

## SAMUELI CHARTER SCHOOL L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
January 29, 2018	January 30, 2018	January 31, 2018	February 1, 2018	February 2, 2018
			*BREAKFAST FOR LUNCH* CRISPY CHICKEN ^ & WAFFLES ^ Syrup MINI CORN DOGS ^ Mustard Potato Rounds SunSet Sip Juice Ketchup Diced Peaches Pineapple Tidbits Choice of Milk	*NEW ITEM* SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Salsa Cup CHARBROILED HAMBURGER Mustard Ketchup Baby Carrots Light Ranch Dressing Wrapped Hamburger Bun ^ Whole Kernel Corn Fresh Fruit Diced Peaches Choice of Milk ICE
February 5, 2018	February 6, 2018	February 7, 2018	February 8, 2018	February 9, 2018
POPCORN CHICKEN ^ BBQ Sauce TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ Mustard French Fries Maple Baked Beans Ketchup Diced Peaches Orange Juice Cheddar Sun Chips ^ Choice of Milk	*SPICE IT UP!* RANCH TURKEY BURGER SPICY CHICKEN FILLET ^ BBQ Sauce Wrapped Hamburger Bun ^ Mixed Vegetables Baby Carrots Light Ranch Dressing Mixed Fruit Cup Cherry Craisins Chipotle Ranch Choice of Milk	PEPPERONI PIZZA ^ CHILI Corn Muffin ^ Broccoli Fresh Fruit Blended Fruit Juice Choice of Milk	ROTINI BAKE ^ Breadstick (IW)^ PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Fresh Fruit Orange Pineapple Juice Choice of Milk	*NEW ITEM* CHEESEBURGER FLATBREAD BAGEL DOG ^ Mustard Ketchup Whole Kernel Corn Diced Carrots Diced Peaches Apple Cherry Juice Choice of Milk
February 12, 2018	February 13, 2018	February 14, 2018	February 15, 2018	February 16, 2018
CRISPY CHICKEN TENDERS ^ BBQ Sauce DELI SUB SANDWICH ^ Mayonnaise Whole Kernel Corn Green Beans Applesauce Cup Blended Fruit Juice Chocolate Cookie ^ Choice of Milk	*NATIONAL PANCAKE DAY* PANCAKES & SAUSAGE ^ Syrup PEPPERONI PIZZA ^ Potato Rounds SunSet Sip Juice Diced Peaches Pineapple Tidbits Ketchup Choice of Milk	4-CHEESE PANINI ^ HOT DOG Wrapped Hot Dog Bun ^ Mustard French Fries Baby Carrots Light Ranch Dressing Diced Peaches Strawberry Craisins Vanilla Cookie ^ Ketchup (2) Choice of Milk	TACO MEAT Tortilla Rounds ^ Salsa Cup CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE ^ Refried Beans Fresh Fruit Apple Juice Multi Grain Sun Chips ^ Choice of Milk	NO SCHOOL
February 19, 2018	February 20, 2018	February 21, 2018	February 22, 2018	February 23, 2018
PRESIDENTS DAY	*TRY IT TUESDAY! CHICKEN NUGGETS WITH POTATO ROUNDS ^ BBQ Sauce TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ Fresh Celery Sticks (IW) Light Ranch Dressing Mustard Sweet Maple Butter Carrots Diced Peaches Blended Fruit Juice Snickerdoodle Cookie ^ Choice of Milk	CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ CHICKEN BEAN & CHEESE QUESADILLA Whole Kernel Corn Maple Baked Beans Mixed Fruit Cup Grape Juice Mustard Ketchup Siracha Ketchup Choice of Milk	*NATIONAL CHILI DAY! VEGETARIAN CHILI WITH BEANS Corn Muffin ^ PANCAKES & SAUSAGE ^ Syrup SunSet Sip Juice French Fries Fresh Fruit Diced Peaches Ketchup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce SPAGHETTI & MEATBALLS ^ Breadstick (IW)^ Green Beans Diced Peaches Apple Cherry Juice Choice of Milk
February 26, 2018	February 27, 2018	February 28, 2018	March 1, 2018	March 2, 2018
*FOOD FOCUS: CHERRY* COUNTRY CHICKEN COMBO ^ TURKEY & CHEESE SANDWICH ^ Mustard Fresh Celery Sticks (IW) Light Ranch Dressing Wango Mango Juice Applesauce Cup Pineapple Tidbits Cherry Mini Loaf ^ Choice of Milk	HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Mustard Ketchup CHICKEN RANCH FLATBREAD ^ Green Beans Diced Carrots Diced Peaches Cherry Craisins Vanilla Cookie ^ Choice of Milk	PEPPERONI PIZZA ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Salsa Cup Whole Kernel Corn Fresh Fruit Blended Fruit Juice 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: SAMUELI CHARTER SCHOOL

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
02-01-2018	*BREAKFAST FOR LUNCH*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CRISPY CHICKEN ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	& WAFFLES ^	130	3	0	0	0	300	24	4	2	4	0	0	80	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Potato Rounds	109	3	1	0	0	18	18	2	0	2	0	5	0	0	V:1/2c S
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-02-2018	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^	335	12	5	0	21	499	42	8	2	16	114	21	266	4	MMA:2.25oz G/B:2sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	2	0	26	1	MMA:2oz
	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	
	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	
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Whole Kernel Corn	109	1	0	0	0	4	26	3	3	4	12	8	5	0	V:3/4c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
ICE	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
02-05-2018	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	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	
	TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^	316	15	6	0	58	941	18	1	4	17	60	1	212	1	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	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
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

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	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
02-06-2018	*SPICE IT UP!*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	76	2	MMA:2oz
	SPICY CHICKEN FILLET ^	270	15	3	0	25	400	17	3	1	15	30	0	40	3	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	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	
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	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	
02-07-2018	PEPPERONI PIZZA ^	388	16	7	0	36	842	39	3	4	20	135	2	420	2	MMA:2oz G/B:2.5sv WG V:1/4c RO
	CHILI	193	6	2	0	20	867	24	5	9	12	135	5	57	2	MMA:2.75oz V:1/2c RO
	Corn Muffin ^	243	9	1	0	0	251	38	3	12	4	2	0	63	1	G/B:2sv WG
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	66	0	0	0	0	1	17	0	13	0	0	10	14	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-08-2018	ROTINI BAKE ^	344	12	5	0	42	542	37	3	10	20	161	5	179	4	MMA:2oz G/B:1sv WG V:3/4c RO
	Breadstick (IW)^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	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
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Orange Pineapple Juice	59	0	0	0	0	1	16	0	12	1	28	35	15	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-09-2018	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHEESEBURGER FLATBREAD	360	15	8	0	44	646	35	2	4	19	106	1	425	4	MMA:2oz G/B:2sv WG
	BAGEL DOG ^	310	14	5	0	30	695	34	3	5	11	0	0	60	2	MMA:2oz G/B:2sv 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	
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Apple Cherry Juice	60	0	0	0	0	0	15	0	12	0	0	1	11	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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	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
02-12-2018	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	
	DELI SUB SANDWICH ^	287	13	5	0	54	819	30	3	2	14	40	1	151	2	MMA:2oz G/B:2sv WG
	Mayonnaise	60	6	1	0	5	40	1	0	1	0	0	0	0	0	
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	66	0	0	0	0	1	17	0	13	0	0	10	14	0	F:1/2c
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-13-2018	"NATIONAL PANCAKE DAY"	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PANCAKES & SAUSAGE ^	309	13	4	0	50	526	30	4	7	18	3	0	133	3	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	PEPPERONI PIZZA ^	388	16	7	0	36	842	39	3	4	20	135	2	420	2	MMA:2oz G/B:2.5sv WG V:1/4c RO
	Potato Rounds	109	3	1	0	0	18	18	2	0	2	0	5	0	0	V:1/2c S
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	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	
02-14-2018	4-CHEESE PANINI ^	336	17	10	0	45	658	27	2	2	18	120	0	437	2	MMA:2oz G/B:2sv WG
	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Wrapped Hot Dog Bun ^	140	2	0	0	0	220	27	2	3	5	0	6	40	1	G/B:1.75sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	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	
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Strawberry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	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	
02-15-2018	TACO MEAT	198	10	4	0	40	786	11	1	3	14	357	4	52	2	MMA:2oz V:5/8c RO
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE ^	323	17	4	0	48	801	21	2	3	21	197	5	70	1	MMA:2.25oz G/B:1sv WG V:1/2c RO
	Refried Beans	122	0	0	0	0	76	22	7	0	7	0	2	20	2	V:1/2c L
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Apple Juice	57	0	0	0	0	1	14	0	12	0	0	60	11	0	F:1/2c
	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	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
02-16-2018	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-19-2018	PRESIDENTS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-20-2018	*TRY IT TUESDAY!	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN NUGGETS WITH POTATO ROUNDS ^	279	14	3	0	44	484	22	2	0	17	38	3	0	0	MMA:2oz G/B:1sv WG V:1/4c S
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^	316	15	6	0	58	941	18	1	4	17	60	1	212	1	MMA:2oz G/B:2sv WG
	Fresh Celery Sticks (IW)	7	0	0	0	0	39	1	1	1	0	66	2	19	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Sweet Maple Butter Carrots	82	0	0	0	0	216	19	4	11	2	1156	8	54	0	V:3/4c RO
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Blended Fruit Juice	66	0	0	0	0	1	17	0	13	0	0	10	14	0	F:1/2c
	Snickerdoodle Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-21-2018	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	2	0	26	1	MMA:2oz
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	CHICKEN BEAN & CHEESE QUESADILLA	269	8	2	0	25	470	36	7	2	18	179	12	104	3	MMA:2oz G/B:2sv WG
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Grape Juice	77	0	0	0	0	0	19	0	16	0	0	60	10	1	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	
	Sriracha Ketchup	10	0	0	0	0	85	2	0	2	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

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02-22-2018	*NATIONAL CHILI DAY!	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	VEGETARIAN CHILI WITH BEANS	175	1	0	0	0	892	32	7	11	10	157	6	73	3	MMA:2oz V:1/2c RO
	Corn Muffin ^	243	9	1	0	0	251	38	3	12	4	2	0	63	1	G/B:2sv WG
	PANCAKES & SAUSAGE ^	309	13	4	0	50	526	30	4	7	18	3	0	133	3	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	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		
02-23-2018	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
	SPAGHETTI & MEATBALLS ^	346	12	5	0	37	515	40	4	11	19	172	7	72	3	MMA:2oz G/B:1sv WG V:3/4c RO
	Breadstick (IW)^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Apple Cherry Juice	60	0	0	0	0	0	15	0	12	0	0	1	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-26-2018	"FOOD FOCUS: CHERRY"	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	COUNTRY CHICKEN COMBO ^	381	16	5	0	33	823	41	5	4	19	69	62	149	2	MMA:2oz V:3/4c S
	TURKEY & CHEESE SANDWICH ^	300	12	6	0	43	1393	30	2	4	18	60	0	189	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Fresh Celery Sticks (IW)	7	0	0	0	0	39	1	1	1	0	66	2	19	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Wango Mango Juice	90	0	0	0	0	40	23	0	21	0	225	60	0	0	V:3/4c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Cherry Mini Loaf ^	171	5	0	0	0	213	30	1	14	2	19	0	40	1	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

# Nutritional Information: SAMUELI CHARTER SCHOOL

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
02-27-2018	HOT DOG WITH POTATO ROUNDS	239	14	5	0	30	418	20	2	1	7	0	5	20	1	MMA:2oz V:1/2c S
	Wrapped Hot Dog Bun ^	140	2	0	0	0	220	27	2	3	5	0	6	40	1	G/B:1.75sv 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	
	CHICKEN RANCH FLATBREAD ^	333	13	6	0	42	555	32	2	3	21	87	1	421	3	MMA:2.25oz G/B:2sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
02-28-2018	PEPPERONI PIZZA ^	388	16	7	0	36	842	39	3	4	20	135	2	420	2	MMA:2oz G/B:2.5sv WG V:1/4c RO
	SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^	335	12	5	0	21	499	42	8	2	16	114	21	266	4	MMA:2.25oz G/B:2sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Whole Kernel Corn	109	1	0	0	0	4	26	3	3	4	12	8	5	0	V:3/4c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	66	0	0	0	0	1	17	0	13	0	0	10	14	0	F:1/2c
	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

## Allergen Information: SAMUELI CHARTER SCHOOL

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-01-2018	*BREAKFAST FOR LUNCH*								
	CRISPY CHICKEN ^							X	X
	& WAFFLES ^	X	X					X	X
	Syrup								
	MINI CORN DOGS ^	X	X					X	X
	Mustard								
	Potato Rounds							X	
	SunSet Sip Juice								
	Ketchup								
	Diced Peaches								
	Pineapple Tidbits								
Choice of Milk	X								
02-02-2018	*NEW ITEM*								
	SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	CHARBROILED HAMBURGER							X	
	Mustard								
	Ketchup								
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Wrapped Hamburger Bun ^							X	X
	Whole Kernel Corn								
	Fresh Fruit								
	Diced Pears								
	Choice of Milk	X							
ICE									
02-05-2018	POPCORN CHICKEN ^							X	X
	BBQ Sauce							X	
	TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^	X						X	X
	Mustard								
	French Fries							X	
	Maple Baked Beans								
	Ketchup								
	Diced Peaches								
	Orange Juice								
	Cheddar Sun Chips ^	X							X
	Choice of Milk	X							



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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-06-2018	*SPICE IT UP!*								
	RANCH TURKEY BURGER	X						X	X
	SPICY CHICKEN FILLET ^							X	X
	BBQ Sauce							X	
	Wrapped Hamburger Bun ^							X	X
	Mixed Vegetables								
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Cherry Craisins								
	Choice of Milk	X							
02-07-2018	PEPPERONI PIZZA ^	X						X	X
	CHILI							X	X
	Corn Muffin ^								X
	Broccoli								
	Fresh Fruit								
	Blended Fruit Juice								
	Choice of Milk	X							
02-08-2018	ROTINI BAKE ^	X						X	X
	Breadstick (IW)^							X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Fresh Fruit								
	Orange Pineapple Juice								
	Choice of Milk	X							
02-09-2018	*NEW ITEM*								
	CHEESEBURGER FLATBREAD	X						X	X
	BAGEL DOG ^							X	X
	Mustard								
	Ketchup								
	Whole Kernel Corn								
	Diced Carrots								
	Diced Pears								
	Apple Cherry Juice								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-12-2018	CRISPY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	DELI SUB SANDWICH ^	X						X	X
	Mayonnaise		X					X	
	Whole Kernel Corn								
	Green Beans								
	Applesauce Cup								
	Blended Fruit Juice								
	Chocolate Cookie ^							X	X
	Choice of Milk	X							
02-13-2018	"NATIONAL PANCAKE DAY"								
	PANCAKES & SAUSAGE ^	X	X					X	X
	Syrup								
	PEPPERONI PIZZA ^	X						X	X
	Potato Rounds							X	
	SunSet Sip Juice								
	Diced Peaches								
	Pineapple Tidbits								
	Ketchup								
	Choice of Milk	X							
02-14-2018	4-CHEESE PANINI ^	X						X	X
	HOT DOG								
	Wrapped Hot Dog Bun ^								X
	Mustard								
	French Fries							X	
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Diced Pears								
	Strawberry Craisins								
	Vanilla Cookie ^							X	X
	Ketchup (2)								
Choice of Milk	X								
02-15-2018	TACO MEAT							X	
	Tortilla Rounds ^								
	Salsa Cup								
	CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE ^	X						X	X
	Refried Beans							X	
	Fresh Fruit								
	Apple Juice								
	Multi Grain Sun Chips ^								X
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-16-2018	NO SCHOOL								
02-19-2018	PRESIDENTS DAY								
02-20-2018	*TRY IT TUESDAY!								
	CHICKEN NUGGETS WITH POTATO ROUNDS ^							X	X
	BBQ Sauce							X	
	TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^	X						X	X
	Fresh Celery Sticks (IW)								
	Light Ranch Dressing	X	X					X	
	Mustard								
	Sweet Maple Butter Carrots	X							
	Diced Pears								
	Blended Fruit Juice								
	Snickerdoodle Cookie ^							X	X
Choice of Milk	X								
02-21-2018	CHARBROILED HAMBURGER							X	
	Wrapped Hamburger Bun ^							X	X
	CHICKEN BEAN & CHEESE QUESADILLA	X						X	X
	Whole Kernel Corn								
	Maple Baked Beans								
	Mixed Fruit Cup								
	Grape Juice								
	Mustard								
	Ketchup								
	Sriracha Ketchup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-22-2018	*NATIONAL CHILI DAY!								
	VEGETARIAN CHILI WITH BEANS							X	X
	Corn Muffin ^								X
	PANCAKES & SAUSAGE ^	X	X					X	X
	Syrup								
	SunSet Sip Juice								
	French Fries							X	
	Fresh Fruit								
	Diced Peaches								
	Ketchup								
Choice of Milk	X								
02-23-2018	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	SPAGHETTI & MEATBALLS ^	X	X					X	X
	Breadstick (IW)^							X	X
	Green Beans								
	Diced Pears								
	Apple Cherry Juice								
	Choice of Milk	X							
02-26-2018	"FOOD FOCUS: CHERRY"								
	COUNTRY CHICKEN COMBO ^	X						X	X
	TURKEY & CHEESE SANDWICH ^	X						X	X
	Mustard								
	Fresh Celery Sticks (IW)								
	Light Ranch Dressing	X	X					X	
	Wango Mango Juice								
	Applesauce Cup								
	Pineapple Tidbits								
Cherry Mini Loaf ^								X	
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-27-2018	HOT DOG WITH POTATO ROUNDS							X	
	Wrapped Hot Dog Bun ^								X
	Mustard								
	Ketchup								
	CHICKEN RANCH FLATBREAD ^	X						X	X
	Green Beans								
	Diced Carrots								
	Diced Peaches								
	Cherry Craisins								
	Vanilla Cookie ^							X	X
Choice of Milk	X								
02-28-2018	PEPPERONI PIZZA ^	X						X	X
	SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	Whole Kernel Corn								
	Fresh Fruit								
	Blended Fruit Juice								
	Choice of Milk	X							