

Appleton Area School District

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>May - 1</p> <p>French Toast Stick SYRUP CUPS Sausage Patties Orange Juice Mandarin Oranges Milk Choice</p>	<p>May - 2</p> <p>Hot Dog on Bun Seasoned Potato Fresh Apple Milk Choice Fritos</p>	<p>May - 3</p> <p>Sausage Pizza GARDEN SALAD RANCH DRESSIN PEARS Milk Choice</p>	<p>May - 4</p> <p>Sub Sandwich Celery Sticks Applesauce Milk Choice</p>	<p>May - 5</p> <p>NACHOS w/BEEF Seasoned Rice Corn Pineapple Tidbits Milk Choice</p>	<p>Average Nuts Target Cals... 684 103% Chol... 50 Mg Sodium... 1230 Mg Fiber... 5.8 G Iron... 4.2 Mg 122% Calcium 456.7 Mg 160% Vit A 315 RE 141% Vit C 30.7 Mg 201% Prot 25.0G 14.6%Cal Carb 98.3G 57.5%Cal T.Fat 22.4G 29.5%Cal S.Fat 6.2G 8.2%Cal</p>
<p>May - 8</p> <p>PIZZA, TONY'S W GARDEN SALAD RANCH DRESSIN Diced Peaches Milk Choice</p>	<p>May - 9</p> <p>CHICKEN NUGG BBQ Sauce CARROTS, COIN Juice Bar/Shape-u Wheat Dinner Roll Milk Choice</p>	<p>May - 10</p> <p>Ravioli, Beef w/ M Wheat Bread Slice Broccoli & Cauliflo Diced Pears RICE KRISPY TR Milk Choice</p>	<p>May - 11</p> <p>Turkey & Cheese Soft Pretzel VEGETABLE BLE Watermelon Wedg Milk Choice</p>	<p>May - 12</p> <p>Hamburger on Bun Baked Beans Peach Crisp Milk Choice</p>	<p>Average Nuts Target Cals... 741 112% Chol... 54 Mg Sodium... 1441 Mg Fiber... 8.5 G Iron... 5.0 Mg 144% Calcium 488.3 Mg 171% Vit A 701 RE 314% Vit C 49.5 Mg 325% Prot 35.8G 19.3%Cal Carb 101.3G 54.6%Cal T.Fat 21.7G 26.4%Cal S.Fat 8.1G 9.9%Cal</p>
<p>May - 15</p> <p>Brat, Low Fat Hot Dog/Brat Bun Green Beans Cinnamon Applesa Milk Choice</p>	<p>May - 16</p> <p>MACARONI & CH Steamed Broccoli Petite Banana Graham Crackers Milk Choice Wheat Dinner Roll</p>	<p>May - 17</p> <p>PIZZA, TONY'S W Bag of Baby Carro /DIP PEARS Milk Choice JUNGLE CRACKE</p>	<p>May - 18</p> <p>Cook's Choice Ele Whipped Potatoes Diced Peaches Milk Choice Wheat Bread Slice</p>	<p>May - 19</p> <p>PENNE PASTA C SPAGHETTI AND Garlic Bread GARDEN SALAD RANCH DRESSIN Pineapple Tidbits Milk Choice</p>	<p>Average Nuts Target Cals... 668 100% Chol... 40 Mg Sodium... 1049 Mg Fiber... 7.7 G Iron... 5.1 Mg 147% Calcium 532.2 Mg 186% Vit A 1054 RE 471% Vit C 22.6 Mg 149% Prot 25.2G 15.1%Cal Carb 103.4G 61.9%Cal T.Fat 17.5G 23.5%Cal S.Fat 7.2G 9.8%Cal</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 22 Rib-B- Que on Bun GARDEN SALAD RANCH DRESSIN Fresh Apple Milk Choice	May - 23 Chicken Patty on Green Beans Wheat Dinner Roll ORANGES HALV Milk Choice	May - 24 Soft Shell Tacos CORN KERNELS, FRUIT SALAD Churros Milk Choice	May - 25 Hamburger on Bun Celery Sticks Mandarin Oranges Teddy Grahams Milk Choice CHOCOLATE CA	May - 26 NO LUNCH	Average Nuts Target Cals... 723 109% Chol... 49 Mg Sodium. 1472 Mg Fiber.. 7.8 G Iron... 4.6 Mg 132% Calcium 447.7 Mg 157% Vit A 370 RE 165% Vit C 48.5 Mg 318% Prot 30.4G 16.8%Cal Carb 99.0G 54.8%Cal T.Fat 23.7G 29.5%Cal S.Fat 5.7G 7.2%Cal
May - 29 NO SCHOOL TO	May - 30 PIZZA, TONY'S W Peas Applesauce CRACKERS, SEA Milk Choice	May - 31 Mini-Corn Dogs Green Beans Diced Peaches Wheat Dinner Roll Milk Choice Yogurt Parfait			Average Nuts Target Cals... 758 114% Chol... 44 Mg Sodium. 1075 Mg Fiber.. 8.1 G Iron... 5.0 Mg 144% Calcium 601.8 Mg 210% Vit A 264 RE 118% Vit C 9.6 Mg 63% Prot 30.5G 16.1%Cal Carb 110.3G 58.2%Cal T.Fat 20.0G 23.8%Cal S.Fat 6.0G 7.2%Cal