

John Muir May Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1	2	3	4	Calories 892 Cholesterol 46 mg Sodium 1986 mg Dietary Fiber 18.41 g Iron 8.72 mg Calcium 438.22 mg Vitamin A 8836 IU Vitamin C 143.16 mg Protein 32.42 g 14.5% Carbohydrate 133.41 g 59.8% Total Fat 28.29 g 28.6% Saturated Fat 7.16 g 7.2%
	SPICY POPCORN CHICKEN POTATO PUFFS CORN APPLESAUCE BREAD, WHT HNY SARA LEE TACO FILLING, RF JTM ULTRA GRAIN TORTILLA LETTUCE, TOMATO, CHEESE SALSA, SOUR CREAM REFRIED BEANS CORN APPLESAUCE PEPPERONI PIZZA SALAD FRESH VEGGIES APPLESAUCE FRESH FRUIT CHEF SALAD ASSORTED SUBS SUB TOPPINGS SALAD FRESH VEGGIES PBJ UNCRUSTABLE APPLESAUCE FRESH FRUIT SUN CHIPS MILK RECIPE HM - LUNCH BAGEL	CRISPY CHICKEN PATTY BUN, WG 4" ARBYS Lettuce, Shredded Iceberg Mayo single serve hienz SWEET POTATO PUFFS LMBWSN GREEN BEANS FRUIT COCKTAIL CHEF SALAD VEGGIE TOPPERS FRUIT COCKTAIL CROISSANT PIZZA CHEESE SALAD FRESH VEGGIES FRUIT COCKTAIL FRESH FRUIT CHEF SALAD ASSORTED SUBS SUB TOPPINGS PBJ UNCRUSTABLE SALAD FRESH VEGGIES FRUIT COCKTAIL FRESH FRUIT SUN CHIPS MILK RECIPE HM - LUNCH BAGEL	MINI CORN DOG Potato, Smiles BAKED BEANS, BUSH PEARS ROTINI MEAT SAUCE SALAD DRESSING, RANCH LT HVR PEARS BREAD STICK, WG PRR CHEESE PIZZA SALAD FRESH VEGGIES PEARS FRESH FRUIT CHEF SALAD ASSORTED SUBS SUB TOPPINGS PBJ UNCRUSTABLE SALAD HVR FRESH VEGGIES PEARS FRESH FRUIT SUN CHIPS MILK, RECIPE ELEMENTARY BAGEL	TURKEY SUB TOPPINGS BABY CARROTS WITH DIP BROCCOLI, raw PINEAPPLE PUDDING BAKED POTATO HAM STICKS CALIFORNIA VEGETABLES PINEAPPLE WHEAT BREAD PUDDING PIZZA STICKS SALAD FRESH VEGGIES PINEAPPLE FRESH FRUIT CHEF SALAD ASSORTED SUBS SUB TOPPINGS PBJ UNCRUSTABLE SALAD SALAD DRESSING PINEAPPLE FRESH FRUIT SUN CHIPS MILK RECIPE HM - LUNCH BAGEL	
7	8	9	10	11	Calories 856 Cholesterol 67 mg Sodium 1884 mg Dietary Fiber 15.36 g
HAMBURGER PATTY	TERIYAKI CHICKEN	CORN DOG	COMBO SUB	CHILI CON CARNE W/	

BUN, WG 4" ARBYS
 THREE BEAN SALAD
 BABY CARROTS
 WITH DIP
 APPLESAUCE
 COLBY CHEESE
 OMLETE
 POTATO PUFFS
 BABY CARROTS
 WITH DIP
 APPLESAUCE
 BISCUITS
 PIZZA SAUSAGE
 SALAD
 SALAD DRESSING
 FRESH
 VEGGIES
 APPLESAUCE
 FRESH FRUIT
 CHEF SALAD
 ASSORTED SUBS
 PBJ UNCRUSTABLE
 SALAD
 SALAD DRESSING
 DRESSING, RANCH LT
 HVR
 FRESH
 VEGGIES
 APPLESAUCE
 FRESH FRUIT
 SUN CHIPS
 MILK RECIPE HM -
 LUNCH
 BAGEL

PATTY
 SALAD
 DRESSING, RANCH LT
 HVR
 PEACHES
 QUESADILLA
 CHICKEN & CHEESE
 LETTUCE-TOMATO
 SOUR CREAM
 TEXAS CAVIAR
 SALAD
 PEACHES
 PEPPERONI
 PIZZA
 SALAD
 FRESH
 VEGGIES
 PEACHES
 FRESH FRUIT
 CHEF SALAD
 ASSORTED SUBS
 SUB TOPPINGS
 PBJ UNCRUSTABLE
 SALAD
 SALAD DRESSING
 FRESH
 VEGGIES
 PEACHES
 FRESH FRUIT
 SUN CHIPS
 MILK RECIPE HM -
 LUNCH
 BAGEL

FRENCH FRIES,
 FLAVORLASTS
 CARROTS
 FRESH FRUIT
 TURKEY N GRAVY
 WHIPPED POTATOES
 CARROTS
 CRANBERRY SAUCE
 FRESH FRUIT
 Wheat Dinner Roll
 PIZZA CHEESE
 SALAD
 SALAD DRESSING
 FRESH
 VEGGIES
 FRESH FRUIT
 CHEF SALAD
 ASSORTED SUBS
 SUB TOPPINGS
 PBJ UNCRUSTABLE
 SALAD
 SALAD DRESSING
 FRESH
 VEGGIES
 FRESH FRUIT
 SUN CHIPS
 MILK - VARIETY
 BAGEL

TOPPINGS
 BROCCOLI,raw
 CELERY, STICKS
 DRESSING, RANCH LT
 HVR
 PEARSAUCE
 SOUP TOMATO
 GOLDFISH CHEDDAR
 CRACKERS
 BREAKFAST
 WRAP
 BROCCOLI,raw
 CELERY STICKS
 DRESSING, RANCH LT
 HVR
 PEARSAUCE
 PEPPERONI
 PIZZA
 SALAD
 PEARSAUCE
 FRESH FRUIT
 CHEF SALAD
 ASSORTED SUBS
 SUB TOPPINGS
 PBJ UNCRUSTABLE
 SALAD
 SALAD DRESSING
 BROCCOLI,raw
 CELERY STICKS
 PEARSAUCE
 FRESH FRUIT
 SUN CHIPS
 MILK - VARIETY
 BAGEL

BEANS
 HOT DOG - LITE BRIAR
 MT
 POTATO PUFFS
 GREEN BEANS
 SALAD
 FRUIT COCKTAIL
 CHICKEN FAJITA -
 TYSON
 ULTRA GRAIN
 TORTILLA
 BEANS, BLACK
 BEANS, GRN FRZN
 SALAD
 DRESSING, RANCH LT
 HVR
 FRUIT COCKTAIL
 CHEESE PIZZA
 SALAD
 FRESH
 VEGGIES
 FRUIT COCKTAIL
 FRESH FRUIT
 CHEF SALAD
 ASSORTED SUBS
 SUB TOPPINGS
 PBJ UNCRUSTABLE
 SALAD
 SALAD DRESSING
 SUN CHIPS
 FRUIT COCKTAIL
 FRESH FRUIT
 MILK - VARIETY
 BAGEL

Iron 10.82 mg
 Calcium 531.98 mg
 Vitamin A 8713 IU
 Vitamin C 121.52 mg
 Protein 33.02 g 15.4%
 Carbohydrate 120.74 g 56.4%
 Total Fat 28.85 g 30.3%
 Saturated Fat 8.01 g 8.4%

14

15

16

17

18

Calories 855
 Cholesterol 68 mg
 Sodium 1802 mg
 Dietary Fiber 14.69 g
 Iron 9.97 mg
 Calcium 418.44 mg
 Vitamin A 8261 IU
 Vitamin C 113.15 mg
 Protein 31.35 g 14.7%
 Carbohydrate 124.00 g 58.0%
 Total Fat 27.53 g 29.0%
 Saturated Fat 7.27 g 7.7%

CHICKEN CHUNKS, BRD
 HOMESTYLE
 Potato Cosmic Shapes
 Winter Blend Vegetables
 PEARS
 WARM WW PRETZEL
 ROD
 CHICKEN PARMESAN
 PASTA FETTUCINE
 Winter Blend Vegetables
 PEARS
 BREAD STICK, WG PRR
 PEPPERONI

PEPPERONI, TURKEY
 JENO
 STEAK BUN
 TOPPINGS
 GREEN BEANS
 JUICE ASSORTMENT
 TACO FILLING, RF JTM
 TORTILLA CHIPS
 LETTUCE,TOMATO,
 CHEESE
 SALSA, SOUR CREAM
 BEANS, BLACK
 BEANS, GRN FRZN

FISH PATTY
 BUN, WG 4" ARBYS
 CELERY STICKS
 BABY CARROTS
 WITH DIP
 PINEAPPLE
 TANGERING CHICKEN
 RICE, COOKED WHITE
 STIR FRY VEGGIES
 CELERY STICKS
 PINEAPPLE
 WARM WW PRETZEL ROD
 PIZZA STICKS

HAMBURGER
 ON A BUN
 BUN, WG 4" ARBYS
 THREE BEAN SALAD
 BABY CARROTS
 WITH DIP
 PEACHES
 CHICKEN NOODLE SOUP
 GRILLED CHEESE
 SANDWICH
 BABY CARROTS
 WITH DIP
 PEACHES

SLOPPY JOE
 ON A BUN
 SWEET POTATO
 PUFFS LMBWSN
 CORN
 APPLE SLICES
 FRENCH TOAST GLZD
 MICHAELS
 COLBY CHEESE
 OMLETE
 POTATO PUFFS
 APPLE SLICES
 COOKS CHOICE

PIZZA
SALAD
FRESH
VEGGIES
PEARS
FRESH FRUIT
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD
SALAD DRESSING
FRESH
VEGGIES
PEARS
FRESH FRUIT
SUN CHIPS
MILK - VARIETY
BAGEL

21

SMOKEY GRILL BEEF
RIB
DELI ROASTED
POTATOES
CALIFORNIA
VEGETABLES
PEACHES
TURKEY N GRAVY
WHIPPED POTATOES
CALIFORNIA
VEGETABLES
PEACHES
CRANBERRY SAUCE
Wheat Dinner Roll
PIZZA SAUSAGE
SALAD
FRESH
VEGGIES
PEACHES
FRESH FRUIT
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD
FRESH
VEGGIES
PEACHES

JUICE ASSORTMENT
PIZZA CHEESE
SALAD
SALAD DRESSING
FRESH
VEGGIES
JUICE ASSORTMENT
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD
FRESH
VEGGIES
JUICE BAR
SUN CHIPS
MILK - VARIETY
BAGEL

22

HOT HAM
AND CHEESE
Potato, Smiles
CORN
CHICKEN FAJITA -
TYSON
ULTRA GRAIN TORTILLA
LETTUCE, TOMATO,
CHEESE
SALSA, SOUR CREAM
BLACK BEANS & RICE
CORN
PEPPERONI
PIZZA
SALAD
SALAD DRESSING
FRESH
VEGGIES
DRESSING, RANCH LT
HVR
SHERBET
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD
FRESH
VEGGIES

SALAD
FRESH
VEGGIES
PINEAPPLE
FRESH FRUIT
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
SALAD
FRESH
VEGGIES
PBJ UNCRUSTABLE
PINEAPPLE
FRESH FRUIT
SUN CHIPS
MILK RECIPE HM - LUNCH
BAGEL

23

TURKEY, BR PATTY
JENNIE-O
FRENCH FRIES,
FLAVORLASTS
SALAD
BABY CARROTS
WITH DIP
CELERY STICKS
FRUIT COCKTAIL
SALISBURY STEAK
WHIPPED POTATOES
SALAD
CARROTS, BABY
CELERY, STICKS
DRESSING, RANCH LT HVR
FRUIT COCKTAIL
Wheat Dinner Roll
PIZZA STICK
SALAD
FRESH
VEGGIES
FRUIT COCKTAIL
FRESH FRUIT
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD

CHEESE PIZZA
SALAD
FRESH
VEGGIES
PEACHES
FRESH FRUIT
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
SALAD
FRESH
VEGGIES
PBJ UNCRUSTABLE
PEACHES
FRESH FRUIT
SUN CHIPS
MILK RECIPE HM -
LUNCH
BAGEL

24

CHICKEN STRIPS
SWEET POTATO KK FF
MCCAIN
GREEN BEANS
PINEAPPLE
Wheat Dinner Roll
COOKS CHOICE
BEANS, GRN FRZN
PINEAPPLE
CHEESE PIZZA
SALAD
FRESH
VEGGIES
PINEAPPLE
FRESH FRUIT
CHEF SALAD
ASSORTED SUBS
PBJ UNCRUSTABLE
SUB TOPPINGS
SALAD
SALAD DRESSING
FRESH
VEGGIES
PINEAPPLE
FRESH FRUIT
SUN CHIPS
MILK - VARIETY
BAGEL

SALAD
FRESH
VEGGIES
APPLE SLICES
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD
SALAD DRESSING
FRESH
VEGGIES
APPLE SLICES
SUN CHIPS
SHERBET
MILK RECIPE HM -
LUNCH
BAGEL

25

NO LUNCH SERVED

Calories 862
Cholesterol 55 mg
Sodium 2008 mg
Dietary Fiber 16.89 g
Iron 9.37 mg
Calcium 453.40 mg
Vitamin A 11282 IU
Vitamin C 133.45 mg
Protein 32.69 g 15.2%
Carbohydrate 124.74 g 57.9%
Total Fat 28.10 g 29.3%
Saturated Fat 7.06 g 7.4%

FRESH FRUIT
SUN CHIPS
MILK RECIPE HM -
LUNCH
BAGEL

CELERY, STICKS
Fruit Juice Slushy
SUN CHIPS
MILK RECIPE HM -
LUNCH
BAGEL

SALAD DRESSING
BABY CARROTS
WITH DIP
FRUIT COCKTAIL
FRESH FRUIT
SUN CHIPS
MILK - VARIETY
BAGEL

28

29

30

31

NO LUNCH SERVED

MINI CORN DOG
Potato, Smiles
CORN
FRUIT CHOICE
QUESADILLA
CHEESE
Lettuce/tomato
Sour cream
SALAD
CORN
FRUIT COCKTAIL
PEPPERONI
PIZZA
SALAD
FRESH
VEGGIES
PEACHES
FRESH FRUIT
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD
FRESH
VEGGIES
FRUIT CHOICE
FRESH FRUIT
SUN CHIPS
MILK, RECIPE
ELEMENTARY
BAGEL

Popcorn Chicken
RICE,Cooked White
FRESH VEGGIES
WITH DRESSING
FRUIT CHOICE
BREAD, WHT 100% SARA
LEE
COOKS CHOICE
FRUIT CHOICE
COOKS CHOICE
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD
FRESH
VEGGIES
FRUIT CHOICE
FRESH FRUIT
SUN CHIPS
BAGEL

COOKS CHOICE
COOKS CHOICE
COOKS CHOICE
COOKS CHOICE
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
SALAD
FRESH
VEGGIES
PBJ UNCRUSTABLE
APPLESAUCE
FRESH FRUIT
SUN CHIPS
BAGEL
CHEF SALAD
ASSORTED SUBS
SUB TOPPINGS
PBJ UNCRUSTABLE
SALAD
SALAD DRESSING
FRESH
VEGGIES
FRUIT CHOICE
SUN CHIPS
MILK - VARIETY
BAGEL

Calories 742
Cholesterol 46 mg
Sodium 1787 mg
Dietary Fiber 13.72 g
Iron 8.58 mg
Calcium 379.06 mg
Vitamin A 9457 IU
Vitamin C 123.64 mg
Protein 25.04 g 13.5%
Carbohydrate 105.94 g 57.1%
Total Fat 26.27 g 31.8%
Saturated Fat 6.47 g 7.8%

First line is the express
Second line is the Current trends
Third line is the pizza court

The last entree is the Sub line court
"This institution is an equal opportunity provider."

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.