

Carteret County Schools

Monday	Tuesday	Wednesday	Thursday	Friday
Jun - 13 Pepperoni Pizza Seasoned Green Bean Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 14 Taco Meat Taco Salad Chips Shredded Cheese Shredded Lettuce Diced Tomatoes Cheesy Refried Beans Fruit Cocktail Salsa Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 15 Grilled Hamburger Hamburger Bun Cheese Slice Lettuce & Tomato Slice Seasoned Green Bean Strawberries w/Toppin Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 16 Chicken Fillet Sandwic Hamburger Bun Saucy Carrot Coins Blueberry Crisp Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 17 Chicken & Rice Burrito Salsa Cheesy Refried Beans Strawberries w/Toppin Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jun - 20 Pepperoni Pizza Seasoned Green Bean Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 21 Taco Meat Taco Salad Chips Shredded Cheese Shredded Lettuce Diced Tomatoes Cheesy Refried Beans Fruit Cocktail Salsa Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 22 Grilled Hamburger Hamburger Bun Cheese Slice Lettuce & Tomato Slice Seasoned Green Bean Strawberries w/Toppin Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 23 Chicken Fillet Sandwic Hamburger Bun Saucy Carrot Coins Blueberry Crisp Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 24 Chicken & Rice Burrito Salsa Cheesy Refried Beans Strawberries w/Toppin Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jun - 27 Pepperoni Pizza Seasoned Green Bean Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 28 Taco Meat Taco Salad Chips Shredded Cheese Shredded Lettuce Diced Tomatoes Cheesy Refried Beans Fruit Cocktail Salsa Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 29 Grilled Hamburger Hamburger Bun Cheese Slice Lettuce & Tomato Slice Seasoned Green Bean Strawberries w/Toppin Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 30 Chicken Fillet Sandwic Hamburger Bun Saucy Carrot Coins Blueberry Crisp Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 1 Chicken & Rice Burrito Salsa Cheesy Refried Beans Strawberries w/Toppin Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jul - 4 HOLIDAY	Jul - 5 Taco Meat Taco Salad Chips Shredded Cheese Shredded Lettuce Diced Tomatoes Cheesy Refried Beans Fruit Cocktail Salsa Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 6 Grilled Hamburger Hamburger Bun Cheese Slice Lettuce & Tomato Slice Seasoned Green Bean Strawberries w/Toppin Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 7 Chicken Fillet Sandwic Hamburger Bun Saucy Carrot Coins Blueberry Crisp Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 8 Chicken & Rice Burrito Salsa Cheesy Refried Beans Strawberries w/Toppin Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk

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.

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Jul - 11 Pepperoni Pizza Seasoned Green Bean Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 12 Taco Meat Taco Salad Chips Shredded Cheese Shredded Lettuce Diced Tomatoes Cheesy Refried Beans Fruit Cocktail Salsa Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 13 Grilled Hamburger Hamburger Bun Cheese Slice Lettuce & Tomato Slice Seasoned Green Bean Strawberries w/Toppin Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 14 Chicken Fillet Sandwic Hamburger Bun Saucy Carrot Coins Blueberry Crisp Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 15 Chicken & Rice Burrito Salsa Cheesy Refried Beans Strawberries w/Toppin Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jul - 18 Pepperoni Pizza Seasoned Green Bean Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 19 Taco Meat Taco Salad Chips Shredded Cheese Shredded Lettuce Diced Tomatoes Cheesy Refried Beans Fruit Cocktail Salsa Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 20 Grilled Hamburger Hamburger Bun Cheese Slice Lettuce & Tomato Slice Seasoned Green Bean Strawberries w/Toppin Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 21 Chicken Fillet Sandwic Hamburger Bun Saucy Carrot Coins Blueberry Crisp Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 22 Chicken & Rice Burrito Salsa Cheesy Refried Beans Strawberries w/Toppin Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jul - 25 Pepperoni Pizza Seasoned Green Bean Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 26 Taco Meat Taco Salad Chips Shredded Cheese Shredded Lettuce Diced Tomatoes Cheesy Refried Beans Fruit Cocktail Salsa Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 27 Grilled Hamburger Hamburger Bun Cheese Slice Lettuce & Tomato Slice Seasoned Green Bean Strawberries w/Toppin Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 28 Chicken Fillet Sandwic Hamburger Bun Saucy Carrot Coins Blueberry Crisp Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 29 Chicken & Rice Burrito Salsa Cheesy Refried Beans Strawberries w/Toppin Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Aug - 1 Pepperoni Pizza Seasoned Green Bean Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 2 Taco Meat Taco Salad Chips Shredded Cheese Shredded Lettuce Diced Tomatoes Cheesy Refried Beans Fruit Cocktail Salsa Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 3 Grilled Hamburger Hamburger Bun Cheese Slice Lettuce & Tomato Slice Seasoned Green Bean Strawberries w/Toppin Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 4 Chicken Fillet Sandwic Hamburger Bun Saucy Carrot Coins Blueberry Crisp Ketchup Mustard : indiv Mayonnaise Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 5 Chicken & Rice Burrito Salsa Cheesy Refried Beans Strawberries w/Toppin Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk

**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.*

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Aug - 15	Aug - 16	Aug - 17	Aug - 18	Aug - 19

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