

Laton High School

March 2023

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
		1 Spicy Chicken Burger Beef Mac & Cheese Jicama Fresh Banana White Milk Chocolate Milk Mayonnaise Pkt Ranch Dressing Tapatio Ketchup	2 Subway Turkey Sandwich Corn Dog Carrot Sticks Craisins-Strawberry White Milk Chocolate Milk Mayonnaise Pkt Ranch Dressing Mustard Packet Ketchup	3 Spicy Chicken Burger Cheese Quesadilla Refried Beans Carrot Snackers Diced Peas White Milk Chocolate Milk Mayonnaise Pkt Ketchup Tapatio Ranch Packet	Calories 630 Sodium 1179 mg Total Fat 19.15 g 27.4%
6 Mini Cheeseburgers Chicken Taquito Refried Beans SPANISH RICE Cucumber Diced Peas Tapatio Ranch Packet White Milk Chocolate Milk	7 Subway Ham Sandwich Spicy Chicken Burger Hamburger Bun French Fries Carrot Sticks Mixed Fruit Fresh Apple Ranch Packet Ketchup White Milk Chocolate Milk Mustard Packet	8 Mini Cheeseburgers Mandarin Orange Chicken White Rice Broccoli Sliced Cucumbers Diced Peaches Oranges Ranch Packet White Milk Chocolate Milk	9 Subway Turkey Sandwich Mlni Beef Rib Sun Chips Carrot Snackers Cucumber Pineapple Raisins Ranch Dressing White Milk Chocolate Milk Mustard Packet Mayonnaise Pkt	10 Mini Cheeseburgers Cheese Pizza- Stuffed Green Salad Broccoli Whole Fruit Wild Cherry Cup Mixed Fruit White Milk Chocolate Milk Ranch Packet Ketchup	Calories 716 Sodium 1448 mg Total Fat 20.42 g 25.7%
13 Pepperoni Pizza PB & J Sandwich Sun Chips Cucumbers Carrot Sticks Cantalope Fresh Pineapple White Milk Chocolate Milk Ranch Packet Tapatio Mayonnaise Pkt	14 Subway Ham Sandwich Meatball Sub Sun Chips Baked Beans Salad Mix Cantalope Fresh Diced Peaches White Milk Chocolate Milk Ranch Packet Mayonnaise Pkt Mustard Packet	15 Pepperoni Pizza Spicy Chicken Burger Cucumbers Broccoli Applesauce Fresh Banana White Milk Chocolate Milk Ranch Dressing Mayonnaise Pkt Ketchup Tapatio	16 Subway Turkey Sandwich Beef Burger Tater Tots Salad Mix Cantalope Fresh Mixed Fruit White Milk Chocolate Milk Mayonnaise Pkt Ketchup Ranch Packet Tapatio Mustard Packet	17 Pepperoni Pizza Cheese Breadstick Marinara Cup Carrot Sticks Broccoli Cantalope Fresh Diced Peas White Milk Chocolate Milk Ranch Packet Ketchup Tapatio	Calories 697 Sodium 1494 mg Total Fat 23.50 g 30.3%
20 Chicken Tenders Cheesy Pull Aparts Marinara Cup Broccoli Cucumber Diced Peaches Grapes White Milk Chocolate Milk Ranch Packet	21 Subway Ham Sandwich Beef Burger French Fries Salad Mix Cucumber Mixed Fruit Grapes White Milk Chocolate Milk Ketchup Ranch Packet	22 Southwest Chicken Salad Spicy Chicken Burger Tater Tots Broccoli Grapes Applesauce White Milk Chocolate Milk Mayonnaise Pkt	23 Subway Turkey Sandwich Mlni Beef Rib Vegetarian Beans Carrot Snackers Cucumber Pineapple Grapes White Milk Chocolate Milk Ranch Packet Tapatio	24 Southwest Chicken Salad Cheese Pizza Carrot Snackers Cucumber Diced Peaches Diced Peas White Milk Chocolate Milk Tapatio Ranch Packet	Calories 751 Sodium 1401 mg Total Fat 22.47 g 26.9%
27 PB & J Sandwich Pizza Pocket Broccoli Yam Stick Zucchini, Fresh,Faw Mandarin Oranges Mixed Fruit White Milk Chocolate Milk Ranch Packet Tapatio	28 Subway Ham Sandwich Spicy Chicken Burger Tater Tots Yam Stick Salad Mix Mandarin Oranges Pineapple White Milk Chocolate Milk Mayonnaise Pkt Ketchup Ranch Packet	29 PB & J Sandwich Mini Cheeseburgers Baked Beans Celery Sticks Carrot Snackers Mandarin Oranges Diced Peaches White Milk Chocolate Milk Mayonnaise Pkt	30 Subway Turkey Sandwich Cheez-Its FrenchBread Pizza Green Salad Carrot Sticks Mandarin Oranges Diced Peas White Milk Chocolate Milk Ranch Dressing Mustard Packet Mayonnaise Pkt	31 PBJ Sandwich, Grape Cheese Breadstick Marinara Cup Carrot Sticks Broccoli Cantalope Fresh Diced Peas White Milk Chocolate Milk Ranch Packet Ketchup Tapatio	Calories 780 Sodium 1361 mg Total Fat 22.02 g 25.4%

*Menu subject to change without notice.
This institution is an equal opportunity provider.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.