

April 2017

CCVC  
Franklin Phonetic SS  
Lunch

Mar 14, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chick Nuggets & WG Roll Or P & J Crustables Steamed Corn	4 Hamburger on W/G Bun Or P & J Crustables Carroteenies /w Ranch	5 Turkey Hotdog on W/G Bun Or P & J Crustables Baked Beans	6 Spaghetti and Meatballs Breadstick Whole Grain Or P & J Crustables Celery Sticks w/ Ranch	7 Whole Grain Cheese Pizza Or P & J Crustables Fresh Broccoli Medley Oatmeal Raisin Cookie
10 BBQ Chicken Drumstick /Roll or P & J Crustables Whipped Potatoes Whole Grain Biscuit	11 Grilled Cheese WG *Or P & J Crustables Baked Beans	12 Cheesy Mac & Roll Or P & J Crustables Fresh Broccoli Medley	13 Mini Corn Dogs W/W Turk. Or P & J Crustables Cucumber Slices	14
17 Chick Nuggets & WG Roll Or P & J Crustables Steamed Corn	18 Hamburger on W/G Bun Or P & J Crustables Carroteenies /w Ranch	19 Turkey Hotdog on W/G Bun Or P & J Crustables Baked Beans	20 Spaghetti and Meatballs Breadstick Whole Grain Or P & J Crustables Celery Sticks w/ Ranch	21 Whole Grain Cheese Pizza Or P & J Crustables Fresh Broccoli Medley Oatmeal Raisin Cookie
24 BBQ Chicken Drumstick /Roll or P & J Crustables Whipped Potatoes Whole Grain Biscuit	25 Grilled Cheese WG *Or P & J Crustables Baked Beans	26 Cheesy Mac & Roll Or P & J Crustables Fresh Broccoli Medley	27 Mini Corn Dogs W/W Turk. Or P & J Crustables Cucumber Slices	28 Whole Grain Cheese Pizza Or P & J Crustables Fresh Broccoli Medley Oatmeal Raisin Cookie

FAT FREE CHOCOLATE MILK ,FAT FREE STRAWBERRY MILK, FAT FREE WHITE MILK ARE AVAILABLE AS A MENU ITEM  
AN ASSORTMENT OF FRUIT IS SERVED DAILY WITH BREAKFAST AND LUNCH (MENU IS SUBJECT TO CHANGE WITHOUT NOTICE)

"This institution is an equal opportunity provider"

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	573*	550-650	100%	Protein	26.47* g	18.40%	
Cholesterol	35* mg			Carbohyd	83.09* g	58.02%	
Sodium	1107* mg	1230		Tot. Fat	15.19* g	23.86%	
Fiber	6.98* g			Sat. Fat	4.31* g	6.76%	<10.00%