



March 2018



Lunch

KIDS COMMUNITY COLLEGE CHARTER
L2 - Lunch K-8

Table with 5 columns (Monday-Friday) and 10 rows (February 26 - March 30, 2018). Each cell contains a list of menu items for that day.

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



Eat & WIN an iTunes gift card!
www.PreferredMealsMenu.com



Nutritional Information: KIDS COMMUNITY COLLEGE CHARTER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-01-2018	BBQ CHICKEN	194	5	2	0	55	453	17	0	10	22	49	1	14	0	MMA:2oz V:1/4c RO
	HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Baby Carrots	16	0	0	0	0	35	4	1	2	0	1880	1	15	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-02-2018	*FRESH FEATURE FRIDAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	MACARONI & CHEESE ^	401	19	11	0	58	828	39	2	9	19	140	0	458	1	MMA:2oz G/B:1sv WG
	BAKED CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cucumber Coins	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-05-2018	*NATIONAL BREAKFAST WEEK*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	FRENCH TOAST STICKS W/SAUSAGE ^	388	15	2	0	37	556	39	4	8	24	85	8	250	4	
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CRISPY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Golden Potato Rounds	163	5	1	0	0	27	27	3	0	3	0	8	0	0	V:3/4c S

	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	03-06-2018															
	BAKED CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	CHILI	179	3	0	0	17	858	24	5	7	13	36	2	45	2	
	California Blend Veggies	44	0	0	0	0	58	9	4	4	3	411	53	53	1	V:1/4c RO V:1/2c O
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Corn Muffin ^	220	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	03-07-2018															
	POT LUCK!															
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-08-2018																
	HOT DOG W/ POTATO ROUNDS	164	11	4	0	25	369	11	1	1	5	0	3	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	0	0	8	0	
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-09-20																
	CHEESE PIZZA ^	331	11	5	0	23	583	39	3	2	16	68	0	414	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO

	CRISPY CHICKEN FILLET ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Baby Carrots	16	0	0	0	0	35	4	1	2	0	1880	1	15	0	V:1/4c RO
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
2																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
3																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
4																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
5																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
6																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-19-2018																
	DUNK DAY!	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE ^	319	17	4	0	48	792	22	1	0	20	63	0	55	1	MMA:2.25oz G/B:1sv WG V:1/2c RO
	MACARONI & CHEESE ^	401	19	11	0	58	828	39	2	9	19	140	0	458	1	MMA:2oz G/B:1sv WG
	Country Blend Vegetables	71	0	0	0	0	34	16	3	4	2	401	10	33	1	V:1/4c S V:1/2c O
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-20-2018																
	NEW ITEM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PEPPERJACK CHEESEBURGER	147	9	3	0	37	366	2	0	1	14	47	0	92	1	MMA:2oz
	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	0	0	8	0	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Wango Mango Juice	90	0	0	0	0	40	23	0	21	0	225	60	0	0	V:3/4c O
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L

	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-21-2018	*DUNK DAY!*															
	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	BAKED CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	Honey Mustard Cup	80	6	1	0	10	125	7	0	5	0	0	0	0	0	
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	03-22-2018	SPECIAL MEAL														
CHICKEN DRUMSTICK W POTATO ROUNDS		274	13	4	0	107	299	16	2	0	22	17	4	16	1	MMA:2oz V:3/8c S
BBQ Sauce		25	0	0	0	0	50	7	0	4	0	0	0	0	0	
Ketchup		10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Corn Muffin ^		220	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
SALISBURY STEAK W/GRAVY & MASHED POTATOES		229	6	1	0	34	860	25	2	2	18	12	59	64	1	
Sliced Bread ^ (2)		70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
Garden Vegetables		56	0	0	0	0	34	12	3	4	2	397	14	22	1	V:1/4c S V:1/4c RO
Fresh Fruit		0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
Choice of Milk		121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-23-2018	*DUNK DAY!*															
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	BBQ CHICKEN	194	5	2	0	55	453	17	0	10	22	49	1	14	0	MMA:2oz V:1/4c RO
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	

Cheese Pizza	280	9	3.9	0	20	520	29	3	1	21	4330	NS	360	1.9	MMA: 2oz G/S: 2oz RO 1/8 c
Pepperoni Pizza	290	11	4.4	0	25	570	29	3	1	21	400	NS	300	2.0	MMA: 2oz G/S: 2oz R/O 1/8 c
Pizza Dippers	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA: 2oz G/B: 2sv WG
Marinara Dipping Sauce	79	4	1	0	0	314	8	0	3	3	149	5	20	0	V: 1/2c RO
Fruit															
Green Vegetable															
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

03-09-2018	Choice of Milk	X										
	[Dark Grey Bar]											
	CHEESE PIZZA ^	X							X	X		
	CRISPY CHICKEN FILLET ^								X	X		
	Hamburger Bun ^	X							X	X		
	BBQ Sauce								X			
	Baby Carrots											
	Fat Free Ranch Dressing	X	X						X			
	Green Beans											
	Orange Juice											
	Choice of Milk	X										
2	[Dark Grey Bar]											
	SPRING BREAK											
3	[Dark Grey Bar]											
	SPRING BREAK											
4	[Dark Grey Bar]											
	SPRING BREAK											
5	[Dark Grey Bar]											
	SPRING BREAK											
6	[Dark Grey Bar]											
	SPRING BREAK											
03-19-2018	[Dark Grey Bar]											
	DUNK DAY!											
	CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE ^	X							X	X		
	MACARONI & CHEESE ^	X							X	X		
	Country Blend Vegetables											
	Mixed Fruit Cup											
	Breadstick ^								X	X		
Choice of Milk	X											
03-20-2018	[Dark Grey Bar]											
	NEW ITEM											
	PEPPERJACK CHEESEBURGER	X							X			

	RANCH TURKEY BURGER	X							X	X
	Chipotle Ranch	X	X							
	Hamburger Bun ^	X							X	X
	Wango Mango Juice									
	Maple Baked Beans									
	Diced Pears									
	Ketchup									
	Mustard									
	Choice of Milk	X								

03-21-2018											
		DUNK DAY!									
		MINI CORN DOGS ^	X	X					X	X	
		BAKED CHICKEN NUGGETS ^							X	X	
		Honey Mustard Cup		X							
		French Fries							X		
		Ketchup									
		Crunchy Celery Sticks									
		Fat Free Ranch Dressing	X	X					X		
		Fresh Fruit									
		Choice of Milk	X								

03-22-2018											
		SPECIAL MEAL									
		CHICKEN DRUMSTICK W POTATO ROUNDS							X		
		BBQ Sauce							X		
		Ketchup									
		Corn Muffin ^									X
		SALISBURY STEAK W/GRAVY & MASHED POTATOES	X						X	X	
		Sliced Bread ^ (2)	X						X	X	
		Garden Vegetables									
		Fresh Fruit									
		Choice of Milk	X								

	DUNK DAY!										
	PIZZA DIPPERS ^	X	X						X	X	
	Marinara Dipping Sauce	X							X		
	BBQ CHICKEN								X		
	Hamburger Bun ^	X							X	X	
	Romaine Salad										
	Light Italian Dressing								X		
	Grape Juice										
	Choice of Milk	X									
03-26-2018											
	POPCORN CHICKEN ^								X	X	
	BBQ Sauce								X		
	TURKEY & CHEESE SANDWICH ^	X							X	X	
	Mustard										
	Mixed Vegetables										
	Applesauce Cup										
	Choice of Milk	X									
03-27-2018											
	Homestyle Salisbury steak w/ gravy								X	x	
	Crispy chicken fillet								X	x	
	BBQ Sauce								x		
	Hamburger Bun	X									
	Mashed Potatoes	X							X		
	Baby Carrots										
	Light Ranch Dressing	X	X						x		
	Blended Fruit Juice										
Choice of Milk	X										
03-28-2018											
	CHICKEN TENDERS WITH POTATO WEDGES ^								X	X	
	BBQ Sauce								X		
	BAGEL DOG ^								X	X	

	Mustard								
	Crunchy Celery Sticks								
	Fat Free Ranch Dressing	X	X					X	
	Maple Baked Beans								
	Fresh Fruit								
	Ketchup								
	Choice of Milk	X							
03-29-2018									
	Pizza Hut	X	X	X	X			X	X
	Pizza Dippers	X	X					X	x
	Marinara Dipping Sauce	X						x	
		Choice of Milk	X						
0									
	NO SCHOOL								

*produced off site at Pizza Hut