

Mississippi Dept of Education
Coffeeville Lunch 9-12
February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 18 Buffalo Hot Wings Yeast Roll Refried Beans Assorted Vegetable Juice Peas and Carrots Applesauce Fruit Cocktail Chocolate Milk Low Fat Milk Variety of Dipping Sauce	Feb - 19 Taco Soup Chips Turkey & Cheese on Bun Sour Cream Green Beans Baby Carrots w/ Dressing Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Feb - 20 Lemon Pepper Chicken Yeast Roll Mashed Potatoes Green Beans Assorted Vegetable Juice Fruit Cocktail Fresh Fruit Bowl Chocolate Milk Low Fat Milk Assorted Puddings	Feb - 21 Pork Roast Brown Gravy Steamed Brown Rice Macaroni and Cheese Yeast Roll Chicken Patty Sandwich Green Peas Baby Carrots Fruit Cocktail Assorted Fruit Juices Chocolate Milk Low Fat Milk Ketchup Mayonnaise Mustard, PC, MS1538	Feb - 22 Hamburger w/ Trimmings Cheesy Broccoli Baby Carrots w/ Dressing Chilled Peach Slices Fruit Cocktail Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Avg Nutrients Target Cals... 764 100% Chol... 71 mg Sodium. 1208 mg Fiber.. 9.2 g Iron... 4.5* mg Calcium336.6* mg Vit A 5347* IU Vit C 58.0* mg Sugar 53.1*g 27.8%Cal Prot 32.8g 17.2%Cal Carb 107.9g 56.4%Cal T.Fat 23.3g 27.5%Cal S.Fat 6.4g 7.5%Cal
Feb - 25 Ham and Cheese Croissa California Veggies Tomato & Cucumber Sal Cheesy Broccoli Mandarin Fruit Cup Chilled Peach Slices Chocolate Milk Low Fat Milk Mayonnaise Mustard, PC, MS1538	Feb - 26 Seasoned Baked Chicke Yeast Roll Macaroni and Cheese Black-Eyed Peas Glazed Carrots Chilled Peach Slices Fresh Fruit Bowl Chocolate Milk Low Fat Milk Assorted Gelatins with Whipped Topping	Feb - 27 Chicken Fajitas Fiesta Rice California Veggies Pinto Beans Apple and Orange Wedg Chilled Peach Slices Chocolate Milk Low Fat Milk Taco Sauce Assorted Puddings	Feb - 28 Tacos Ole with Chips Chips Green Beans Sweet Potato Casserole Fruit Cocktail Chilled Diced Pears Chocolate Milk Low Fat Milk Taco Sauce		Avg Nutrients Target Cals... 786 100% Chol... 78 mg Sodium. 1293 mg Fiber.. 8.9 g Iron... 4.1* mg Calcium435.6* mg Vit A 7851* IU Vit C 53.6* mg Sugar 53.5*g 27.3%Cal Prot 34.0g 17.3%Cal Carb 110.0g 56.0%Cal T.Fat 24.7g 28.3%Cal S.Fat 9.8g 11.2%Cal

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.