

JANUARY 2021 LUNCH

KIDS COMMUNITY COLLEGE CHARTER L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
December 28, 2020	December 29, 2020	December 30, 2020	December 31, 2020	January 1, 2021
				NO SCHOOL
January 4, 2021	January 5, 2021	January 6, 2021	January 7, 2021	January 8, 2021
NO SCHOOL	HERO SANDWICH ^ Tropical Veggie Juice Applesauce Mayo Choice of Milk	CRISPY CHICKEN PATTY ^ Bun ^ Mixed Vegetables Fresh Pear Chipotle Ranch Choice of Milk	MINI CORN DOGS ^ Diced Carrots Broccoli Mixed Fruit Mustard Ketchup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Fresh Banana Choice of Milk
January 11, 2021	January 12, 2021	January 13, 2021	January 14, 2021	January 15, 2021
TURKEY & CHEESE ON A BUN ^ Tropical Veggie Juice Mixed Fruit Mustard Choice of Milk	CHARBROILED HAMBURGER Bun ^ Broccoli Orange Juice Mustard Ketchup Choice of Milk	CRISPY CHICKEN PATTY ^ Bun ^ Country Blend Vegetables Diced Peaches Mayo Choice of Milk	CHICKEN NUGGETS ^ Baked Beans Diced Carrots Sliced Apples Honey Mustard Mustard Ketchup Choice of Milk	CHEESE PIZZA ^ French Fries Fresh Orange Ketchup Choice of Milk EARLY RELEASE
January 18, 2021	January 19, 2021	January 20, 2021	January 21, 2021	January 22, 2021
NO SCHOOL	TURKEY BOLOGNA SANDWICH ^ Tropical Veggie Juice Diced Peas Mayo Choice of Milk	CRISPY CHICKEN PATTY ^ Bun ^ Seasoned Diced Potatoes Diced Carrots Diced Peaches Chipotle Ranch Choice of Milk	MAC & CHEESE ^ Mixed Vegetables Baked Beans Fresh Pear Mustard Ketchup Choice of Milk	CHEESE PIZZA ^ Romaine Salad French Dressing Fresh Banana Choice of Milk
January 25, 2021	January 26, 2021	January 27, 2021	January 28, 2021	January 29, 2021
TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN ^ Tropical Veggie Juice Applesauce Mayo Choice of Milk	TURKEY TACOS Wild White Nacho Doritos ^ Seasoned Refried Beans Corn Mixed Fruit Salsa Mustard Ketchup Choice of Milk	*NEW ITEM* PEPPERONI PIZZA MAC Sun Splash Veggie Juice Romaine Salad Ranch Dressing Diced Peaches BBQ Sauce Choice of Milk	HOT DOG Hot Dog Bun ^ Potato Wedges Apple-Cranberry Juice Syrup Mustard Ketchup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Diced Carrots Green Beans Fresh Orange Choice of Milk

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

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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
1																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
4																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-05-2021																
	HERO SANDWICH ^	315	15	6	0	40	480	31	3	2	17	0	1	125	2	MMA:2oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Mayo	90	9	2	0	10	45	1	0	0	0	0	0	2	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-06-2021																
	CHEESY PENNE BAKE ^	316	9	5	0	34	603	40	2	8	19	140	0	114	1	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S BW-PLANT
	Fresh Pear	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c BW-PLANT
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-07-2021																
	TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1	MMA:2oz
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	MINI CORN DOGS ^	271	12	4	0	40	412	30	5	5	10	0	0	38	0	MMA:2oz G/B:2sv WG
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO BW-PLANT
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	

01-08-2021	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	BBQ PULLED PORK	203	6	1	0	54	544	17	0	10	24	49	1	25	2	MMA:2oz V:1/4c RO
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	PIZZA DIPPERS ^	0	0	0	0	0	0	0	0	0	0	0	0	0	0	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 BW-PLANT
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-11-2021	TURKEY & CHEESE ON A BUN^	265	6	2	0	45	720	28	2	5	24	0	0	129	2	MMA:2oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	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	
	GLOBAL BITES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-12-2021	CHANA MASALA	278	3	0	0	0	558	54	11	2	12	801	9	97	4	MMA:2oz G/B:1sv WG V:1/4c RO V:1/4c O BW-PLANT BW-LPP BW-HF
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG BW-PLANT
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	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	
	01-13-2021	VEGETARIAN BURGER	140	4	0	0	0	420	9	3	3	16	0	0	60	1
CRISPY CHICKEN PATTY ^		240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
Bun ^		140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
Country Blend Vegetables		72	1	0	0	0	33	16	3	4	2	396	8	33	0	V:1/4c S V:1/2c O BW-PLANT
Diced Peaches		55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
Mayo		90	9	2	0	10	45	1	0	0	0	0	0	2	0	
Choice of Milk		121	1	1	0	8	139	19	0	17	8	493	0	302	0	

01-14-2021	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Baked Beans	192	1	0	0	0	285	37	7	8	10	1	0	76	3	V:1/2c L BW-LPP BW-HF
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO BW-PLANT
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Honey Mustard	80	6	1	0	10	125	7	0	5	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	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	
01-15-2021	CHEESE PIZZA ^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	MMA:2oz G/B:2sv WG V:1/4c RO
	POPCORN CHICKEN ^	252	14	3	0	22	383	15	3	1	15	109	0	0	2	MMA:2oz G/B:1sv WG
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S BW-PLANT
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
	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	
8	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-19-2021	TURKEY BOLOGNA SANDWICH^	250	11	2	0	50	850	28	3	3	10	0	1	98	3	MMA:2oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Mayo	90	9	2	0	10	45	1	0	0	0	0	0	2	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-20-2021	HOMESTYLE SALISBURY STEAK W/GRAVY	222	14	6	0	45	444	7	2	1	17	9	2	41	2	MMA:2.5oz
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Seasoned Diced Potatoes	133	7	1	0	0	545	16	2	2	2	10	18	5	0	V:1/2c S BW-PLANT
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT

	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	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	
01-27-2021																
	NEW ITEM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PEPPERONI PIZZA MAC	341	11	6	0	37	1007	40	2	10	20	115	1	321	2	MMA:2oz G/B:1sv WG V:1/4c RO
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-28-2021																
	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Potato Wedges	150	4	0	0	0	50	25	3	0	3	0	6	0	1	V:3/4c S
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	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		
01-29-2021																
	PIZZA DIPPERS ^	0	0	0	0	0	0	0	0	0	0	0	0	0	0	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 BW-PLANT
	BEEF RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
	Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO BW-PLANT
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O BW-PLANT
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	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
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar

BW-HF = High Fiber Food

BW-PRO = Probiotics

	Diced Peaches										
	Mayo		X						X		
	Choice of Milk	X									
01-14-2021											
	CHICKEN NUGGETS ^								X	X	
	HOT DOG										
	Hot Dog Bun ^	X							X	X	
	Baked Beans										
	Diced Carrots										
	Sliced Apples										
	Honey Mustard		X								
	Mustard										
	Ketchup										
	Choice of Milk	X									
01-15-2021											
	CHEESE PIZZA ^	X							X	X	
	POPCORN CHICKEN ^								X	X	
	Sliced Bread ^	X							X	X	
	French Fries								X		
	Fresh Orange										
	Ketchup										
Choice of Milk	X										
8											
NO SCHOOL											
01-19-2021											
	TURKEY BOLOGNA SANDWICH^								X	X	
	Tropical Veggie Juice										
	Diced Pears										
	Mayo		X						X		
Choice of Milk	X										
01-20-20											
HOMESTYLE SALISBURY STEAK W/GRAVY	X							X	X		

PIZZA DIPPERS ^	X	X						X	X
Marinara Dipping Sauce	X							X	
BEEF RIB-B-QUE								X	
Bun ^	X							X	X
Diced Carrots									
Green Beans									
Fresh Orange									
Choice of Milk	X								