

FOR MORE INFORMATION CALL:
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**SOUTH HAVEN PUBLIC SCHOOL
 CALORIE - CARBOHYDRATE - FAT CONTENT
 WINTER ELEMENTARY CYCLE MENUS**

FIND VALUES ON THE WEB AT:
 WWW.SHPS.ORG

Monday

	Cal	Carb	Fat
Cheese Pizza	301	40g	21g
Pepperoni	300	36g	11g
Sausage	320	34g	12g
Baby carrots	30	7g	0g
Ranch	90	7g	7g
Watermelon	23	6g	0g

Tuesday

	Cal	Carb	Fat
Chicken Chunks	109	40	21
Mashed potatoes	96	18	2
Gravy	38	8	1
Cucumber	2	0	0
Grape Tomatoes(3)	9	3	0
Biscuit	200	26	9
Honey	27	7	0

Wednesday

	Cal	Carb	Fat
Taco Meat	111	5	5
Cheese	50	0	4
Soft Shell	90	15	3
Shredded Lettuce	5	1	0
Salsa	10	2	0
Corn			
Pineapple	80	20	0
Cin. Roll	200	35	4

Thursday

	Cal	Carb	Fat
French Toast (3)	155	24	4
Sausage Links(2)	120	0	12
Starz	140	16	8
Orange Juice	53	13	0

Friday

	Cal	Carb	Fat
Chili (1/2 c)	152	15	5
Saltines (4)	50	10	2
Green Peppers	20	5	0
Peaches	70	17	0

Week 2 - Monday

	Cal	Carb	Fat
Chicken Patty	255	10	17
Bun	110	23	1
Baked Beans	159	36	5
Pears-diced	57	15	0

Tuesday

	Cal	Carb	Fat
Bosco Sticks(2)	300	32	10
Max Sticks (3)	390	45	12
Marinara sauce	40	6	2
Spinach Salad	40	4	0
Italian 1-tbsp	10	1	1
Peaches	50	13	0

Wednesday

	Cal	Carb	Fat
Pasta w/sauce	322	34	11
Tossed Salad	17	4	0
Mixed Fruit	70	18	0
Bread Stick	111	21	1
Ranch (2T)	120	2	12

Thursday

	Cal	Carb	Fat
Chick n' Noodles	244	21	7
Peas/Carrots	60	9	0
Apple Compote	91	22	1
Biscuit	200	26	9

Friday

	Cal	Carb	Fat
Sloppy Joe	345	36	13
Bun	110	23	1
Sweet Tots	130	23	3
Watermelon	40	11	0

Week 3 - Monday

	Cal	Carb	Fat
Chicken Burrito	340	47	11
Refried Beans	185	31	2
Scoops	65	9	3
Corn	33	8	0
Pineapple	75	20	0

Tuesday

	Cal	Carb	Fat
Cheese Pizza	320	32	14
Pepperoni	370	42	15
Sausage	320	34	12
Garden Salad	20	4	0
Ranch	65	0	7
Grapes			

Wednesday

	Cal	Carb	Fat
Tan.Chicken	200	27	4
Rice	184	30	4
Stir-Fry Veggie	15	2	0
Man. Oranges	90	20	0
Fortune Cookie	35	8	0

Thursday

	Cal	Carb	Fat
Hamburger	119	2	0
of Cheese Sl.	52	0	4
Bun	110	20	1
French Fries	111	16	4
Apple Slices	50	10	0
Caramel Dip	108	26	0

Friday

	Cal	Carb	Fat
Mac n' cheese	290	32	11
Baby Carrots	30	7	0
Gelatin w/fruit	105	16	0
Corn Muffin	180	22	9