



JANUARY LUNCH

SCHOOL DISTRICT OF PHILADELPHIA L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
		HOLIDAY BREAK	Sun Butter & Jelly Vegetable Fruit Juice Craisins Crackers Milk	California Blend Veggies Diced Peaches Fat Free Chocolate Milk 1% White Milk CHICKEN NUGGETS ^ BBQ Sauce
January 6, 2020	January 7, 2020	January 8, 2020	January 9, 2020	January 10, 2020
PEPPERONI PIZZA ^ CHICKEN QUESO BURRITO Taco Sauce Southwest Corn Grape Tomatoes Light Ranch Dressing Blended Fruit Juice Fat Free Chocolate Milk 1% White Milk	MEATBALLS & SAUCE Hot Dog Bun ^ TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Sweet Garlic Butter Peas Carrot Sticks Light Ranch Dressing Diced Pears Fat Free Chocolate Milk 1% White Milk	*NEW ITEM* BBQ CHICKEN TOT-CHOS Mixed Vegetables Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH CHICKEN STRIPS Light Italian Dressing Sliced Apples Tortilla Chips ^ Fat Free Chocolate Milk 1% White Milk	CHARBROILED HAMBURGER Mustard Ketchup CHICKEN PATTY ^ BBQ Sauce Baked Beans Lettuce & Tomato Light Ranch Dressing Fresh Banana Hamburger Bun ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk TURKEY WITH GRAVY Sweet Potatoes Fresh Green Beans Light Ranch Dressing CHEF SALAD W/TURKEY HAM Light French Dressing Fresh Orange
January 13, 2020	January 14, 2020	January 15, 2020	January 16, 2020	January 17, 2020
CHICKEN STRIPS ^ BBQ Sauce Baked Beans Fresh Broccoli Light Ranch Dressing Applesauce Cup Fat Free Chocolate Milk 1% White Milk	MINI CORN DOGS ^ Mustard Ketchup CHEESE PIZZA ^ Mixed Vegetables Celery Sticks Light Ranch Dressing Blended Fruit Juice Fat Free Chocolate Milk 1% White Milk	WHOLE GRAIN SPAGHETTI WITH MEATSAUCE Garlic Butter Green Beans Tossed Garden Salad Light Italian Dressing CHEF SALAD WITH CHICKEN Light Ranch Dressing Fresh Banana Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk	BEEF RIB-B-QUE BBQ CHICKEN Hamburger Bun ^ Southwest Corn Lettuce & Tomato Light Ranch Dressing Fresh Orange Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	GENERAL TSO'S CHICKEN & NOODLES ^ Broccoli Carrot Sticks Light Ranch Dressing CHEF SALAD WITH TURKEY Light French Dressing Fresh Pear Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk
January 20, 2020	January 21, 2020	January 22, 2020	January 23, 2020	January 24, 2020
MARTIN LUTHER KING JR.	CHICKEN PARMESAN MAC & CHEESE ^ Mixed Vegetables Grape Tomatoes Light Ranch Dressing Diced Peaches Fat Free Chocolate Milk 1% White Milk	BEEF & BEAN CHILI Southwest Corn Zucchini Coins Light Ranch Dressing CHEF SALAD W/TURKEY HAM Light Italian Dressing Grape Juice Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk	HOT DOG Hot Dog Bun ^ Mustard Ketchup CHEESE PIZZA ^ Sweet Maple Butter Carrots Tossed Garden Salad Light Ranch Dressing Fresh Banana Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	TURKEY & CHEESE SANDWICH ^ Light Mayonnaise Lettuce & Tomato Celery Sticks Light Ranch Dressing CHEF SALAD WITH CHICKEN STRIPS Light Italian Dressing Sliced Apples Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk
January 27, 2020	January 28, 2020	January 29, 2020	January 30, 2020	January 31, 2020
TURKEY HAM & CHEESE PANINI CHICKEN RANCH FLATBREAD ^ Sweet Maple Butter Carrots Fresh Green Beans Light Ranch Dressing Diced Pears Fat Free Chocolate Milk 1% White Milk	TERIYAKI CHICKEN PATTY SLOPPY JOE Hamburger Bun ^ Potato Rounds Celery Sticks Light Ranch Dressing Grape Juice Ketchup Fat Free Chocolate Milk 1% White Milk	FRENCH BREAD CHEESE PIZZA ^ Mixed Vegetables Romaine & Kale Salad Light Italian Dressing CHEF SALAD WITH CHICKEN Light Ranch Dressing Fresh Apple Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk	CHEESE LASAGNA ^ Sweet Garlic Butter Peas Tossed Garden Salad Light Ranch Dressing HEARTY GARDEN SALAD Light Italian Dressing Fresh Orange Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	CHICKEN NUGGETS ^ BBQ Sauce Fiesta Beans Carrot Sticks Light Ranch Dressing Fresh Banana Fat Free Chocolate Milk 1% White Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com

Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-01-2020	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-02-2020	Sun Butter & Jelly Vegetable Fruit Juice Craisins Crackers Milk	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-03-2020	California Blend Veggies	44	0	0	0	0	58	9	4	4	3	411	53	53	1	V:1/4c RO V:1/2c O
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	CHICKEN NUGGETS ^	230	13	2	0	20	440	15	3	1	12	20	0	40	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
01-06-2020	PEPPERONI PIZZA ^	317	12	5	0	26	850	34	2	3	16	53	0	344	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	CHICKEN QUESO BURRITO	310	12	5	0	40	341	34	3	4	19	66	1	133	3	MMA:2oz G/B:2.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Grape Tomatoes	13	0	0	0	0	3	3	1	2	1	32	10	8	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-07-2020	MEATBALLS & SAUCE	215	14	5	1	49	540	9	1	1	14	7	0	27	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.75sv WG
	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD	359	20	10	0	50	847	29	2	5	15	120	0	339	1	MMA:2oz G/B:2sv WG
	Sweet Garlic Butter Peas	90	0	0	0	0	205	15	5	6	6	0	0	24	2	V:1/2c S
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-08-2020	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	BBQ CHICKEN TOT-CHOS	349	14	4	0	47	769	36	2	10	22	49	3	112	1	MMA:2oz V:1/4c RO V:1/2c S
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN STRIPS	153	9	4	0	48	261	3	2	1	15	2115	20	132	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		
01-09-2020	CHARBROILED HAMBURGER	120	0	4	0	40	100	0	0	0	10	0	0	0	1	MMA:2oz
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	CHICKEN PATTY ^	200	9	2	0	45	290	9	3	0	19	0	0	0	1	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0		
01-10-2020	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	TURKEY WITH GRAVY	102	2	1	0	40	679	4	0	1	19	0	0	30	1	MMA:2oz
	Sweet Potatoes	75	0	0	0	0	28	19	3	1	6	4917	14	19	1	V:1/2c RO
	Fresh Green Beans	9	0	0	0	0	0	2	1	1	1	10	4	12	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD W/TURKEY HAM	156	8	4	0	51	423	3	2	1	14	2115	21	132	1	MMA:2oz V:3/4c DG V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c	

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01-13-2020	CHICKEN STRIPS ^	251	15	3	0	23	377	16	2	1	15	23	0	46	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Broccoli	10	0	0	0	0	11	2	1	1	1	32	28	13	1	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-14-2020	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Celery Sticks	10	0	0	0	0	52	2	1	1	0	14	2	26	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-15-2020	WHOLE GRAIN SPAGHETTI WITH MEATSAUCE	290	8	3	0	22	424	38	3	7	16	11	0	69	3	MMA:2oz G/B:1sv WG V:3/4c RO
	Garlic Butter Green Beans	42	1	0	0	0	88	7	2	2	2	22	10	35	1	V:1/2c O
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN	139	8	4	0	41	183	4	2	1	14	2115	21	132	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Whole Grain Roll ^	80	2	0	0	0	120	15	2	1	3	0	0	40	1	G/B:1sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-16-2020	BEEF RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
	BBQ CHICKEN	162	3	2	0	37	383	17	0	10	17	49	1	14	0	MMA:2oz V:1/4c RO
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	

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01-17-2020	GENERAL TSO'S CHICKEN & NOODLES ^	383	15	3	0	22	981	44	5	16	19	39	0	9	3	MMA:2oz G/B:1.5sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH TURKEY	145	6	3	0	37	541	4	2	1	16	2115	20	132	1	MMA:2oz V:3/4c DG V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-20-2020																
	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-21-2020	CHICKEN PARMESAN	258	11	2	0	50	494	17	3	3	22	17	0	72	1	MMA:2.25oz G/B:1sv WG V:3/8c RO
	MAC & CHEESE ^	359	14	8	0	37	828	39	2	9	24	13	0	458	1	MMA:2oz G/B:1sv WG
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Grape Tomatoes	13	0	0	0	0	3	3	1	2	1	32	10	8	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-22-2020	BEEF & BEAN CHILI	197	6	2	0	19	461	24	8	3	13	145	6	66	4	MMA:2oz V:1/2c RO
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Zucchini Coins	11	0	0	0	0	5	2	1	2	1	40	12	11	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD W/TURKEY HAM	156	8	4	0	51	423	3	2	1	14	2115	21	132	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-23-2020	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.75sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	
01-24-2020	TURKEY & CHEESE SANDWICH ^	266	6	2	0	37	846	30	2	4	21	30	0	135	2	MMA:2oz G/B:2sv WG
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	Celery Sticks	10	0	0	0	0	52	2	1	1	0	14	2	26	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN STRIPS	153	9	4	0	48	261	3	2	1	15	2115	20	132	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-27-2020	TURKEY HAM & CHEESE PANINI	299	13	6	0	56	768	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
	CHICKEN RANCH FLATBREAD ^	341	14	6	0	41	701	32	2	3	21	88	1	420	3	MMA:2oz G/B:2sv WG
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Fresh Green Beans	9	0	0	0	0	0	2	1	1	1	10	4	12	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	

Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-28-2020	TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1	MMA:2oz
	SLOPPY JOE	148	6	3	0	21	194	11	0	4	11	44	1	26	2	MMA:2oz V:1/2c RO
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	Celery Sticks	10	0	0	0	0	52	2	1	1	0	14	2	26	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-29-2020	FRENCH BREAD CHEESE PIZZA^	302	11	5	0	23	679	34	3	4	17	69	2	356	2	MMA:1.5oz G/B:2sv V:1/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Romaine & Kale Salad	17	0	0	0	0	14	3	1	1	1	1366	32	40	0	V:1/2c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN	139	8	4	0	41	183	4	2	1	14	2115	21	132	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
01-30-2020	CHEESE LASAGNA ^	284	7	2	0	45	884	38	3	3	18	9	20	105	1	MMA:2oz G/B:1sv WG V:1/2c RO
	Sweet Garlic Butter Peas	90	0	0	0	0	205	15	5	6	6	0	0	24	2	V:1/2c S
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	HEARTY GARDEN SALAD	104	5	2	0	178	101	6	2	1	8	2081	37	71	2	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Whole Grain Roll ^	80	2	0	0	0	120	15	2	1	3	0	0	40	1	G/B:1sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	
01-31-2020	CHICKEN NUGGETS ^	230	13	2	0	20	440	15	3	1	12	20	0	40	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Fiesta Beans	179	0	0	0	0	514	33	8	2	11	118	3	69	3	V:1/2c L V:1/8c RO
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: SCHOOL DISTRICT OF PHILADELPHIA

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-01-2020	HOLIDAY BREAK								
01-02-2020	Sun Butter & Jelly Vegetable Fruit Juice Craisins Crackers Milk								
01-03-2020	California Blend Veggies								
	Diced Peaches								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
	CHICKEN NUGGETS ^							X	X
	BBQ Sauce							X	
01-06-2020	PEPPERONI PIZZA ^	X						X	X
	CHICKEN QUESO BURRITO	X						X	X
	Taco Sauce								
	Southwest Corn								
	Grape Tomatoes								
	Light Ranch Dressing	X	X					X	
	Blended Fruit Juice								
	Fat Free Chocolate Milk	X							
1% White Milk	X								
01-07-2020	MEATBALLS & SAUCE	X						X	
	Hot Dog Bun ^							X	X
	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD	X						X	X
	Sweet Garlic Butter Peas	X							
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	Diced Pears								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-17-2020	GENERAL TSO'S CHICKEN & NOODLES ^	X	X					X	X
	Broccoli								
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	CHEF SALAD WITH TURKEY	X							
	Light French Dressing							X	
	Fresh Pear								
	Corn Muffin ^								X
	Fat Free Chocolate Milk	X							
1% White Milk	X								
01-20-2020	MARTIN LUTHER KING JR.								
01-21-2020	CHICKEN PARMESAN	X						X	X
	MAC & CHEESE ^	X						X	X
	Mixed Vegetables								
	Grape Tomatoes								
	Light Ranch Dressing	X	X					X	
	Diced Peaches								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
01-22-2020	BEEF & BEAN CHILI							X	
	Southwest Corn								
	Zucchini Coins								
	Light Ranch Dressing	X	X					X	
	CHEF SALAD W/TURKEY HAM	X							
	Light Italian Dressing							X	
	Grape Juice								
	Corn Muffin ^								X
	Fat Free Chocolate Milk	X							
1% White Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-23-2020	HOT DOG								
	Hot Dog Bun ^							X	X
	Mustard								
	Ketchup								
	CHEESE PIZZA ^	X						X	X
	Sweet Maple Butter Carrots	X							
	Tossed Garden Salad								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
	Lactose Free Milk								
01-24-2020	TURKEY & CHEESE SANDWICH ^	X						X	X
	Light Mayonnaise		X					X	
	Lettuce & Tomato								
	Celery Sticks								
	Light Ranch Dressing	X	X					X	
	CHEF SALAD WITH CHICKEN STRIPS	X							
	Light Italian Dressing							X	
	Sliced Apples								
	Corn Muffin ^								X
	Fat Free Chocolate Milk	X							
1% White Milk	X								
01-27-2020	TURKEY HAM & CHEESE PANINI	X						X	X
	CHICKEN RANCH FLATBREAD ^	X						X	X
	Sweet Maple Butter Carrots	X							
	Fresh Green Beans								
	Light Ranch Dressing	X	X					X	
	Diced Pears								
	Fat Free Chocolate Milk	X							
1% White Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-28-2020	TERIYAKI CHICKEN PATTY							X	X
	SLOPPY JOE							X	
	Hamburger Bun ^							X	X
	Potato Rounds							X	
	Celery Sticks								
	Light Ranch Dressing	X	X					X	
	Grape Juice								
	Ketchup								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
01-29-2020	FRENCH BREAD CHEESE PIZZA^	X							X
	Mixed Vegetables								
	Romaine & Kale Salad								
	Light Italian Dressing							X	
	CHEF SALAD WITH CHICKEN	X							
	Light Ranch Dressing	X	X					X	
	Fresh Apple								
	Corn Muffin ^								X
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
01-30-2020	CHEESE LASAGNA ^	X	X					X	X
	Sweet Garlic Butter Peas	X							
	Tossed Garden Salad								
	Light Ranch Dressing	X	X					X	
	HEARTY GARDEN SALAD		X						
	Light Italian Dressing							X	
	Fresh Orange								
	Whole Grain Roll ^							X	X
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
01-31-2020	Lactose Free Milk								
	CHICKEN NUGGETS ^							X	X
	BBQ Sauce							X	
	Fiesta Beans								
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Fat Free Chocolate Milk	X							
1% White Milk	X								