

**Neill Elementary
Lunch (Elementary Hot), January - 2022**

3 Monday						4 Tuesday						5 Wednesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
NO SCHOOL TODAY						NO SCHOOL TODAY						ENTREES					
												Chef Salad	358	12.3	4.53	39.52	729.9
										Grilled Cheese Sandwich (Vegetarian)	380	20	10	34	1180		
										Popcorn Chicken	260	13	3	17	550		
										VEGETABLES							
										Baked Beans	150	0	0	30	370		
										Carrot Sticks	25	0.15	0.02	5.85	42		
										FRUITS							
										Apple Crisps	40	0	0	10	0		
										Mixed Fruit Cup	70	0	0	19	0		
6 Thursday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	7 Friday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	10 Monday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						ENTREES						ENTREES					
Cheese Quesadilla (Vegetarian)	622	41.24	20.02	34	1630	Beef Nachos	558	35.89	14.72	31.44	993.6	Chef Salad	358	12.3	4.53	39.52	729.9
Chef Salad	358	12.3	4.53	39.52	729.9	Cheese Nachos (Vegetarian)	443	28.8	11.68	30.56	868.1	Chicken Nuggets	260	15	2.5	16	400
Tangerine Chicken	190	4	1	25	380	Chef Salad	358	12.3	4.53	39.52	729.9	Grilled Cheese Sandwich (Vegetarian)	380	20	10	34	1180
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
GRAINS						VEGETABLES						VEGETABLES					
Steamed Brown Rice	45	1.22	0.37	7.87	11.94	Celery Sticks	10	0.12	0.03	2.16	58.06	Combination Salad	12	0.02	0	2.52	3.69
VEGETABLES						Seasoned Corn	82	1.81	0.37	14.72	8.91	Steamed Carrots	54	1.78	0.73	8.75	61.58
Combination Salad	12	0.02	0	2.52	3.69	FRUITS						FRUITS					
Steamed Broccoli	44	1.78	0.73	5.47	34.43	Blue Raspberry Applesauce Cup	70	0	0	17	0	Apple Crisps	40	0	0	10	0
FRUITS						Oranges	69	0.32	0.04	17.43	0	Oranges	69	0.32	0.04	17.43	0
Apple	80	0	0	22	0												
Wild Watermelon Applesauce Cup	60	0	0	17	15												
11 Tuesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	12 Wednesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	13 Thursday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						ENTREES						ENTREES					
Cheeseburger	365	18	7.5	30	765	Chef Salad	358	12.3	4.53	39.52	729.9	Bean & Cheese Burrito (Vegetarian)	310	9	4	40	580
Chef Salad	358	12.3	4.53	39.52	729.9	Chicken Nuggets	260	15	2.5	16	400	Chef Salad	358	12.3	4.53	39.52	729.9
Hamburger	310	13.5	5	29	540	Macaroni & Cheese (Vegetarian)	315	19	10.2	20.78	760.1	Chef Viva's Chicken Quesadillas	447	24.25	10.22	33.22	1161
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Oven Fried Drumstick	342	20.19	4.66	9.32	823.2	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
Veggie Nuggets (Vegetarian)	250	11.25	1.88	25	462.5	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	VEGETABLES					
GRAINS						GRAINS						Beans a la Charra	161	0	0	29.3	253.6
Whole Wheat Roll	170	3	0.5	31	170	Whole Wheat Roll	170	3	0.5	31	170	Celery Sticks	10	0.12	0.03	2.16	58.06
VEGETABLES						VEGETABLES						FRUITS					
Lettuce, Tomato, & Pickle Cup	14	0.02	0	2.85	155.1	Carrot Sticks	25	0.15	0.02	5.85	42	Apple	80	0	0	22	0
Sweet Potato Fries	149	6.51	0.93	20.46	186	Mashed Potatoes	70	1	0	14.03	174.2	Mixed Fruit Cup	70	0	0	19	0
FRUITS						FRUITS											
Applesauce Cup	60	0	0	17	0	Apple Crisps	40	0	0	10	0						
Peach Cup	70	0	0	18	10	Very Strawberry Applesauce Cup	60	0	0	17	0						
14 Friday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	17 Monday						18 Tuesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						NO SCHOOL TODAY MLK DAY						ENTREES					
Cheese Pizza (Vegetarian)	289	12.84	5.62	28.1	393.3							Chef Salad	358	12.3	4.53	39.52	729.9
Chef Salad	358	12.3	4.53	39.52	729.9						Chicken Nuggets	260	15	2.5	16	400	
Pepperoni Pizza	289	13.65	5.62	26.49	465.6						Hot Dog	300	15	5	29	610	
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9						Veggie Nuggets (Vegetarian)	250	11.25	1.88	25	462.5	
VEGETABLES											GRAINS						
Combination Salad	12	0.02	0	2.52	3.69						Whole Wheat Roll	170	3	0.5	31	170	
Seasoned Corn	82	1.81	0.37	14.72	8.91						VEGETABLES						
FRUITS											Broccoli Florets	0	0	0	0	0	
Blue Raspberry Applesauce Cup	70	0	0	17	0						Tater Tots	170	9	1.5	19	230	
Oranges	69	0.32	0.04	17.43	0						FRUITS						
											Oranges	69	0.32	0.04	17.43	0	
											Very Strawberry Applesauce Cup	60	0	0	17	0	
19 Wednesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	20 Thursday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	21 Friday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						ENTREES						ENTREES					
Chef Salad	358	12.3	4.53	39.52	729.9	Cheese Quesadilla (Vegetarian)	622	41.24	20.02	34	1630	Beef Nachos	558	35.89	14.72	31.44	993.6
Grilled Cheese Sandwich (Vegetarian)	380	20	10	34	1180	Chef Salad	358	12.3	4.53	39.52	729.9	Cheese Nachos (Vegetarian)	443	28.8	11.68	30.56	868.1
Popcorn Chicken	260	13	3	17	550	Tangerine Chicken	190	4	1	25	380	Chef Salad	358	12.3	4.53	39.52	729.9
VEGETABLES						Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
Baked Beans	150	0	0	30	370	GRAINS						VEGETABLES					
Carrot Sticks	25	0.15	0.02	5.85	42	Steamed Brown Rice	45	1.22	0.37	7.87	11.94	Celery Sticks	10	0.12	0.03	2.16	58.06
FRUITS						VEGETABLES						Seasoned Corn	82	1.81	0.37	14.72	8.91
Apple Crisps	40	0	0	10	0	Combination Salad	12	0.02	0	2.52	3.69	FRUITS					
						Steamed Broccoli	44	1.78	0.73	5.47	34.43	Blue Raspberry Applesauce Cup	70	0	0	17	0

24 Monday						25 Tuesday						26 Wednesday					
Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)		Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)		Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	
Mixed Fruit Cup	70	0	0	19	0	FRUITS						Oranges	69	0.32	0.04	17.43	0
						Apple	80	0	0	22	0						
						Wild Watermelon Applesauce Cup	60	0	0	17	15						
ENTREES						ENTREES						ENTREES					
Chef Salad	358	12.3	4.53	39.52	729.9	Cheeseburger	365	18	7.5	30	765	Chef Salad	358	12.3	4.53	39.52	729.9
Chicken Nuggets	260	15	2.5	16	400	Chef Salad	358	12.3	4.53	39.52	729.9	Chicken Nuggets	260	15	2.5	16	400
Grilled Cheese Sandwich (Vegetarian)	380	20	10	34	1180	Hamburger	310	13.5	5	29	540	Macaroni & Cheese (Vegetarian)	315	19	10.2	20.78	760.1
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Oven Fried Drumstick	342	20.19	4.66	9.32	823.2
VEGETABLES						Veggie Nuggets (Vegetarian)	250	11.25	1.88	25	462.5	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
Combination Salad	12	0.02	0	2.52	3.69	GRAINS						GRAINS					
Steamed Carrots	54	1.78	0.73	8.75	61.58	Whole Wheat Roll	170	3	0.5	31	170	Whole Wheat Roll	170	3	0.5	31	170
FRUITS						VEGETABLES						VEGETABLES					
Apple Crisps	40	0	0	10	0	Lettuce, Tomato, & Pickle Cup	14	0.02	0	2.85	155.1	Carrot Sticks	25	0.15	0.02	5.85	42
Oranges	69	0.32	0.04	17.43	0	Sweet Potato Fries	149	6.51	0.93	20.46	186	Mashed Potatoes	70	1	0	14.03	174.2
						FRUITS						FRUITS					
						Applesauce Cup	60	0	0	17	0	Apple Crisps	40	0	0	10	0
						Peach Cup	70	0	0	18	10	Very Strawberry Applesauce Cup	60	0	0	17	0
27 Thursday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	28 Friday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	31 Monday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						ENTREES						ENTREES					
Bean & Cheese Burrito (Vegetarian)	310	9	4	40	580	Cheese Pizza (Vegetarian)	289	12.84	5.62	28.1	393.3	Bean & Cheese Burrito (Vegetarian)	310	9	4	40	580
Chef Salad	358	12.3	4.53	39.52	729.9	Chef Salad	358	12.3	4.53	39.52	729.9	Chef Salad	358	12.3	4.53	39.52	729.9
Chef Viva's Chicken Quesadillas	447	24.25	10.22	33.22	1161	Pepperoni Pizza	289	13.65	5.62	26.49	465.6	Mozzarella Cheese Sticks (Vegetarian)	300	12	6	33	440
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Spaghetti & Meat Sauce	300	8.15	3.16	40.08	269.4
VEGETABLES						VEGETABLES						Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
Beans a la Charra	161	0	0	29.3	253.6	Combination Salad	12	0.02	0	2.52	3.69	GRAINS					
Celery Sticks	10	0.12	0.03	2.16	58.06	Seasoned Corn	82	1.81	0.37	14.72	8.91	Garlic Toast	80	1	0	15	140
FRUITS						FRUITS						VEGETABLES					
Apple	80	0	0	22	0	Blue Raspberry Applesauce Cup	70	0	0	17	0	Carrot Sticks	25	0.15	0.02	5.85	42
Mixed Fruit Cup	70	0	0	19	0	Oranges	69	0.32	0.04	17.43	0	Seasoned Green Beans	47	1.78	0.73	6.09	17.82
												FRUITS					
												Apple	80	0	0	22	0
												Peach Cup	50	0	0	14	10

This institution is an equal opportunity provider.