



## ELEMENTARY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
July 31, 2017	August 1, 2017	August 2, 2017	August 3, 2017	August 4, 2017
August 7, 2017	August 8, 2017	August 9, 2017	August 10, 2017	August 11, 2017
August 14, 2017	August 15, 2017	August 16, 2017	August 17, 2017	August 18, 2017
August 21, 2017	August 22, 2017	August 23, 2017	August 24, 2017	August 25, 2017
		CRISPY CHICKEN TENDERS (WHOLE GRAIN) French Fries Diced Peaches BBQ Sauce Ketchup Chocolate Chip Minis Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun Maple Baked Beans Grape Juice Mustard Ketchup Milk	SHELLS & CHEESE ^ Tropical Veggie Juice Fresh Fruit Mustard Choice of Milk
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
PEPPERONI PIZZA Whole Kernel Corn Cinnamon Applesauce Milk	TURKEY HAM & CHEESE PANINI Broccoli Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Mustard Milk	WG CHICKEN NUGGETS WITH POTATO ROUNDS Maple Baked Beans Fresh Fruit BBQ Sauce Ketchup Milk	CHEESEBURGER Hamburger Bun Mixed Vegetables Ketchup Mustard Grape 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.



new start to the 2017-2018 school year  
 feature menu days!  
 9/7 Around the World Day  
 9/12 Breakfast for Lunch  
 9/15 Fresh Feature Friday

## Nutritional Information: CICERO EAST

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
08-23-2017	CRISPY CHICKEN TENDERS (WHOLE GRAIN)	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	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
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
	Chocolate Chip Minis	130	6	0	0	0	85	19	2	8	2	0	0	0	0	G/B:1sv WG
	Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-24-2017	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
	Hot Dog Bun	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	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	25	2	0	2	0	0	0	0	0	
	Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-25-2017	SHELLS & CHEESE ^	401	19	11	0	58	810	39	2	9	19	139	1	470	1	MMA:2oz G/B:1sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-28-2017	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
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Cinnamon Applesauce	58	0	0	0	0	3	15	2	13	0	1	1	7	0	F:1/2c
	Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

08-29-2017

TURKEY HAM & CHEESE PANINI	290	12	6	0	56	783	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	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
Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

08-30-2017

WG CHICKEN NUGGETS WITH POTATO ROUNDS	314	16	3	0	30	549	24	3	0	18	0	3	0	3	MMA:2oz G/B:1sv WG V:1/4c S
Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

08-31-2017

CHEESEBURGER	142	8	3	0	37	306	2	0	1	14	32	0	93	1	MMA:2oz
Hamburger Bun	140	2	0	0	0	270	26	2	3	6	0	0	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
Ketchup	10	0	0	0	0	25	2	0	2	0	0	0	0	0	
Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	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



