

Laton Elementary

March 2023

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
		1 Chicken Taquito Refried Beans Carrot Sticks Ranch Packet Grapes White Milk Chocolate Milk	2 Turkey Ham & Chz Sun Chips Broccoli Jicama Mixed Fruit White Milk Chocolate Milk Mustard Packet Mayonnaise Pkt	3 Cheese Pizza Carrot Sticks Jicama Ranch Packet Pineapple Tidbits White Milk Chocolate Milk	Calories 635 Sodium 1208 mg Total Fat 16.76 g 23.8%
6 Beef Taco w/Cheese Refried Beans Tapatio Shredded Lettuce Carrot Sticks Cranberry Craisins White Milk Chocolate Milk	7 Beef Burger French Fries Cranberry Craisins Carrot Snackers Ketchup Mustard Packet White Milk Chocolate Milk	8 Chicken Tenders BBQ Sauce Vegetarian Beans Goldfish Crackers Salad Mix Ranch Packet Mixed Fruit White Milk Chocolate Milk	9 Spaghetti Salad Mix Ranch Packet Carrot Sticks Applesauce White Milk Chocolate Milk	10 Three Cheese Calzone Marinara Cup Broccoli Mandarin Oranges Ranch Packet White Milk Chocolate Milk	Calories 619 Sodium 1094 mg Total Fat 17.29 g 25.1%
13 Mini Corn Dogs French Fries Broccoli Pineapple Ketchup Mustard Packet White Milk Chocolate Milk	14 Popcorn Chicken Tator Tots Sausage Patty Cucumbers Ranch Packet Fresh Pear White Milk Chocolate Milk	15 **Breakfast 4 Lunch** Mini Waffles Sausage Patty HASHBROWNS Jicama Fruit Juice White Milk Chocolate Milk Syrup Ketchup	16 Chili Beans Corn Bread Tapatio Cucumber Carrot Sticks Grapes White Milk Chocolate Milk	17 Cheese Breadsticks Marinara Cup Broccoli Ranch Packet Diced Pears White Milk Chocolate Milk	Calories 617 Sodium 1126 mg Total Fat 21.99 g 32.1%
20 Hot Dog on a Bun Chili Broccoli Applesauce White Milk Chocolate Milk	21 Hamburger on a Bun Broccoli Salad Mix Ranch Packet Mixed Fruit White Milk Chocolate Milk Ketchup Mayonnaise Pkt	22 Pepperoni Pizza Cucumber Carrot Sticks Ranch Packet Fresh Pineapple White Milk Chocolate Milk	23 Teriyaki Beef Dunkers White Rice Broccoli, Steamed Salad Mix Ranch Packet Grapes White Milk Chocolate Milk Ketchup	24 Cheese Quesadilla Refried Beans Carrot Sticks Diced Pears Ranch Packet White Milk Chocolate Milk Tapatio	Calories 568 Sodium 1233 mg Total Fat 18.82 g 29.8%
27 Pizza Pocket Carrot Sticks Celery Sticks Diced Peaches Ranch Packet White Milk Chocolate Milk	28 Chicken Patty Hamburger Bun Tator Tots Baked Beans Fresh Pineapple White Milk Chocolate Milk	29 Totally Taco Broccoli Corn Mixed Fruit Ranch Dressing White Milk Chocolate Milk	30 Macaroni & Cheese Cassarole Carrot Sticks Green Beans Sliced Apples White Milk Chocolate Milk	31 Grilled Cheese Sandwich Broccoli Carrot Sticks Grapes Ranch Dressing White Milk Chocolate Milk	Calories 590 Sodium 1244 mg Total Fat 17.32 g 26.4%

*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.