

Jackson County School District

May 2017 Lunch

K - 8

	Portion Size	Calories	Sodium (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/01/2017						
Chicken Tenders Baked MS546	3 tenders	250	690	17.0	11.0	2.00
Toast, Garlic WW MS1351	1 slice	100	170	15.0	2.5	0.50
Vegetable Beef Soup MS816	1 cup sandwich	137	404	12.27	5.36	2.03
Grill Cheese Sand 1 oz MS762	1 salad	247	657	28.46	10.13	5.65
Chef Salad, MS600	3 2-count packs	244	1256	18.05	11.79	4.87
Saltine Crackers, ENR,B MS1369	3 2-count packs	90	260	16.0	3.0	0.00
Saltine Crackers, ENR,B MS1369	1/2 cup	90	260	16.0	3.0	0.00
Pinto Beans MS912	1/2 cup	146	254	26.17	1.35	0.28
Au Gratin Potatoes MS1072	1/2 cup	207	384	27.26	6.92	4.05
Fruit Cocktail MS1248	1 each	58	5	14.91	0.09	0.01
Fresh Fruit Bowl VarietyMS1244	1 4-oz. cup	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1/2 pint	65	0	15.5	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	108	129	11.83	2.69	1.61
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1 packet	140	125	27.0	0.0	0.00
Ketchup PC MS1528	1 packet	10	85	3.0	0.0	0.00
Sauce, Variety,DippingPCMS1562		45	127	7.0	2.0	0.33

	Portion Size	Calories	Sodium (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/02/2017						
Chicken Nachos Pur StripsMS530	1 serving	329	1072	22.89	15.31	7.21
Fish Nuggets, Baked MS202	4 nuggets	220	310	20.0	9.0	1.50
Chef Salad, MS600	1 salad	244	1256	18.05	11.79	4.87
Hushpuppies-Purchase MS1332	2 each	105	199	14.02	4.96	0.72
Saltine Crackers, ENR,B MS1369	3 2-count packs	90	260	16.0	3.0	0.00
Saltine Crackers, ENR,B MS1369	3 2-count packs	90	260	16.0	3.0	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	165	196	28.9	0.71	0.01
Confetti Coleslaw MS1114	1/2 cup	22	98	5.65	0.15	0.02
Applesauce, MS1204	1/2 cup	59	2	15.62	0.07	0.01
Fresh Fruit Bowl VarietyMS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	140	125	27.0	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	108	129	11.83	2.69	1.61
Assorted Gelatin, No TopMS1454	1/2 cup	75	63	18.26	0.0	0.00
Salsa, Portion, MS1146	1 ounce	9	151	1.89	0.0	0.00
Sauce, Tartar, PC MS1560	1 packet	25	115	2.0	2.5	0.00

	Portion Size	Calories	Sodium (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/03/2017						
Pizza, WGR Pepperoni,Wdg MS306	1 wedge	270	840	32.0	10.0	3.00
John Wayne Casserole MS150	1 serving	393	804	13.57	27.45	12.70
Roll, Whole Wheat Pur1ozMS1356	1 roll	80	135	15.0	1.0	0.00
Chef Salad, MS600	1 salad	244	1256	18.05	11.79	4.87
Saltine Crackers, ENR,B MS1369	3 2-count packs	90	260	16.0	3.0	0.00
Saltine Crackers, ENR,B MS1369	3 2-count packs	90	260	16.0	3.0	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	45	170	9.95	0.17	0.03
Broccoli Spears,Steamed MS1014	1/2 cup	39	102	4.38	1.87	0.82
Pineapple Tidbits MS1286	1/2 cup	72	1	18.87	0.1	0.01
Fresh Fruit Bowl VarietyMS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	140	125	27.0	0.0	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	108	129	11.83	2.69	1.61

			T-			
			Sodium	Carb	Fat	S-Fat
	Portion Size	Calories	(mg)	(g)	(g)	(g)
Thu - 05/04/2017						
Chicken Quesadillas Mer MS541	1 each	268	737	28.8	6.07	2.86
BBQ Pork Sandwich MS716	1 each	274	661	30.33	9.92	3.27
Chef Salad, MS600	1 salad	244	1256	18.05	11.79	4.87
Saltine Crackers, ENR,B MS1369	3 2-count packs	90	260	16.0	3.0	0.00
Saltine Crackers, ENR,B MS1369	3 2-count packs	90	260	16.0	3.0	0.00
Baked Potato w/ Marg, MS1074	1 potato	181	47	36.59	2.22	0.07
Green Beans, Canned, MS1036	1/2 cup	41	91	4.45	1.79	0.21
Fruit Juice, Frozen Cup,MS1247	1/2 cup	95	9	23.44	0.08	0.01
Fresh Fruit Bowl VarietyMS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	140	125	27.0	0.0	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	108	129	11.83	2.69	1.61
Salsa, Portion, MS1146	1 ounce	9	151	1.89	0.0	0.00

			T-			
			Sodium	Carb	Fat	S-Fat
	Portion Size	Calories	(mg)	(g)	(g)	(g)
Fri - 05/05/2017						
Cheeseburger 2.5 oz PattyMS728	1 each	323	729	29.93	14.15	6.03
Chicken Bakd,Lemon Pepr MS504	1 serving	270	179	0.0	15.0	4.50
Roll, Whole Wheat Pur1ozMS1356	1 roll	80	135	15.0	1.0	0.00
Fruit and Yogurt Salad MS618	1 salad	453	637	63.8	15.43	6.77
Green Peas, Canned MS1071	1/2 cup	97	140	14.26	2.29	0.94
Mashed Potatoes MS1078	1/2 cup	91	83	15.67	2.29	1.04
Hot Cinnamon Apples MS1208	1/2 cup	118	190	21.92	3.57	1.62
Fresh Fruit Bowl VarietyMS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	140	125	27.0	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	108	129	11.83	2.69	1.61
Mayonnaise PC Reduce Ft MS1534	PC Packet	40	90	1.0	4.0	0.50
Mustard, PC, MS1538	1 packet	5	85	1.0	0.0	0.00
Ketchup PC MS1528	1 packet	10	85	3.0	0.0	0.00

			T-			
			Sodium	Carb	Fat	S-Fat
	Portion Size	Calories	(mg)	(g)	(g)	(g)
Wed - 05/24/2017						
Turkey & Cheese on Bun MS796	1 each	268	1094	29.12	11.01	5.66
Pizza, WGR,SausageCheese,MS312	1 slice	270	810	32.0	10.0	3.50
Chef Salad, MS600	1 salad	244	1256	18.05	11.79	4.87
Garden Salad w/Dressing MS1118	1/2 cup	25	131	4.94	0.12	0.02
Carrots, Baby w/ Dip, MS#1017	1/2 cup	45	170	9.95	0.17	0.03
Fresh Fruit Bowl VarietyMS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Cookie, Sugar, Pur ENR, MS1436	1 cookie	120	100	17.0	5.0	2.00
Milk, FF Choc 1/2 pt.Br MS1700	1/2 pint	120	240	23.0	0.0	0.00
Milk, FF White1/2 pt.Br MS1706	1/2 pint	90	125	13.0	0.0	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	140	125	27.0	0.0	0.00