

**FOREST ELEMENTARY & HAWKINS MIDDLE
DECEMBER 2017 LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 Chef Salad Hamburger w/ Trimmings Chicken Nuggets Seasoned Potato Wedges Creamy Coleslaw California Veggies Fresh Bananas Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 608 Cholesterol 56 mg Sodium 886 mg Dietary Fiber 5.83 g Iron 3.37 mg Calcium 365.49 mg Vitamin A 1691 IU Vitamin C 26.03 mg Sugars 49.39 g 32.5% Protein 26.48 g 17.4% Carbohydrate 83.99 g 55.3% Total Fat 19.77 g 29.3% Saturated Fat 6.35 g 9.4%
4 Chef Salad Red Beans and Rice with Sausage Ham and Cheese Wrap Black-Eyed Peas Potato Salad Tossed Salad w/ Dressing Mandarin Fruit Cup Fresh Apples Whole Wheat Garlic Toast Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Combread	5 Chef Salad Spaghetti & Meat Sauce Grilled Chicken Sandwich Steamed Broccoli Florets Seasoned Lima Beans California Veggies Garden Salad Whole Wheat Garlic Toast Mandarin Fruit Cup Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	6 Chef Salad Chicken with Alfredo Sauce Corn Dog Green Peas Garden Salad W/Dressing Chilled Peach Slices Fresh Bananas Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yeast Roll	7 Chef Salad BBQ Rib Sandwich Chicken Patty Sandwich Oven Baked Potato Wedges Baked Beans Garden Salad W/Dressing Chilled Diced Pears Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	8 Chef Salad Beefy Nachos Grande Fish Sandwich Whole Kernel Corn Black Bean Salad Garden Salad W/Dressing Fresh Bananas Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Calories 646 Cholesterol 65 mg Sodium 1183 mg Dietary Fiber 8.62 g Iron 4.02 mg Calcium 447.19 mg Vitamin A 2604 IU Vitamin C 25.72 mg Sugars 42.53 g 26.3% Protein 31.42 g 19.5% Carbohydrate 92.95 g 57.6% Total Fat 17.75 g 24.7% Saturated Fat 5.81 g 8.1%
11 Chef Salad Salisbury Steak W/Gravy Chicken Spaghetti Southern Turnip Greens Glazed Carrots Chilled Peach Slices Fresh Bananas Combread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	12 Chef Salad Fish Nuggets BBQ Pulled Pork Burger Whole Kernel Corn Southern Green Beans Pineapple Tidbits Fresh Oranges Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yeast Roll	13 Chef Salad Chicken Nuggets Hot Dog Mashed Potatoes with Cheese Seasoned Lima Beans Fresh Bananas Chilled Peaches Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rolls, Enriched Flour MS1352	14 Christmas Lunch	15 Chef Salad Hamburger w/ Trimmings Chicken Patty Sandwich Seasoned Potato Wedges Creamy Coleslaw California Veggies Fresh Bananas Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 565 Cholesterol 59 mg Sodium 824 mg Dietary Fiber 6.05 g Iron 3.20 mg Calcium 393.33 mg Vitamin A 2251 IU Vitamin C 64.46 mg Sugars 40.99 g 29.0% Protein 27.28 g 19.3% Carbohydrate 78.85 g 55.8% Total Fat 16.38 g 26.1% Saturated Fat 4.95 g 7.9%
18 Chef Salad Cheesy Chicken Over/Rice Ham and Cheese on Bun Black-Eyed Peas Seasoned Lima Beans Garden Salad W/Dressing Fresh Oranges Pineapple Tidbits Combread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	19 Chef Salad Cheesy Breadsticks/Chili Grilled Chicken Sandwich Steamed Broccoli Florets Potato Salad Garden Salad W/Dressing Mandarin Fruit Cup Fresh Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	20 Chef Salad Beefy Nachos Grande Chicken Patty Sandwich Whole Kernel Corn Baked Beans Garden Salad W/Dressing Chilled Diced Pears Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	21 Sack Lunch	22 Chef Salad Hamburger w/ Trimmings Chicken Patty Sandwich Seasoned Potato Wedges Creamy Coleslaw California Veggies Fresh Bananas Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 618 Cholesterol 67 mg Sodium 1067 mg Dietary Fiber 7.90 g Iron 3.70 mg Calcium 514.21 mg Vitamin A 2760 IU Vitamin C 32.61 mg Sugars 38.91 g 25.2% Protein 33.67 g 21.8% Carbohydrate 86.70 g 56.1% Total Fat 16.42 g 23.9% Saturated Fat 6.20 g 9.0%
25	26	27	28	29	Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Sugars 0.00 g 0.0% Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%
					Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Sugars 0.00 g 0.0% Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%

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