

CCVC
Franklin Phonetic Primary PV
Lunch

Max
~~Apr 18, 2017~~

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Strips/Roll *or Turkey Corn Dog Waffle Fries <i>Corn</i>	2 Bean & Cheese Burrito *or Chicken Quesadilla Refried Beans Mandarine oranges	3 BBQ Chicken Drumstick /Roll *or <i>Pulled Pork</i> Hamburger on W/G Bun Cucumber Slices	4 Cheeseburger on WG Bun or Buffalo Chicken Poppers Cherry Tomatoes	5 Jumbo Cheese Ravioli Fresh Broccoli Medley Oatmeal Raisin Cookie
8 Popcorn Chicken & Roll *or Ham & Cheese Melt Mashed Potatoes W/Gravy	9 Italian Cheese Stick w /marinara *or DELI SUB Baked Beans MAYONNAISE	10 Turkey Hotdog on W/G Bun *or WG Chicken Mini Tacos Celery Sticks w/ Ranch	11 Cheeseburger on WG Bun Or <i>Pulled Pork</i> WG Chicken Egg Roll Cherry Tomatoes	12 Whole Grain Cheese Pizza Fresh Romaine Salad Brownie Cookie WG RF
15 Popcorn Chicken & Roll *or Ham & Cheese Melt Smile Potatoes <i>Corn</i>	16 Beef Taco Bowl *or Mini Corn Dogs W/W Turk. Ranch Beans	17 Cheesy Mac & Roll or <i>Sloppy Joe</i> Chicken Patty on WG Bun Cauliflower Medely	18 Cheeseburger on WG Bun or Teriyaki Chick Sandwich on WG Bun Steamed Carrots Pineapple Chunks	19 Turkey Pepperoni Calzone Fresh Romaine Salad Italian Dressing Rice Krispies Dble Choco
22 Chef's Choice	23 Chef's Choice	24 Chef's Choice	25 Chef's Choice	26

FAT FREE CHOCOLATE MILK ,FAT FREE STRAWBERRY MILK, FAT FREE WHITE MILK ARE AVAILABLE AS A MENU ITEM
AN ASSORTMENT OF FRUIT IS SERVED DAILY WITH BREAKFAST AND LUNCH (MENU IS SUBJECT TO CHANGE WITHOUT NOTICE)
"This institution is an equal opportunity provider"

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	451*	600-650	75%	Protein	19.64* g	17.42%	
Cholesterol	36* mg			Carbohyd	67.46* g	59.85%	
Sodium	970* mg	1230		Tot. Fat	11.15* g	22.26%	
Fiber	5.43* g			Sat. Fat	3.14* g	6.26%	<10.00%
Iron	3.04* mg						
Calcium	420.27* mg						
Vitamin A	1065* IU						
Vitamin C	23.08* mg						

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.

CCVC
Breakfast
Franklin Phonetic Prescott Valley

May
~~Apr 18, 2017~~

Monday	Tuesday	Wednesday	Thursday	Friday
1 Frosted Flakes/Multi Nutri Grain Strawberry	2 WG Bagel w/ Cream Cheese Scooby Doo Graham Stick	3 Krave Smores Snack WG Pop Tart,Frosted Fudge	4 Mini Donuts,WG Chocolate Mini Donuts,WG Powerd Su Co-Jack Cheese Cubes	5 Apple Cinn. Muff Gogurt
8 Fruit Loops Cer 1/3 less Nutri Grain Strawberry	9 WG Bagel w/ Cream Cheese Elf Grahams	10 Cinn Toast Crunch Cereal Cinn/Brn Sgr Poptart WG	11 Mini Donuts,WG Chocolate Mini Donuts,WG Powerd Su String Cheese	12 Banana Muffin Gogurt
15 Cheerios- App.Cinn Cer. Nutri Grain Strawberry	16 P & GJ Graham Wafer WG Elf Grahams	17 Frosted Flakes/Multi Strawberry Poptarts WG	18 Mini Donuts,WG Chocolate Mini Donuts,WG Powerd Su Cheddar Cheese Strick	19 Wild Blueberry Muffin Gogurt
22 Frosted Flakes/Multi Nutri Grain Strawberry	23 WG Bagel w/ Cream Cheese Scooby Doo Graham Stick	24 Cheerios Fruity Cer WG Nutri-Grain Apple- Cinn	25 Mini Donuts,WG Chocolate Mini Donuts,WG Powerd Su Co-Jack Cheese Cubes	26

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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	522	350-500	104%	Protein	17.15 g	13.16%	
Cholesterol	20 mg			Carbohyd	85.63 g	65.68%	
Sodium	476 mg	540		Tot. Fat	12.01 g	20.72%	
Fiber	5.30 g			Sat. Fat	5.78 g	9.97%	<10.00%
Iron	5.01 mg						
Calcium	489.17 mg						
Vitamin A	1387 IU						
Vitamin C	8.56 mg						

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