookie WG
22	*Choose One Entree' Popcorn Chicken & Roll Fish Sticks & Roll *SIDES Smile Potatoes Red Delicious Apples Sliced Peaches	23 *Choose One Entree' Beef Spaghetti BBQ Rib Patty Sandwich *SIDES Baked Beans Orange Smiles Sliced Pears	24 *Choose One Entree' Cheeseburger on W/G Bun BBQ Chicken Drumstick /Roll *SIDES Mixed Vegetables Mixed Fruit Apllesaunce	25 Choose One Entree' Submarine Sandwich Grilled Cheese WG *SIDES Sweet Potato Fries Red Delicious Apples	26 Calzone, pepperoni trky Fresh Romaine Salad Fresh Grapes Chocolate Chip Cookie WG

*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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29	*Choose One Entree' Popcorn Chicken & Roll *or Ham & Cheese Melt *SIDES Whipped Potatoes Red Delicious Apples Sliced Peaches	*Choose One Entree' W/G Chicken Patty on Whole Wheat bun WG Chicken Mini Tacos *SIDES Ranch Beans Orange Smiles Sliced Pears	31 *Choose One Entree' Cheeseburger on WG Bun Turkey Hotdog on W/G Bun *SIDES Cucumber Slices Mixed Fruit Pineapple Chunks Oatmeal Raisin Cookie		

AN ASSORTMENT OF FRUIT IS SERVED DAILY WITH BREAKFAST AND LUNCH (MENU IS SUBJECT TO CHANGE WITHOUT NOTICE) Ala Carte items must be purchased with monies in student accounts or cash at time of purchase.
FAT FREE WHITE MILK & 1 % WHITE MILK IS AVAILABLE
"This institution is an equal opportunity provider"

	Average		Weekly Target		% of Target	
	Value	Unit	Value	Unit	Value	Unit
Calories	544*	mg	600-650	91%	23.32*	g
Cholesterol	42*	mg			17.14%	
Sodium	1128*	mg	1230		58.76%	
Fiber	5.75*	g			23.09%	
Iron	3.48*	mg			6.40%	<10.00%
Calcium	448.47*	mg				
Vitamin A	1365*	IU				
Vitamin C	14.39*	mg				

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