

Soda Springs School District 150

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	May - 1 CORN DOG Chocolate Pudding/ Pork n beans Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 2 Cheese Burger Macaroni and Chees APPLES Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 3 PIZZA WITH CHEE Cookie variety Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 4	Avg Nutrients Target Cals... 879 127% Chol... 54* mg 75% Sodium. 1390 mg 99% Fiber.. 13.3 g 190% Iron... 6.0 mg 163% Calcium759.2* mg 244% Vit A 1732* IU 144% Vit A 345* RE 143% Vit C 107.7* mg 692% Prot 35.5g 16.1%Cal Carb 136.6g 62.2%Cal T.Fat 23.8g 24.3%Cal S.Fat 10.1g 10.4%Cal
May - 7 Chicken Fried Steak Whipped Potatoes / Corn Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 8 Hot Dog On A Bun Chili Apple Slices Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 9 Breakfast Sandwich yogurt STRAWBERRIES Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 10 CHILI CRISPITOS Soft Pretzel Peaches Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 11	Avg Nutrients Target Cals... 950 138% Chol... 53* mg 73% Sodium. 1491 mg 106% Fiber.. 15.2 g 218% Iron... 5.4* mg 146% Calcium641.8* mg 206% Vit A 1984* IU 165% Vit A 324* RE 135% Vit C 143.7* mg 923% Prot 36.9g 15.5%Cal Carb 150.9g 63.5%Cal T.Fat 25.9g 24.5%Cal S.Fat 9.3g 8.9%Cal
May - 14 SPAGHETTI AND M Bread Sticks BROCCOLI APPLES Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 15 Chicken Burger Sun Chips Cookie variety ORANGES Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 16 PIZZA WITH CHEE Sherbet Pineapple Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 17 Super Nachos M&M Cookies Pears Fresh Fruit Choice Salad Bar MILK,1% Lowfat	May - 18	Avg Nutrients Target Cals... 889 129% Chol... 57* mg 79% Sodium. 1080 mg 77% Fiber.. 14.5 g 207% Iron... 5.0* mg 135% Calcium684.5* mg 220% Vit A 2238* IU 186% Vit A 430* RE 179% Vit C 143.5* mg 922% Prot 36.1g 16.2%Cal Carb 142.3g 64.0%Cal T.Fat 22.9g 23.2%Cal S.Fat 9.6g 9.7%Cal

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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