



JANUARY

Lunch
preferredmeals

MCKINLEY & WOODBINE SCHOOLS LSB - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
PANCAKES & SAUSAGE ^ Potato Rounds SunSet Sip Juice Diced Pears Syrup Ketchup Choice of Milk	FRENCH BREAD CHEESE PIZZA^ Green Beans Applesauce Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Orange Juice Mustard Ketchup (2) Choice of Milk	CHICKEN NUGGETS ^ Marinara Dipping Sauce Broccoli Mixed Fruit Cup Chocolate Cookie ^ Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Sliced Bread ^ (2) Mixed Vegetables Grape Juice Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
PEPPERONI PIZZA ^ Green Beans Apple-Cranberry Juice Choice of Milk	BEAN & CHEESE BURRITO ^ Salad Bar Selections Romaine Salad Cucumber Coins Salsa Cup Light Ranch Dressing Mixed Fruit Cup Choice of Milk	SPECIAL MEAL CHICKEN DRUMSTICK W POTATO ROUNDS Fiesta Beans Blended Fruit Juice Corn Muffin ^ BBQ Sauce Ketchup Choice of Milk	MAC & CHEESE ^ Salad Bar Selections Romaine Salad Diced Tomatoes Crunchy Celery Sticks Light Ranch Dressing Sliced Apples Choice of Milk	SLOPPY JOE Hamburger Bun ^ Corn Fresh Orange Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
	CHICKEN STRIPS W/SWEET POTATO PUFFS ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	GRILLED CHEESE SANDWICH ^ Tropical Veggie Juice Diced Peaches Light Mayonnaise Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Salad Bar Selections Romaine Salad Broccoli Florets Cucumber Coins Light Ranch Dressing Diced Peaches Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Romaine Salad Green Pepper Slices Light Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
CORN DOG ON A STICK^ Corn Grape Juice Mustard Ketchup Choice of Milk	TOASTY TUESDAY** 3 CHEESE PANINI ^ Tomato Soup^ Salad Bar Selections Romaine Salad Pickle Chips Carrot Sticks Light Ranch Dressing Mixed Fruit Cup Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Fresh Orange Choice of Milk	CHILI Corn Muffin ^ Salad Bar Selections Romaine Salad Cauliflower Florets Jalapenos Light Ranch Dressing Sliced Apples 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: MCKINLEY ELEMENTARY 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
01-07-2019	PANCAKES & SAUSAGE ^	282	8	1	0	42	527	30	4	7	22	3	0	130	2	MMA:2.25oz G/B:2sv WG
	Potato Rounds	137	6	1	0	0	275	17	2	0	2	0	0	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 Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	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	
01-08-2019	FRENCH BREAD CHEESE PIZZA^	302	11	5	0	23	679	34	3	4	17	69	2	356	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	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
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-09-2019	HOT DOG W/ POTATO ROUNDS	178	12	4	0	25	498	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c 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	88	3	V:1/2c L
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	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	
01-10-2019	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	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	

01-11-2019	SALISBURY STEAK W/GRAVY & MASHED POTATOES	272	10	2	0	34	888	25	2	2	18	12	59	64	1	MMA:2oz V:1/2c S
	Sliced Bread ^ (2)	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Grape Juice	60	0	0	0	0	15	14	0	13	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	
01-14-2019	PEPPERONI PIZZA ^	317	12	5	0	26	850	34	2	3	16	53	0	344	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	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	
01-15-2019	BEAN & CHEESE BURRITO ^	312	11	6	0	20	443	39	5	2	15	68	1	208	3	MMA:2oz G/B:2.25sv WG
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	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
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	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	
01-16-2019	SPECIAL MEAL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN DRUMSTICK W POTATO ROUNDS	295	16	4	0	107	491	15	1	0	22	17	0	16	1	MMA:2oz V:3/8c S
	Fiesta Beans	232	2	0	0	0	543	42	11	2	14	117	4	131	2	V:1/2c L V:1/8c RO
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv 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	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-17-2019	MAC & CHEESE ^	401	19	11	0	58	828	39	2	9	19	140	0	458	1	MMA:2oz G/B:1sv WG
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Diced Tomatoes	5	0	0	0	0	1	1	0	1	0	11	4	3	0	V:1/8c RO

	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		
	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		
01-18-2019																	
	SLOPPY JOE	182	6	1	0	33	550	16	0	7	16	31	5	32	1	MMA:2oz V:1/2c RO	
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-22-2019																	
	CHICKEN STRIPS W/SWEET POTATO PUFFS ^	336	18	3	0	25	456	28	5	7	16	178	0	3	2	MMA:2oz G/B:1sv WG V:1/4c RO	
	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	
	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		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-23-2019																	
	GRILLED CHEESE SANDWICH ^	339	18	10	0	50	867	29	2	5	15	120	0	339	1	MMA:2oz G/B:2sv WG	
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c	
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-24-2019																	
	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	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG	
	Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	29	15	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		
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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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	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Green Pepper Slices	15	0	0	0	0	2	4	1	2	1	14	61	8	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
	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	
01-28-2019																
	CORN DOG ON A STICK^	280	13	4	0	40	660	31	2	9	9	30	9	60	2	MMA:2oz G/B:2sv WG
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	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	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	
01-29-2019																
	TOASTY TUESDAY**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	3 CHEESE PANINI ^	286	13	7	0	35	533	27	2	2	15	90	0	337	2	MMA:1.5oz G/B:2sv WG
	Tomato Soup^	226	12	2	0	1	633	25	1	5	4	0	0	49	1	G/B:0.5sv WG V:1/2c RO
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	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	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		
01-30-2019																
	BBQ CHICKEN	194	5	2	0	55	453	17	0	10	22	49	1	14	0	MMA:2oz V:1/4c RO
	Hamburger 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
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-31-2019																
	CHILI	179	3	0	0	17	858	24	5	7	13	38	2	45	2	MMA:2oz
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG

Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
Cauliflower Florets	9	0	0	0	0	11	2	1	1	1	0	18	8	0	V:1/4c O
Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
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	

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

