

Georgetown Central School

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 22	Mar - 23	Mar - 24	Mar - 25	Mar - 26	Avg Nutrients Target
BEEF STEW	Waffle Sticks	Lunch Designed by Walter	Pizza - Cheese	Macaroni and Cheese	Cals... 713 107%
Bagel and Cream Cheese	SYRUP,PANCAKE	Chicken Nuggets	Pizza - Pepperoni	Bagel and Cream Cheese	Chol... 52 mg 52%
Yogurt Cup	Bagel and Cream Cheese	Cauliflower, Fresh Steam	Bagel and Cream Cheese	Yogurt Cup	Sodium.. 1167 mg
Whole Wheat Biscuits	Yogurt Cup	FRUIT,FRESH ASSORTE	Yogurt Cup	BROCCOLI	Fiber.. 5.3 g
Fruit Salad	Sausage	BREAD,WHEAT	Veggie Sticks and Dip	APPLES,Fresh	Iron... 3.7 mg 107%
Milk, Lowfat Chocolate	Applesauce	Apple Pie	GRAPES,Fresh	Whole Wheat Sugar Cook	Calcium 529.4 mg 185%
Milk, Lowfat White	OJ	Milk, Lowfat Chocolate	Milk, Lowfat Chocolate	Milk, Lowfat Chocolate	Vit A 2870 IU 257%
Milk, Skim White	Milk, Lowfat Chocolate	Milk, Lowfat White	Milk, Lowfat White	Milk, Lowfat White	Vit A 529 RE 236%
	Milk, Lowfat White	Milk, Skim White	Milk, Skim White	Milk, Skim White	Vit C 36.6 mg 240%
	Milk, Skim White				Prot 27.9g 15.6%Cal
					Carb 104.8g 58.8%Cal
					T.Fat 21.5g 27.2%Cal
					S.Fat 7.0g 8.8%Cal

A bagel with a 1 oz lite cream cheese or a 4 oz fruited yogurt is available daily in place of the main entre'. All side dishes accompany the alternate choice.
Skim milk is now available.

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.