

AUGUST



Lunch



SAMUELI CHARTER SCHOOL L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
July 30, 2018	July 31, 2018	August 1, 2018	August 2, 2018	August 3, 2018
August 6, 2018	August 7, 2018	August 8, 2018	August 9, 2018	August 10, 2018
August 13, 2018	August 14, 2018	August 15, 2018	August 16, 2018	August 17, 2018
MINI CORN DOGS & CHICKEN FUN MIX BBQ Sauce Ketchup Baby Carrots Light Ranch Dressing CHEESY PARM WRAP ^ Country Blend Vegetables Orange Sorbet 100% Juice Diced Pears Chocolate Cookie ^ Choice of Milk	CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Mustard Ketchup CRUNCHY CHICKEN TENDERS ^ BBQ Sauce Corn Fresh Celery Sticks (IW) Light Ranch Dressing Mixed Fruit Cup Cherry Craisins Cheddar Sun Chips ^ Choice of Milk	BEAN & CHEESE BURRITO ^ Taco Sauce TURKEY HAM & CHEESE SANDWICH ^ Mustard SunSet Sip Juice Broccoli Diced Peaches Fresh Fruit Choice of Milk	CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ BBQ Sauce PANCAKES & SAUSAGE ^ Syrup Golden Potato Rounds Baby Carrots Light Ranch Dressing Applesauce Cup Blended Fruit Juice Ketchup Choice of Milk	TACO MEAT IW Soft Tortilla ^ Salsa Cup HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Mustard Ketchup Refried Beans Fresh Fruit Pineapple Tidbits Tortilla Rounds ^ Choice of Milk
August 20, 2018	August 21, 2018	August 22, 2018	August 23, 2018	August 24, 2018
PEPPERONI PIZZA DELI SUB SANDWICH ^ Baby Carrots Light Ranch Dressing Mustard Broccoli Apple Cherry Juice Diced Peaches Choice of Milk	TURKEY HAM & CHEESE PANINI Mustard SPICY CHICKEN FILLET ^ Wrapped Hamburger Bun ^ BBQ Sauce Tropical Veggie Juice Fresh Celery Sticks (IW) Light Ranch Dressing Pineapple Tidbits Apple Juice Choice of Milk	CHEESEBURGER Wrapped Hamburger Bun ^ Corn HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Diced Carrots Fresh Fruit Grape Juice Ketchup Mustard Cheddar Sun Chips ^ Choice of Milk	POPCORN CHICKEN ^ BBQ Sauce Breadstick (IW)^ TACO MEAT IW Soft Tortilla ^ Maple Baked Beans Mixed Vegetables Fresh Fruit Orange Juice Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Syrup CRUNCHY CHICKEN TENDERS ^ BBQ Sauce Potato Rounds SunSet Sip Juice Fresh Fruit Mixed Fruit Cup Vanilla Cookie ^ Ketchup Choice of Milk
August 27, 2018	August 28, 2018	August 29, 2018	August 30, 2018	August 31, 2018
MINI CORN DOGS & CHICKEN FUN MIX BBQ Sauce Ketchup Baby Carrots Light Ranch Dressing CHEESY PARM WRAP ^ Country Blend Vegetables Orange Sorbet 100% Juice Diced Pears Chocolate Cookie ^ Choice of Milk	CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Mustard Ketchup CRUNCHY CHICKEN TENDERS ^ BBQ Sauce Corn Fresh Celery Sticks (IW) Light Ranch Dressing Mixed Fruit Cup Cherry Craisins Cheddar Sun Chips ^ Choice of Milk	BEAN & CHEESE BURRITO ^ Taco Sauce TURKEY HAM & CHEESE SANDWICH ^ Mustard SunSet Sip Juice Broccoli Diced Peaches Fresh Fruit Choice of Milk	CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ BBQ Sauce PANCAKES & SAUSAGE ^ Syrup Golden Potato Rounds Baby Carrots Light Ranch Dressing Applesauce Cup Blended Fruit Juice Ketchup Choice of Milk	TACO MEAT IW Soft Tortilla ^ Salsa Cup HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Mustard Ketchup Refried Beans Fresh Fruit Pineapple Tidbits Tortilla Rounds ^ 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.

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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
08-13-2018	MINI CORN DOGS & CHICKEN FUN MIX	265	14	3	0	46	470	23	2	6	16	22	33	50	1	MMA:2oz G/B:1.5sv WG
	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	
	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	
	CHEESY PARM WRAP ^	317	12	4	0	16	767	35	4	1	18	100	0	192	2	MMA:2oz G/B:2sv WG V:1/4c RO
	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
	Orange Sorbet 100% Juice	70	0	0	0	0	5	19	3	15	0	600	60	60	0	F:1/2c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	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	
08-14-2018	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	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	
	CRUNCHY 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	
	Corn	109	1	0	0	0	4	26	3	3	4	12	8	5	0	V:3/4c S
	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	
	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
	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	
08-15-2018	BEAN & CHEESE BURRITO ^	312	12	5	0	20	513	38	6	1	15	68	1	248	3	MMA:2oz G/B:2sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	TURKEY HAM & CHEESE SANDWICH ^	273	11	6	0	55	754	25	1	3	15	60	1	200	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	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
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	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		

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
08-16-2018	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	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	
	Golden Potato Rounds	163	5	1	0	0	27	27	3	0	3	0	8	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	
	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
	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	
08-17-2018	TACO MEAT	196	10	4	0	40	781	12	1	2	14	292	2	45	2	MMA:2oz V:5/8c RO
	IW Soft Tortilla ^	160	5	0	0	0	130	26	2	0	4	0	0	120	1	G/B:2sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	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	
	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
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-20-2018	PEPPERONI PIZZA	386	16	7	0	36	838	39	3	2	20	68	0	414	2	MMA:2oz G/B:2.5sv WG V:1/4c RO
	DELI SUB SANDWICH ^	287	13	5	0	54	819	30	3	2	14	40	1	151	2	MMA:2oz G/B:2sv WG
	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	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG
	Apple Cherry Juice	60	0	0	0	0	0	15	0	12	0	0	1	11	0	F:1/2c
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	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
08-21-2018	TURKEY HAM & CHEESE PANINI	290	12	6	0	56	783	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	SPICY CHICKEN FILLET ^	270	15	3	0	25	400	17	3	1	15	30	0	40	3	MMA:2oz G/B:1sv WG
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	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	
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Apple Juice	57	0	0	0	0	1	14	0	12	0	0	60	11	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
08-22-2018	CHEESEBURGER	160	12	5	0	42	305	2	0	1	12	32	0	94	1	MMA:2oz
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	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
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Grape Juice	77	0	0	0	0	0	19	0	16	0	0	60	10	1	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	
	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		
08-23-2018	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	
	Breadstick (IW)^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	TACO MEAT	196	10	4	0	40	781	12	1	2	14	292	2	45	2	MMA:2oz V:5/8c RO
	IW Soft Tortilla ^	160	5	0	0	0	130	26	2	0	4	0	0	120	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
	Mixed 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
	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	

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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
08-24-2018	*BREAKFAST FOR LUNCH*	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	
	CRUNCHY 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	
	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
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	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	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		
08-27-2018	MINI CORN DOGS & CHICKEN FUN MIX	265	14	3	0	46	470	23	2	6	16	22	33	50	1	MMA:2oz G/B:1.5sv WG
	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	
	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	
	CHEESY PARM WRAP ^	317	12	4	0	16	767	35	4	1	18	100	0	192	2	MMA:2oz G/B:2sv WG V:1/4c RO
	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
	Orange Sorbet 100% Juice	70	0	0	0	0	5	19	3	15	0	600	60	60	0	F:1/2c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	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	
08-28-2018	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	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	
	CRUNCHY 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	
	Corn	109	1	0	0	0	4	26	3	3	4	12	8	5	0	V:3/4c S
	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	
	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
	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
08-29-2018	BEAN & CHEESE BURRITO ^	312	12	5	0	20	513	38	6	1	15	68	1	248	3	MMA:2oz G/B:2sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	TURKEY HAM & CHEESE SANDWICH ^	273	11	6	0	55	754	25	1	3	15	60	1	200	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	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
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	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		
08-30-2018	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	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	
	Golden Potato Rounds	163	5	1	0	0	27	27	3	0	3	0	8	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	
	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
	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	
08-31-2018	TACO MEAT	196	10	4	0	40	781	12	1	2	14	292	2	45	2	MMA:2oz V:5/8c RO
	IW Soft Tortilla ^	160	5	0	0	0	130	26	2	0	4	0	0	120	1	G/B:2sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	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	
	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
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
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
08-13-2018	MINI CORN DOGS & CHICKEN FUN MIX	X	X					X	X
	BBQ Sauce							X	
	Ketchup								
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	CHEESY PARM WRAP ^	X						X	X
	Country Blend Vegetables								
	Orange Sorbet 100% Juice								
	Diced Pears								
	Chocolate Cookie ^							X	X
Choice of Milk	X								
08-14-2018	CHARBROILED HAMBURGER							X	
	Wrapped Hamburger Bun ^							X	X
	Mustard								
	Ketchup								
	CRUNCHY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Corn								
	Fresh Celery Sticks (IW)								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
Cherry Craisins									
Cheddar Sun Chips ^	X							X	
Choice of Milk	X								
08-15-2018	BEAN & CHEESE BURRITO ^	X						X	X
	Taco Sauce								
	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Mustard								
	SunSet Sip Juice								
	Broccoli								
	Diced Peaches								
	Fresh Fruit								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
08-16-2018	CRISPY CHICKEN PATTY ^							X	X
	Wrapped Hamburger Bun ^							X	X
	BBQ Sauce							X	
	PANCAKES & SAUSAGE ^	X	X					X	X
	Syrup								
	Golden Potato Rounds							X	
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Applesauce Cup								
	Blended Fruit Juice								
	Ketchup								
Choice of Milk	X								
08-17-2018	TACO MEAT							X	
	IW Soft Tortilla ^								X
	Salsa Cup								
	HOT DOG WITH POTATO ROUNDS							X	
	Wrapped Hot Dog Bun ^								X
	Mustard								
	Ketchup								
	Refried Beans							X	
	Fresh Fruit								
	Pineapple Tidbits								
	Tortilla Rounds ^								
Choice of Milk	X								
08-20-2018	PEPPERONI PIZZA	X						X	X
	DELI SUB SANDWICH ^	X						X	X
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Mustard								
	Broccoli								
	Apple Cherry Juice								
	Diced Peaches								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
08-21-2018	TURKEY HAM & CHEESE PANINI	X						X	X
	Mustard								
	SPICY CHICKEN FILLET ^							X	X
	Wrapped Hamburger Bun ^							X	X
	BBQ Sauce							X	
	Tropical Veggie Juice								
	Fresh Celery Sticks (IW)								
	Light Ranch Dressing	X	X					X	
	Pineapple Tidbits								
	Apple Juice								
Choice of Milk	X								
08-22-2018	CHEESEBURGER	X						X	
	Wrapped Hamburger Bun ^							X	X
	Corn								
	HOT DOG WITH POTATO ROUNDS							X	
	Wrapped Hot Dog Bun ^								X
	Diced Carrots								
	Fresh Fruit								
	Grape Juice								
	Ketchup								
	Mustard								
	Cheddar Sun Chips ^	X							X
	Choice of Milk	X							
	08-23-2018	POPCORN CHICKEN ^							X
BBQ Sauce								X	
Breadstick (IW)^								X	X
TACO MEAT								X	
IW Soft Tortilla ^									X
Maple Baked Beans									
Mixed Vegetables									
Fresh Fruit									
Orange Juice									
Choice of Milk		X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
08-24-2018	*BREAKFAST FOR LUNCH*								
	PANCAKES & SAUSAGE	X	X					X	X
	Syrup								
	CRUNCHY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Potato Rounds							X	
	SunSet Sip Juice								
	Fresh Fruit								
	Mixed Fruit Cup								
	Vanilla Cookie ^							X	X
	Ketchup								
Choice of Milk	X								
08-27-2018	MINI CORN DOGS & CHICKEN FUN MIX	X	X					X	X
	BBQ Sauce							X	
	Ketchup								
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	CHEESY PARM WRAP ^	X						X	X
	Country Blend Vegetables								
	Orange Sorbet 100% Juice								
	Diced Pears								
	Chocolate Cookie ^							X	X
Choice of Milk	X								
08-28-2018	CHARBROILED HAMBURGER							X	
	Wrapped Hamburger Bun ^							X	X
	Mustard								
	Ketchup								
	CRUNCHY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Corn								
	Fresh Celery Sticks (IW)								
	Light Ranch Dressing	X	X					X	
	Mixed Fruit Cup								
	Cherry Craisins								
Cheddar Sun Chips ^	X							X	
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
08-29-2018	BEAN & CHEESE BURRITO ^	X						X	X
	Taco Sauce								
	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Mustard								
	SunSet Sip Juice								
	Broccoli								
	Diced Peaches								
	Fresh Fruit								
Choice of Milk	X								
08-30-2018	CRISPY CHICKEN PATTY ^							X	X
	Wrapped Hamburger Bun ^							X	X
	BBQ Sauce							X	
	PANCAKES & SAUSAGE ^	X	X					X	X
	Syrup								
	Golden Potato Rounds							X	
	Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Applesauce Cup								
	Blended Fruit Juice								
	Ketchup								
Choice of Milk	X								
08-31-2018	TACO MEAT							X	
	IW Soft Tortilla ^								X
	Salsa Cup								
	HOT DOG WITH POTATO ROUNDS							X	
	Wrapped Hot Dog Bun ^								X
	Mustard								
	Ketchup								
	Refried Beans							X	
	Fresh Fruit								
	Pineapple Tidbits								
	Tortilla Rounds ^								
	Choice of Milk	X							