

# El Tejon Unified School District

El Tejon Middle School

Nov 14, 2012

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Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Bean & Ch Tamale Po Black Beans Orange Wedges Milk, Variety	Dec - 4 Calzone-Turkey Pepp Steamed Broccoli Apricots Milk, Variety	Dec - 5 Chili&Cheese Quesadil Baby Carrots Fresh Cucumber Ranch Dressing Very Berry Juice Milk, Variety	Dec - 6 Chicken Nuggets BBQ Sauce Crinkle French Fries Ketchup Applesauce Milk, Variety	Dec - 7 Cheese Stuffed Sticks Marinara Sauce Cauliflower with Mustar Grapes Milk, Variety
Nutrients Target Cals... 620 100% Carb 90.1g 58.2%Cal	Nutrients Target Cals... 641 100% Carb 103.5g 64.6%Cal	Nutrients Target Cals... 599 100% Carb 91.4g 61.1%Cal	Nutrients Target Cals... 618 100% Carb 83.6g 54.1%Cal	Nutrients Target Cals... 654 100% Carb 80.3g 49.1%Cal
Dec - 10 Corn Dog Peas Steamed Capri Vegetables Pears Milk, Variety	Dec - 11 Turkey Taco Pocket Kidney Beans Chilled Peaches Milk, Variety	Dec - 12 Mini Cheeseburgers Celery Sticks Apple Slices Milk, Variety	Dec - 13 Bean and Cheese Burrito Corn Salsa, Fresh Banana Milk, Variety Mini Graham Crackers	Dec - 14 Sicilian Pizza Sweet Potato Fries Grapes Milk, Variety
Nutrients Target Cals... 604 100% Carb 87.3g 57.8%Cal	Nutrients Target Cals... 633 100% Carb 104.1g 65.7%Cal	Nutrients Target Cals... 639 100% Carb 77.6g 48.6%Cal	Nutrients Target Cals... 630 100% Carb 111.2g 70.5%Cal	Nutrients Target Cals... 658 100% Carb 90.0g 54.7%Cal
Dec - 17 BBQ Chicken on Flatbr Baby Carrots Ranch Dressing Apricots Milk, Variety	Dec - 18 Chili Cheese Dog Tossed Salad Ranch Dressing Orange Wedges Milk, Variety Pineapple Fruit Snack	Dec - 19 Bean & Cheese Burrito Corn Chilled Peaches Milk, Variety	Dec - 20 Turkey & Gravy Mashed Potatoes Cranberry Sauce Green Beans Milk, Variety Corn Muffin	Dec - 21 Cooks Choice
Nutrients Target Cals... 629 100% Carb 87.8g 55.8%Cal	Nutrients Target Cals... 605 100% Carb 86.4g 57.1%Cal	Nutrients Target Cals... 615 100% Carb 103.4g 67.3%Cal	Nutrients Target Cals... 642 100% Carb 104.5g 65.1%Cal	Nutrients Target Cals... 0 0% Carb 0.0g 0.0%Cal
Dec - 24 HOLIDAY	Dec - 25 HOLIDAY	Dec - 26 HOLIDAY	Dec - 27 HOLIDAY	Dec - 28 HOLIDAY
Nutrients Target Cals... *N/A* Carb *N/A*g *N/A%Cal	Nutrients Target Cals... *N/A* Carb *N/A*g *N/A%Cal	Nutrients Target Cals... *N/A* Carb *N/A*g *N/A%Cal	Nutrients Target Cals... *N/A* Carb *N/A*g *N/A%Cal	Nutrients Target Cals... *N/A* Carb *N/A*g *N/A%Cal
Dec - 31 HOLIDAY				
Nutrients Target Cals... *N/A* Carb *N/A*g *N/A%Cal				

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**\*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.