

AUGUST



KIDS COMMUNITY COLLEGE CHARTER L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
July 29, 2019	July 30, 2019	July 31, 2019	August 1, 2019	August 2, 2019
August 5, 2019	August 6, 2019	August 7, 2019	August 8, 2019	August 9, 2019
August 12, 2019	August 13, 2019	August 14, 2019	August 15, 2019	August 16, 2019
CHEESE PIZZA ^ Mixed Vegetables Orange Juice Choice of Milk	CRISPY CHICKEN PATTY ^ BBQ Sauce Bun ^ Maple Baked Beans Sun Splash Veggie Juice Diced Pears Choice of Milk	HOT DOG Mustard Ketchup Hot Dog Bun ^ Romaine Salad Cucumber Coins Light Ranch Dressing Fresh Banana Choice of Milk	CHICKEN NUGGETS ^ Honey Mustard Cup Country Blend Vegetables Sliced Apples Choice of Milk	CHEESEBURGER Mustard Bun ^ French Fries Diced Peaches Ketchup Choice of Milk
August 19, 2019	August 20, 2019	August 21, 2019	August 22, 2019	August 23, 2019
POPCORN CHICKEN ^ BBQ Sauce Corn Mixed Fruit Cup Choice of Milk	CRISPY CHICKEN PATTY ^ Chipotle Ranch Bun ^ Golden Potato Rounds Orange Juice Ketchup Choice of Milk	HOT DOG Hot Dog Bun ^ Mustard Ketchup Broccoli Florets Baby Carrots Light Ranch Dressing Fresh Banana Choice of Milk	CHICKEN NUGGETS ^ BBQ Sauce Breadstick ^ Crunchy Celery Sticks Light Ranch Dressing Maple Baked Beans Applesauce Cup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Sun Splash Veggie Juice Green Beans Fresh Pear Choice of Milk
August 26, 2019	August 27, 2019	August 28, 2019	August 29, 2019	August 30, 2019
CHICKEN STRIPS W/SWEET POTATO FRIES ^ BBQ Sauce Ketchup Green Beans Orange Juice Choice of Milk	CRISPY CHICKEN PATTY ^ BBQ Sauce Bun ^ French Fries Diced Peaches Ketchup Choice of Milk	Crunchy Celery Sticks Light Ranch Dressing HOT DOG W/ POTATO ROUNDS Mustard Ketchup (2) Hot Dog Bun ^ Maple Baked Beans Diced Pears Chocolate Cookie ^ Choice of Milk	CHICKEN NUGGETS ^ BBQ Sauce Corn Sliced Apples Choice of Milk	CHEESEBURGER Bun ^ Sun Splash Veggie Juice Romaine Salad Light Ranch Dressing Fresh Banana Mustard Ketchup 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

*** This institution is an equal opportunity provider.

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
08-12-2019	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
08-13-2019	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
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
08-14-2019	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	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 Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c

08-15-2019	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	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	
	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
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	08-16-2019															
CHEESEBURGER	132	7	2	0	32	306	2	0	1	15	2	0	92	1	MMA:2oz	
Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S	
Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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		
08-19-2019																
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	08-20-2019															
CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG	
Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	0	0	8	0		
Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
Golden Potato Rounds	215	11	2	0	0	592	27	3	1	3	0	2	0	0	V:3/4c S	
Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	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		

08-21-2019

HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz	
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		
Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG	
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		
Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

08-22-2019

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	
Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
Light Ranch Dressing	30	2	0	0	5	55	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
Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

08-23-2019

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
Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

08-30-2019																
	CHEESEBURGER	132	7	2	0	32	306	2	0	1	15	2	0	92	1	MMA:2oz
	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
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	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	

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

	Light Ranch Dressing	X	X						X	
	Fresh Banana									
	Choice of Milk	X								
08-15-2019										
	FRENCH BREAD CHEESE PIZZA^	X								X
	CHICKEN NUGGETS ^							X	X	
	Honey Mustard Cup		X							
	Country Blend Vegetables									
	Sliced Apples									
	Choice of Milk	X								
08-16-2019										
	BBQ CHICKEN							X		
	CHEESEBURGER	X						X		
	Mustard									
	Bun ^	X						X	X	
	French Fries							X		
	Diced Peaches									
	Ketchup									
Choice of Milk	X									
08-19-2019										
	POPCORN CHICKEN ^							X	X	
	BBQ Sauce							X		
	CHEESE PIZZA ^	X						X	X	
	Corn									
	Mixed Fruit Cup									
Choice of Milk	X									
08-20-2019										
	RANCH TURKEY BURGER	X						X	X	
	Mustard									
	CRISPY CHICKEN PATTY ^							X	X	
	Chipotle Ranch	X	X							
Bun ^	X						X	X		

