



SEPTEMBER



SCHOOL DISTRICT OF PHILADELPHIA L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
LABOR DAY	CHICKEN STRIPS ^ BBQ Sauce California Blend Veggies Applesauce Cup Fat Free Chocolate Milk 1% White Milk	MINI CORN DOGS ^ Mustard Ketchup CHEESE PIZZA ^ Mixed Vegetables Celery Sticks Light Ranch Dressing Grape Juice Fat Free Chocolate Milk 1% White Milk	RANCH TURKEY BURGER Hamburger Bun ^ Southwest Corn Lettuce & Tomato Light Italian Dressing CHEF SALAD WITH CHICKEN Light Ranch Dressing Diced Pears Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	CHICKEN PATTY Hamburger Bun ^ BBQ Sauce PANCAKES & SAUSAGE ^ Syrup Potato Rounds Carrot Sticks Light Ranch Dressing Sliced Apples Ketchup Fat Free Chocolate Milk 1% White Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
PEPPERONI PIZZA ^ CHICKEN QUESO BURRITO Taco Sauce Southwest Corn Grape Tomatoes Light Ranch Dressing Blended Fruit Juice Fat Free Chocolate Milk 1% White Milk	MEATBALLS & SAUCE Hot Dog Bun ^ TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Garlic Butter Green Beans Carrot Sticks Light Ranch Dressing Diced Pears Fat Free Chocolate Milk 1% White Milk	CHICKEN TACO Mixed Vegetables Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH FAJITA CHICKEN Light Italian Dressing Sliced Apples Tortilla Chips ^ Fat Free Chocolate Milk 1% White Milk	TURKEY & CHEESE ON WHOLE WHEAT BUN Light Mayonnaise CHARBROILED HAMBURGER Hamburger Bun ^ Mustard Ketchup Maple Baked Beans Lettuce & Tomato Light Ranch Dressing Fresh Banana Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	CHEESY BUFFALO CHICKEN ROTINI Sweet Garlic Butter Peas Cucumber Coins Light Ranch Dressing CHEF SALAD W/TURKEY HAM Light French Dressing Fresh Nectarine Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
TURKEY HAM & CHEESE PANINI CHICKEN RANCH FLATBREAD ^ Sweet Maple Butter Carrots Fresh Broccoli Light Ranch Dressing Diced Pears Fat Free Chocolate Milk 1% White Milk	TERIYAKI CHICKEN PATTY SLOPPY JOE Hamburger Bun ^ Mixed Vegetables Celery Sticks Light Ranch Dressing Grape Juice Fat Free Chocolate Milk 1% White Milk	WHOLE GRAIN SPAGHETTI WITH MEATSAUCE Sweet Garlic Butter Peas Cucumber Coins Light Ranch Dressing CHEF SALAD WITH CHICKEN Light Italian Dressing Fresh Banana Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk	FRENCH BREAD CHEESE PIZZA ^ Garlic Butter Green Beans Romaine & Kale Salad Light Italian Dressing CHEF SALAD WITH TURKEY Light Ranch Dressing Fresh Apple Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	CHICKEN NUGGETS BBQ Sauce Fiesta Beans Tossed Garden Salad Light Ranch Dressing Fresh Peach Fat Free Chocolate Milk 1% White Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
Light Ranch Dressing Diced Peaches Fat Free Chocolate Milk 1% White Milk CHICKEN PARMESAN MAC & CHEESE ^ Mixed Vegetables Carrot Sticks	HOT DOG Hot Dog Bun ^ Mustard Ketchup CHEESE PIZZA ^ Sweet Maple Butter Carrots Fresh Broccoli Light Ranch Dressing Blended Fruit Juice Fat Free Chocolate Milk 1% White Milk	TURKEY WITH GRAVY Mashed Potatoes Tossed Garden Salad Light Italian Dressing HEARTY GARDEN SALAD Light Ranch Dressing Fresh Apple Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk	BEEF RIB-B-QUE BBQ CHICKEN Hamburger Bun ^ Southwest Corn Lettuce & Tomato Light Ranch Dressing Fresh Pear Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	NO SCHOOL
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
NO SCHOOL				

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.

www.preferredmeals.com



Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

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	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
09-02-2019	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-03-2019	CHICKEN STRIPS ^	251	15	3	0	23	377	16	2	1	15	23	0	46	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	California Blend Veggies	44	0	0	0	0	58	9	4	4	3	411	53	53	1	V:1/4c RO V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-04-2019	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	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	
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Celery Sticks	10	0	0	0	0	52	2	1	1	0	14	2	26	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-05-2019	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN	141	8	4	0	41	181	4	2	1	14	2152	21	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	

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	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
09-06-2019	CHICKEN PATTY	200	9	2	0	45	290	9	3	0	19	0	0	0	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	PANCAKES & SAUSAGE ^	250	10	2	0	65	420	26	3	6	16	0	0	63	2	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	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
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		
09-09-2019	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
	CHICKEN QUESO BURRITO	310	12	5	0	40	341	34	3	4	19	66	1	133	3	MMA:2oz G/B:2sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Grape Tomatoes	13	0	0	0	0	3	3	1	2	1	32	10	8	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-10-2019	MEATBALLS & SAUCE	215	14	5	1	49	540	9	1	1	14	7	0	27	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.75sv WG
	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD	359	20	10	0	50	847	29	2	5	15	120	0	339	1	MMA:2oz G/B:2sv WG
	Garlic Butter Green Beans	42	1	0	0	0	88	7	2	2	2	22	10	35	1	V:1/2c O
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-11-2019	CHICKEN TACO	124	5	2	0	45	416	7	0	1	14	146	2	71	1	MMA:2oz V:1/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH FAJITA CHICKEN	155	9	5	0	48	259	4	2	1	15	2152	20	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		

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	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
09-12-2019	TURKEY & CHEESE ON WHOLE WHEAT BUN	266	6	2	0	37	846	30	2	4	21	30	0	135	2	MMA:2oz G/B:2sv WG
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	CHARBROILED HAMBURGER	120	0	4	0	40	100	0	0	0	10	0	0	0	1	MMA:2oz
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	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	
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	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
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0		
09-13-2019	CHEESY BUFFALO CHICKEN ROTINI	372	20	9	0	58	709	32	1	8	16	121	0	186	1	MMA:2oz G/B:1sv WG
	Sweet Garlic Butter Peas	90	0	0	0	0	205	15	5	6	6	0	0	24	2	V:1/2c S
	Cucumber Coins	11	0	0	0	0	2	3	0	1	0	24	2	12	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD W/TURKEY HAM	158	9	4	0	50	421	4	2	1	15	2152	21	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Nectarine	45	0	0	0	0	0	11	2	8	1	18	6	6	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-16-2019	TURKEY HAM & CHEESE PANINI	299	13	6	0	56	768	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
	CHICKEN RANCH FLATBREAD ^	341	14	6	0	41	701	32	2	3	21	88	1	420	3	MMA:2oz G/B:2sv WG
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Fresh Broccoli	10	0	0	0	0	11	2	1	1	1	32	28	13	1	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	

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	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
09-17-2019	TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1	MMA:2oz
	SLOPPY JOE	148	6	3	0	21	194	11	0	4	11	44	1	26	2	MMA:2oz V:1/2c RO
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv 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
	Celery Sticks	10	0	0	0	0	52	2	1	1	0	14	2	26	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-18-2019	WHOLE GRAIN SPAGHETTI WITH MEATSAUCE	290	8	3	0	22	424	38	3	7	16	11	0	69	3	MMA:2oz G/B:1sv WG V:3/4c RO
	Sweet Garlic Butter Peas	90	0	0	0	0	205	15	5	6	6	0	0	24	2	V:1/2c S
	Cucumber Coins	11	0	0	0	0	2	3	0	1	0	24	2	12	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN	141	8	4	0	41	181	4	2	1	14	2152	21	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Whole Grain Roll ^	80	2	0	0	0	120	15	2	1	3	0	0	40	1	G/B:1sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-19-2019	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
	Garlic Butter Green Beans	42	1	0	0	0	88	7	2	2	2	22	10	35	1	V:1/2c O
	Romaine & Kale Salad	17	0	0	0	0	14	3	1	1	1	1366	32	40	0	V:1/2c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD WITH TURKEY	147	6	4	0	37	539	4	2	1	17	2152	20	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-20-2019	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	
	CHICKEN NUGGETS	230	13	2	0	20	440	15	3	1	12	20	0	40	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Fiesta Beans	177	0	0	0	0	545	34	8	2	10	118	7	75	3	V:1/2c L V:1/8c RO
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Peach	40	0	0	0	0	0	10	2	9	0	100	7	6	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		

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	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
09-23-2019	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
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	CHICKEN PARMESAN	258	11	2	0	50	494	17	3	3	22	17	0	72	1	MMA:2.25oz G/B:1sv WG V:3/8c RO
	MAC & CHEESE ^	359	14	8	0	37	828	39	2	9	24	13	0	458	1	MMA:2oz 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
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
09-24-2019	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.75sv WG
	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	
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Fresh Broccoli	10	0	0	0	0	11	2	1	1	1	32	28	13	1	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		
09-25-2019	TURKEY WITH GRAVY	102	2	1	0	40	679	4	0	1	19	0	0	30	1	MMA:2oz
	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	HEARTY GARDEN SALAD	94	5	1	0	157	90	6	2	2	7	494	25	69	2	MMA:2oz V:1c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Whole Grain Roll ^	80	2	0	0	0	120	15	2	1	3	0	0	40	1	G/B:1sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
09-26-2019	BEEF RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
	BBQ CHICKEN	162	3	2	0	37	383	17	0	10	17	49	1	14	0	MMA:2oz V:1/4c RO
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	

Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

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
09-27-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-30-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	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