

Calhoun County Schools

Secondary Lunch September 2022

Aug 11, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 Southwest Queso Pull Apart Bread Corn Green Beans Fruit Cocktail Milk Choice	Sep - 2 Turkey Sandwich Carrot Sticks w/Dip lettuce & tomato Pineapple Milk Choice
Sep - 5 Labor Day	Sep - 6 Chicken Nuggets Mashed Potatoes Broccoli Peaches Whole Wheat Roll Cookie, Chocolate Chi Milk Choice	Sep - 7 Hamburger lettuce & tomato Potatoes, Rds/Tots Glazed Carrots Pears Milk Choice	Sep - 8 Corndog Baked Beans Creamy Coleslaw Banana Brownie, WG Milk Choice	Sep - 9 Chix Sandwich Green Beans Sweet Potatoes Fries Pears Cookie, Carnival Milk Choice
Sep - 12 Hot Wings Romaine Spinach Sala Ranch Dressing Celery Sticks w/dip Carrot Sticks Tortilla Chips Pineapple Bread Stick Cookie, Sugar Milk Choice	Sep - 13 Spaghetti WK Corn Romaine Spinach Sala Ranch Dressing Pears Breadstick WW Milk Choice	Sep - 14 Hotdog Baked Beans Potato, Wedges frozen Creamy Coleslaw Peaches Milk Choice	Sep - 15 Crispito Cheddar Cheese, Shre RICE, Cooked Brown Chopped Romaine and Ranch Dressing Apple Cookie, Sugar Milk Choice	Sep - 16 Chicken Nuggets Mashed Potatoes Green Beans Whole Wheat Roll Peaches Milk Choice
Sep - 19 Hamburger Potatoes, Rds/Tots Glazed Carrots Pineapple Milk Choice	Sep - 20 Corndog Baked Beans Creamy Coleslaw Banana Brownie, WG Milk Choice	Sep - 21 Taco With Chips Cheddar Cheese, Shre Spanish Rice WK Corn Romaine Spinach Sala Ranch Dressing Tomatoes Pears Milk Choice	Sep - 22 Cheese Pizza Dippers Romaine Spinach Sala Ranch Dressing Carrot Sticks w/Dip Marinara Sauce Brownie, WG Fruit Cocktail Milk Choice	Sep - 23 Cheesy Chicken & Ric Green Beans Romaine Spinach Sala Ranch Dressing Mandarin Oranges Breadstick WW Milk Choice
Sep - 26 BBQ Pork Sandwich Creamy Coleslaw Baked Beans Oranges Fresh Milk Choice	Sep - 27 Chicken Nuggets Mashed Potatoes Broccoli Peaches Whole Wheat Roll Milk Choice	Sep - 28 Pizza, Pepperoni 4X6, Romaine Spinach Sala Ranch Dressing Tomatoes Pears Brownie, WG Milk Choice	Sep - 29 Southwest Queso Pull Apart Bread Corn Green Beans Fruit Cocktail Milk Choice	Sep - 30 Crispito Cheddar Cheese, Shre Pinto Beans RICE, Cooked Brown Chopped Romaine and Ranch Dressing Apple Milk Choice

Meals must have 1/2 cup fruit or vegetable.
Menu is subject to change.

**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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Menu Contribution Report

Aug 11, 2022

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W - Secondary Lunch
Secondary Lunch

Monday 9/5/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
000459	Labor Day	1											
		Total											

Tuesday 9/6/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
901177	Chicken Nuggets, WG BRD	5 EACH	2.000	1.000		0.500		1.000			0.500		
900208	Mashed Potatoes: 1/2	1/2 CUP				1.000			1.000				
901148	Broccoli Florets, Frzn 1c	1 cup			1.000								
000589	Peaches: 1c	1 cup		1.000									
000662	Whole Wheat Rolls: 1 oz	roll		1.000				1.000					
901223	Cookie, Chocolate Chip	cookie		0.500				0.500					
901317	Ketchup, 1 PC	PC											
901413	Sauce, Sweet & Sour PC	PC											
900935	Milk 1%	carton				0.500							
000664	Milk Chocolate LF	carton				0.500							
		Total	2.000	2.500	1.000	1.500	1.000	2.500	1.000		0.500		

Wednesday 9/7/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900461	Hamburger on a Bun	SERV/ING	2.000	2.000		0.250		2.000		0.250		0.125	
000034	lettuce & tomato	1 lf 2 sic				0.500					0.500		
901086	Potatoes, Rds/Tots 8 = 1/2 c	1/2 cup				0.500				0.500			
900643	Glazed Carrots: 1/2	1/2 cup				0.500				0.500			
000746	Pears, sliced can 1c	1 cup			1.000								
901318	Ketchup, 2 PC	2 PC											
901332	Mustard, PC	PC											
901322	Mayonnaise, Red Fat, PC	PC											
900935	Milk 1%	carton				0.500							
000664	Milk Chocolate LF	carton				0.500							
		Total	2.000	2.000	1.000	1.250	1.000	2.000	1.000	0.750	0.500	0.125	

Thursday 9/8/2022

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Secondary Lunch

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900701	Corndog	Serving	2.000	2.000				2.000					
901495	Baked Beans	1/2 cup				0.500						0.500	
000398	Coleslaw:1/2	1/2 cup				0.500						0.500	
000495	Banana	1 each		1.000									
000613	Brownie, WG	pack		0.500									
901332	Mustard, PC	PC											
901317	Ketchup, 1 PC	PC											
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
	Total		2.000	2.500	1.000	1.000	1.000	2.000				0.500	0.500

Friday 9/9/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
000600	Chix Sandwich	1	2.000	2.000				2.000					
900959	Green Beans: 1/2	1/2 CUP				0.500						0.500	
900862	Sweet Potatoes Fries	1 Each				0.500				0.500			
901318	Ketchup, 2 PC	2 PC											
000746	Pears, sliced can 1c	1 cup		0.500	1.000								
901222	Cookie, Carnival	cookie						0.500					
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
	Total		2.000	2.500	1.000	1.000	1.000	2.500		0.500		0.500	

Grand Total	8.000	9.500	4.000	4.000	4.750	4.000	4.000	9.000	1.000	1.250	1.000	1.125	0.500
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Calhoun County Schools

Menu Contribution Report

W - Secondary Lunch

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
901332	Mustard, PC	PC					0.500						
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton				1.250	1.000	2.000			0.500	0.250	0.500
	Total		2.000	2.000	1.000	1.250	1.000	2.000			0.500	0.250	0.500

Thursday 9/15/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900366	Crispito	1 crispito	1.000	1.250									
900367	Cheddar Cheese, Shredded	1 ounce	1.000										
000218	RICE, Cooked Brown	servings		1.000					0.500	0.250			
900647	Chopped Romaine and Tomato	3/4 cup				0.750							
900122	Ranch Dressing, from mix	1 ounce				0.250				0.250			
900604	Salsa	1/4 cup											
900232	Apple, fresh 125-138 ct.	1 EACH			1.000			0.500					
901225	Cookie, Sugar	cookie		0.500			0.500						
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500		0.500	0.500			
	Total		2.000	2.750	1.000	1.000	1.000	0.500	0.500	0.500			

Friday 9/16/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
901177	Chicken Nuggets, WG BRD	5 EACH	2.000	1.000		0.500		1.000			0.500		
900208	Mashed Potatoes: 1/2	1/2 CUP				0.500					0.500		
901275	Green Beans, Frzn 1/2 c	4 oz				0.500						0.500	
000662	Whole Wheat Rolls: 1 oz	roll		1.000				1.000					
000589	Peaches: 1c	1 cup			1.000								
901317	Ketchup, 1 PC	PC											
901413	Sauce, Sweet & Sour PC	PC					0.500						
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500		0.500	0.500			
	Total		2.000	2.000	1.000	1.000	1.000	2.000			0.500	0.500	

	Grand Total		10.000	12.000	5.000	5.750	5.000	9.750	1.500	1.250	1.500	1.250	0.500
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Monday 9/19/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900461	Hamburger on a Bun	SERVING	2.000	2.000		0.500		2.000			0.500		
901086	Potatoes, Rds/Tots 8 = 1/2 c	1/2 cup				0.500				0.500			
900843	Glazed Carrots: 1/2	1/2 cup				0.500				0.500			
000747	Pineapple Chunk, can 1c	1 cup			1.000								
901318	Ketchup, 2 PC	2 PC											
901332	Mustard, PC	PC											
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
000665	milk fat free	carton					0.500						
900937	Milk Strawberry FF	carton					0.500			0.500	0.500		
Total			2.000	2.000	1.000	1.000	2.000	2.000		0.500	0.500		

Tuesday 9/20/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900701	Corndog	Serving	2.000	2.000		0.500		2.000					0.500
900625	Baked Beans	1/2 CUP				0.500						0.500	
000398	Coleslaw:1/2	1/2 cup				0.500							
000495	Banana	1 each			1.000								
000613	Brownie, WG	pack		0.500									
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
000665	milk fat free	carton					0.500						
900937	Milk Strawberry FF	carton					0.500					0.500	0.500
Total			2.000	2.500	1.000	1.000	2.000	2.000				0.500	0.500

Wednesday 9/21/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grn CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900228	Tacos with Chips	SERVING	2.000	1.000				1.000					
900367	Cheddar Cheese, Shredded	1 ounce	1.000	1.000		0.125				0.125			
900262	Spanish Rice	2/3 cup				0.500					0.500		
900368	Whole Kernel Corn	1/2 cup				0.500			0.500				
901081	Romaine Spinach Salad: 1 cup	1 cup											
900122	Ranch Dressing, from mix	1 ounce								0.250			
900443	Tomato Diced: 1/4	1/4 cup				0.250							

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No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900604	Salsa	1/4 cup				0.250				0.250			
000525	Taco Sauce pack	pack											
000746	Pears, sliced can 1c	1 cup			1.000								
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
	Total		3.000	2.000	1.000	1.625	1.000	1.000	0.500	0.625	0.500		

Thursday 9/22/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900656	Cheese Pizza Dippers	serving	2.000	2.000									
901081	Romaine Spinach Salad: 1 cup	1 cup				0.500			0.500				
900122	Ranch Dressing, from mix	1 ounce											
000754	Carrot Sticks w/Dip	1/2 cup				0.500				0.500			
900248	Marinara Sauce	2 ounces				0.125				0.125			
000613	Brownie, WG	pack		0.500									
000748	Fruit Cocktail	1 Cup			1.000								
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
000665	milk fat free	carton					0.500						
900937	Milk Strawberry FF	carton					0.500						
	Total		2.000	2.500	1.000	1.125	2.000		0.500	0.625			

Friday 9/23/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900252	Cheesy Chicken & Rice	3/4 cup	2.000	1.000				0.250					
900959	Green Beans: 1/2	1/2 CUP				0.500						0.500	
901081	Romaine Spinach Salad: 1 cup	1 cup				0.500			0.500				
900122	Ranch Dressing, from mix	1 ounce											
000745	Oranges, Mandarin Canned	1 cup			1.000								
900249	Breadstick, whole wheat Pierre	breadstick		1.500				1.500					
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
	Total		2.000	2.500	1.000	1.000	1.000	1.750	0.500			0.500	

	Grand Total		11.000	11.500	5.000	5.750	8.000	6.750	1.500	1.750	1.000	1.000	0.500
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Monday 9/26/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
000441	BBQ Pork Sandwich	1 sandwich	2.000	2.000				2.000					
000398	Coleslaw:1/2	1/2 cup				0.500						0.500	
901495	Baked Beans	1/2 cup				0.500							0.500
000656	Oranges Fresh:1	1 cup			1.000								
901317	Ketchup, 1 PC	PC											
901322	Mayonnaise, Red Fat, PC	PC											
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
	Total		2.000	2.000	1.000	1.000	1.000	2.000				0.500	0.500

Tuesday 9/27/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
901177	Chicken Nuggets, WG BRD	5 EACH	2.000	1.000				1.000					
900208	Mashed Potatoes: 1/2	1/2 CUP				0.500					0.500		
901148	Broccoli Florets, Frzn 1c	1 cup				1.000			1.000				
000589	Peaches: 1c	1 cup			1.000								
000662	Whole Wheat Rolls: 1 oz	roll		1.000				1.000					
901317	Ketchup, 1 PC	PC											
901413	Sauce, Sweet & Sour PC	PC											
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
	Total		2.000	2.000	1.000	1.500	1.000	2.000	1.000		0.500		

Wednesday 9/28/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900975	Pizza, Pepperoni 4X6, Tony's W	slice	2.000	2.000		0.125		2.000		0.125			
901081	Romaine Spinach Salad: 1 cup	1 cup				0.500			0.500				
900122	Ranch Dressing, from mix	1 ounce											
000736	Tomato Diced: 1/2	1/2 cup				0.500				0.500			
000746	Pears, sliced can 1c	1 cup			1.000								
000613	Brownie, WG	pack		0.500									
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
	Total		2.000	2.500	1.000	1.125	1.000	2.000	0.500	0.625			

Calhoun County Schools

Menu Contribution Report

W - Secondary Lunch

Thursday 9/29/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
901501	Bread, Southwest Queso IW	serving	2.000	2.000				2.000					
900604	Salsa	1/4 cup				0.250				0.250			
000385	Corn, FRZ 1/2	1/2 cup				0.500					0.500		
901275	Green Beans, Frzn 1/2 c	4 oz				0.500						0.500	
900748	Fruit Cocktail	1 Cup			1.000								
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
	Total		2.000	2.000	1.000	1.250	1.000	2.000		0.250	0.500	0.500	

Friday 9/30/2022

No.	Name	Portion Size	Meat Alt OZ Equiv	Grains OZ Equiv	Fruit Cup	Veg Cup	Milk Cup	Whole Grain OZ Equiv	Veg Drk Grm CUP	Veg Red/Org CUP	Veg Starchy CUP	Veg Other CUP	Veg Legume CUP
900366	Crispito	1 crispito	1.000	1.250									
900367	Cheddar Cheese, Shredded	1 ounce	1.000										
000579	Pinto Beans:1/2	1/2 cup				0.500							0.500
000218	RICE,Cooked Brown	servings		1.000									
900647	Chopped Romaine and Tomato	3/4 cup				0.750			0.500	0.250			
900122	Ranch Dressing, from mix	1 ounce								0.250			
900604	Salsa	1/4 cup				0.250							
900232	Apple, fresh 125-138 ct.	1 EACH			1.000								
900935	Milk 1%	carton					0.500						
000664	Milk Chocolate LF	carton					0.500						
000665	milk fat free	carton					0.500						
900937	Milk Strawberry FF	carton					0.500		0.500	0.500			0.500
	Total		2.000	2.250	1.000	1.500	2.000		0.500	1.375	1.000	1.000	1.000
	Grand Total		10.000	10.750	5.000	6.375	6.000	8.000	2.000	1.375	1.000	1.000	1.000