

# Itawamba County Schools

Monday	Tuesday	Wednesday	Thursday	Friday	
Sep - 3	Sep - 4  Chef Salad Spaghetti & Meat Sauc Whole Wheat Garlic T Potato Plate Seasoned Green Beans Tossed Salad w/ Dressi Assorted Fruit Juices Fresh Oranges Chocolate Pudding Chocolate Milk Strawberry Milk Fat Free Milk Saltine Crackers	Sep - 5  Cereal Yogurt Plate 1 Chicken Fajita Nachos Chicken Salad w/Crack Whole Kernel Corn Raw Veggies with Dip Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Strawberry Milk Hot Sauce Saltine Crackers Mini Saltine Crackers Sugar Cookie	Sep - 6  Potato Plate Chef Salad Brunch for lunch Pancakes Sausage Patty Bacon Strips Hashbrown Potatoes Carrot-Raisin Salad Fresh Bananas Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Jellies Pancake Syrup Saltine Crackers Mini Saltine Crackers	Sep - 7  Chicken and Noodle Casserole Fruit and Yogurt Plate Seasoned Green Beans Quick Baked Potato Yeast Roll Assorted Fruit Juices Pineapple Tidbits Chocolate Milk Fat Free Milk Saltine Crackers Mini Saltine Crackers	
	Nutrients      Target Carb    87.8g    56.7%Cal	Nutrients      Target Carb    111.9g    58.9%Cal	Nutrients      Target Carb    117.3g    55.9%Cal	Nutrients      Target Carb    106.9g    62.9%Cal	
Sep - 10  Chef Salad Ranch Parmesan Pasta Chicken Potato Plate Hamburger w/ Trimmi Cheesy Breadstick Crinkle Cut Fries HS Garden Salad W/Dressing Corn on the Cob Assorted Fruit Juices Rosey Applesauce Chocolate Milk Fat Free Milk Saltine Crackers Southern Mud	Sep - 11  Chef Salad Pigs in a Blanket Pizza Variety Hamburger w/ Trimmi Trimmings Crinkle Cut Fries HS Baked Beans Raw Veggies with Dip Tossed Salad w/ Dressi Assorted Fruit Juices Fresh Watermelon Chu Chocolate Milk Fat Free Milk Assorted Gelatins with Whipped Topping Saltine Crackers Ketchup Mustard, PC, MS1538 Sugar Cookie	Sep - 12  Chicken Crossiant Com Ham and Cheese on Bu Corn Dog Nuggets Hamburger w/ Trimmi Tater Tots Raw Veggies with Dip Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Saltine Crackers Mayonnaise Ketchup Mustard, PC, MS1538 Oatmeal Raisin Cookie	Sep - 13  Chef Salad Chicken with Alfredo Sauce Hamburger w/ Trimmi Pizza Variety Whole Wheat Garlic T Garden Salad W/Dressing Seasoned Green Beans Crinkle Cut Fries HS Assorted Fruit Juices Blushing Chilled Pears Chocolate Milk Fat Free Milk Saltine Crackers Chocolate Pudding Choclate Chip Cookie	Sep - 14  Cereal Yogurt Plate Mandarin Chicken Hamburger w/ Trimmi Pizza Variety Steamed Brown Rice Yeast Roll Green Peas Tossed Salad w/ Dressi Frozen Fruit Juice Cup Fresh Bananas Chocolate Milk Fat Free Milk Saltine Crackers Banana Pudding	
	Nutrients      Target Carb    126.8g    57.7%Cal	Nutrients      Target Carb    96.7g    57.9%Cal	Nutrients      Target Carb    102.0g    49.4%Cal	Nutrients      Target Carb    88.4g    55.3%Cal	Nutrients      Target Carb    136.8g    72.3%Cal

*\*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.**

# Itawamba County Schools

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 17	Sep - 18	Sep - 19	Sep - 20	Sep - 21
Cereal Yogurt Plate Grilled Chicken Sandwi Pizza Variety Hamburger w/ Trimmi Trimmiings Tossed Salad w/ Dressi Tater Tots Assorted Fruit Juices Chilled Peach Slices Chocolate Milk Fat Free Milk Mini Saltine Crackers Saltine Crackers Mayonnaise Mayonnaise Mustard, PC, MS1538 Ketchup Choclate Chip Cookie	Chef Salad Hot Dog Hot Dog Chili Sauce Pizza Variety Hamburger w/ Trimmi Yeast Roll Baked Beans Potato Salad Field Peas Assorted Fruit Juices Blushing Chilled Pears Chocolate Milk Fat Free Milk Mini Saltine Crackers Saltine Crackers Vanilla Pudding	Chef Salad Taco Dorito Hamburger w/ Trimmi Pizza Variety Trimmiings Whole Kernel Corn Baby Carrots w/ Dressi Assorted Fruit Juices Fresh Cantaloupe Cube Chocolate Milk Fat Free Milk Hot Sauce Taco Sauce Southern Mud Salsa Mini Saltine Crackers Saltine Crackers	Fruit and Yogurt Plate Brunch for lunch Potato Plate Sausage Patty Bacon Strips Hashbrown Potatoes Strawberry Yogurt Assorted Fruit Juices Fresh Bananas Chocolate Milk Fat Free Milk Assorted Jellies Mini Saltine Crackers Saltine Crackers Cheese Shred. (Chedd	Chef Salad Cheesy Breadsticks wit Vegetable Beef Soup Loaded Baked Potato S Cheesy Breadstick Raw Veggies with Dip Green Peas Assorted Fruit Juices Chilled Diced Pears Chocolate Milk Fat Free Milk Mini Saltine Crackers Saltine Crackers Ice Cream Cup Variety Cheese Shred. (Chedd
Nutrients      Target Carb 106.4g    56.5%Cal	Nutrients      Target Carb 134.5g    65.3%Cal	Nutrients      Target Carb 128.5g    63.1%Cal	Nutrients      Target Carb 98.3g     52.7%Cal	Nutrients      Target Carb 95.0g     54.0%Cal

Variety of Milk offered daily.  
Water offered daily.

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*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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