



# SCHOOL DISTRICT OF PHILADELPHIA

## L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 3, 2020</b>	<b>February 4, 2020</b>	<b>February 5, 2020</b>	<b>February 6, 2020</b>	<b>February 7, 2020</b>
CHICKEN PARMESAN MAC & CHEESE ^ Sweet Garlic Butter Peas Zucchini Coins Light Italian Dressing Diced Peas Fat Free Chocolate Milk 1% White Milk	BEEF RIB-B-QUE Hamburger Bun ^ MINI CORN DOGS ^ Ketchup Maple Baked Beans Fresh Broccoli Light Ranch Dressing Grape Juice Fat Free Chocolate Milk 1% White Milk	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Coleslaw Carrot Sticks Light Italian Dressing CHEF SALAD W/TURKEY HAM Light Ranch Dressing Sliced Apples Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk	TURKEY & CHEESE ON WHOLE WHEAT BUN Lettuce & Tomato Celery Sticks Light Ranch Dressing Fresh Banana Light Mayonnaise Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	Mustard Tossed Garden Salad Grape Tomatoes Light Ranch Dressing CHEF SALAD WITH CHICKEN Light Italian Dressing Fresh Orange Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk TURKEY HAM & CHEESE ON A BAGEL ^
<b>February 10, 2020</b>	<b>February 11, 2020</b>	<b>February 12, 2020</b>	<b>February 13, 2020</b>	<b>February 14, 2020</b>
PEPPERONI PIZZA ^ CHICKEN QUESO BURRITO Taco Sauce Sweet Maple Butter Carrots Fresh Broccoli Light Ranch Dressing Diced Peaches Fat Free Chocolate Milk 1% White Milk	PANCAKES & SAUSAGE ^ Syrup CHICKEN PATTY Hamburger Bun ^ BBQ Sauce Potato Rounds Grape Tomatoes Light Ranch Dressing Blended Fruit Juice Ketchup Fat Free Chocolate Milk 1% White Milk	BBQ CHICKEN TOT-CHOS Mixed Vegetables Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH FAJITA CHICKEN Light Italian Dressing Fresh Banana Tortilla Chips ^ Fat Free Chocolate Milk 1% White Milk	BEEF & BEAN CHILI Southwest Corn Romaine & Kale Salad Light Italian Dressing CHEF SALAD WITH TURKEY & MUSHROOMS Light Ranch Dressing Sliced Apples Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	CHICKEN NUGGETS ^ Maple Baked Beans Celery Sticks Light Ranch Dressing Fresh Pear BBQ Sauce Fat Free Chocolate Milk 1% White Milk
<b>February 17, 2020</b>	<b>February 18, 2020</b>	<b>February 19, 2020</b>	<b>February 20, 2020</b>	<b>February 21, 2020</b>
PRESIDENTS DAY	TERIYAKI CHICKEN PATTY SLOPPY JOE Hamburger Bun ^ Mixed Vegetables Carrot Sticks Light Ranch Dressing Grape Juice Ketchup Fat Free Chocolate Milk 1% White Milk	CHEESE PIZZA ^ Sweet Maple Butter Carrots Fresh Broccoli Light Ranch Dressing Diced Peas Fat Free Chocolate Milk 1% White Milk HOT DOG Hot Dog Bun ^ Mustard Ketchup	TURKEY WITH GRAVY Mashed Potatoes Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH CHICKEN Light Italian Dressing Fresh Orange Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	CHICKEN TACO Southwest Corn Lettuce & Tomato Light Italian Dressing CHEF SALAD WITH FAJITA CHICKEN Light Ranch Dressing Fresh Banana Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk
<b>February 24, 2020</b>	<b>February 25, 2020</b>	<b>February 26, 2020</b>	<b>February 27, 2020</b>	<b>February 28, 2020</b>
CHICKEN STRIPS ^ French Fries Fresh Broccoli Light Ranch Dressing Blended Fruit Juice BBQ Sauce Ketchup Fat Free Chocolate Milk 1% White Milk	TOASTY TUESDAY** TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD MEATBALLS & SAUCE Hot Dog Bun ^ Tomato Soup^ Zucchini Coins Light Ranch Dressing Diced Peaches Fat Free Chocolate Milk 1% White Milk	Fat Free Chocolate Milk 1% White Milk FRENCH BREAD CHEESE PIZZA^ Garlic Butter Green Beans Celery Sticks Light Ranch Dressing CHEF SALAD WITH FAJITA CHICKEN Light Italian Dressing Fresh Banana Tortilla Chips ^	CHARBROILED HAMBURGER Mustard Ketchup BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Lettuce & Tomato Light Italian Dressing Sliced Apples Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	TURKEY & CHEESE SANDWICH ^ Light Mayonnaise Tossed Garden Salad Carrot Sticks Light Ranch Dressing HEARTY GARDEN SALAD Light Italian Dressing Fresh Orange Corn Muffin ^ 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](http://preferredmealsmenu.com)

## 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
02-03-2020	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
	Sweet Garlic Butter Peas	90	0	0	0	0	205	15	5	6	6	0	0	24	2	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 Italian Dressing	10	0	0	0	0	170	2	0	2	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	
02-04-2020	BEEF RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Maple 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	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	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	
02-05-2020	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD	360	20	10	0	50	840	30	2	6	14	120	0	300	1	MMA:2oz G/B:2sv WG
	Coleslaw	145	11	2	0	5	227	11	1	9	1	93	19	53	0	V:3/4c O
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD W/TURKEY HAM	166	10	5	0	53	458	3	2	1	15	2185	21	224	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	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	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	
02-06-2020	TURKEY & CHEESE ON WHOLE WHEAT BUN	266	6	2	0	37	846	30	2	4	21	30	0	135	2	MMA:2oz G/B:2sv WG
	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	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	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	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	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
02-07-2020	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	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
	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	
	CHEF SALAD WITH CHICKEN	149	9	5	0	44	218	4	2	1	14	2185	21	224	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	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	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	
	TURKEY HAM & CHEESE ON A BAGEL ^	316	10	4	0	59	792	36	3	2	20	30	16	115	3	MMA:2oz G/B:2sv WG
02-10-2020	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	318	13	6	0	42	370	34	3	4	20	124	1	210	3	MMA:2oz G/B:2.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	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	
	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	
02-11-2020	PANCAKES & SAUSAGE ^	250	10	2	0	65	420	26	3	6	16	0	0	63	2	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	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
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	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
	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		



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02-18-2020	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
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c 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	
	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	
02-19-2020	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
	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	
	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	
	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		
02-20-2020	TURKEY WITH GRAVY	102	2	1	0	40	679	4	0	1	19	0	0	30	1	MMA:2oz
	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	0	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	
	CHEF SALAD WITH CHICKEN	149	9	5	0	44	218	4	2	1	14	2185	21	224	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	
	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		

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02-21-2020	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	1	MMA:2oz V:1/4c RO
	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 Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD WITH FAJITA CHICKEN	163	10	6	0	50	296	3	2	1	15	2185	20	224	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
	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	
02-24-2020	CHICKEN STRIPS ^	251	15	3	0	23	377	16	2	1	15	23	0	46	2	MMA:2oz G/B:1sv WG
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	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	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	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	
02-25-2020	TOASTY TUESDAY**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD	360	20	10	0	50	840	30	2	6	14	120	0	300	1	MMA:2oz G/B:2sv WG
	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
	Tomato Soup^	226	12	2	0	1	633	25	1	5	4	0	0	49	1	G/B:0.5sv WG V:1/2c RO
	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	
	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	
02-26-2020	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	
	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
	Garlic Butter Green Beans	42	1	0	0	0	88	7	2	2	2	22	10	35	1	V:1/2c O
	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 FAJITA CHICKEN	163	10	6	0	50	296	3	2	1	15	2185	20	224	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	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	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

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02-27-2020	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	
	BBQ CHICKEN	179	4	2	0	46	418	17	0	10	20	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
	Maple 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 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
	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	
02-28-2020	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	
	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
	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	
	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
	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		

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
02-07-2020	Mustard								
	Tossed Garden Salad								
	Grape Tomatoes								
	Light Ranch Dressing	X	X					X	
	CHEF SALAD WITH CHICKEN	X							
	Light Italian Dressing							X	
	Fresh Orange								
	Corn Muffin ^								X
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
	TURKEY HAM & CHEESE ON A BAGEL ^	X						X	X
02-10-2020	PEPPERONI PIZZA ^	X						X	X
	CHICKEN QUESO BURRITO	X						X	X
	Taco Sauce								
	Sweet Maple Butter Carrots	X							
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Diced Peaches								
	Fat Free Chocolate Milk	X							
1% White Milk	X								
02-11-2020	PANCAKES & SAUSAGE ^	X	X					X	X
	Syrup								
	CHICKEN PATTY							X	X
	Hamburger Bun ^							X	X
	BBQ Sauce							X	
	Potato Rounds							X	
	Grape Tomatoes								
	Light Ranch Dressing	X	X					X	
	Blended Fruit Juice								
	Ketchup								
	Fat Free Chocolate Milk	X							
1% White Milk	X								







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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-27-2020	CHARBROILED HAMBURGER								
	Mustard								
	Ketchup								
	BBQ CHICKEN							X	
	Hamburger Bun ^							X	X
	Maple Baked Beans								
	Lettuce & Tomato								
	Light Italian Dressing							X	
	Sliced Apples								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
	Lactose Free Milk								
02-28-2020	TURKEY & CHEESE SANDWICH ^	X						X	X
	Light Mayonnaise		X					X	
	Tossed Garden Salad								
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	HEARTY GARDEN SALAD		X						
	Light Italian Dressing							X	
	Fresh Orange								
	Corn Muffin ^								X
	Fat Free Chocolate Milk	X							
1% White Milk	X								