



SCHOOL DISTRICT OF PHILADELPHIA

L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
March 2, 2020	March 3, 2020	March 4, 2020	March 5, 2020	March 6, 2020
NATIONAL BREAKFAST WEEK PANCAKES & SAUSAGE ^ Syrup TURKEY HAM & CHEESE PANINI Potato Rounds Cucumber Coins Light Ranch Dressing Applesauce Cup Ketchup Fat Free Chocolate Milk 1% White Milk	CHICKEN NUGGETS ^ BBQ Sauce Baked Beans Fresh Broccoli Light Ranch Dressing Fresh Orange Fat Free Chocolate Milk 1% White Milk	CHICKEN ALFREDO PASTA ^ Mixed Vegetables Romaine & Kale Salad Light Ranch Dressing CHEF SALAD WITH TURKEY Light Italian Dressing Sliced Apples Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk	*WALKING TACO* CHEESY TACO MEAT Southwest Corn Shredded Lettuce Chipotle Ranch CHEF SALAD WITH CHICKEN STRIPS Light French Dressing Fresh Banana Wild White Nacho Doritos^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	1% White Milk CHEESE PIZZA ^ HOT DOG Hot Dog Bun ^ Mustard Ketchup Sweet Maple Butter Carrots Fresh Broccoli Light Ranch Dressing Grape Juice Fat Free Chocolate Milk
March 9, 2020	March 10, 2020	March 11, 2020	March 12, 2020	March 13, 2020
SLOPPY JOE CHICKEN PATTY BBQ Sauce Garlic Butter Green Beans Grape Tomatoes Light Ranch Dressing Diced Peaches Hamburger Bun ^ Fat Free Chocolate Milk 1% White Milk	MINI CORN DOGS ^ Mustard Ketchup CHEESE PIZZA ^ Sweet Maple Butter Carrots Fresh Broccoli Light Ranch Dressing Fresh Pear Fat Free Chocolate Milk 1% White Milk	BBQ CHICKEN TATER TOT-CHOS Southwest Corn Celery Sticks Light Ranch Dressing CHEF SALAD W/TURKEY HAM Light Italian Dressing Fresh Banana Tortilla Chips ^ Fat Free Chocolate Milk 1% White Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Mustard Ketchup CHICKEN QUESO BURRITO ^ Taco Sauce Fiesta Beans Lettuce & Tomato Light Ranch Dressing Blended Fruit Juice Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	MAC & CHEESE ^ Mixed Vegetables Hydro Bibb Lettuce Salad Light French Dressing HEARTY GARDEN SALAD Light Italian Dressing Fresh Apple Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
BEEF RIB-B-QUE TERIYAKI CHICKEN PATTY Baked Beans Carrot Sticks Light Ranch Dressing Blended Fruit Juice Hamburger Bun ^ Fat Free Chocolate Milk 1% White Milk	CHICKEN STRIPS ^ BBQ Sauce Potato Rounds Fresh Broccoli Light Ranch Dressing Cherry Craisins Ketchup Fat Free Chocolate Milk 1% White Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH CHICKEN Light French Dressing Fresh Orange Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk	TURKEY & CHEESE ON WHOLE WHEAT BUN Light Mayonnaise PEPPERONI PIZZA ^ Sweet Maple Butter Carrots Lettuce & Tomato Light Ranch Dressing Fresh Pear Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	*NATIONAL RAVIOLI DAY* MINI CHEESE RAVIOLI WITH SAUCE ^ Sweet Garlic Butter Peas Celery Sticks Light Ranch Dressing CHEF SALAD WITH CHICKEN STRIPS Light Italian Dressing Fresh Banana Breadstick ^ Fat Free Chocolate Milk 1% White Milk
March 23, 2020	March 24, 2020	March 25, 2020	March 26, 2020	March 27, 2020
CHICKEN PARMESAN MAC & CHEESE ^ Mixed Vegetables Fresh Broccoli Light Ranch Dressing Grape Juice Fat Free Chocolate Milk 1% White Milk	TURKEY HAM & CHEESE PANINI CHICKEN RANCH FLATBREAD ^ Southwest Corn Carrot Sticks Light Ranch Dressing Diced Peaches 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 Sliced Apples Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk	CHICKEN PATTY BBQ Sauce CHARBROILED HAMBURGER Mustard Ketchup Baked Beans Lettuce & Tomato Light Ranch Dressing Fresh Banana Hamburger Bun ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	FRENCH BREAD CHEESE PIZZA^ Sweet Maple Butter Carrots Zucchini Coins Light Italian Dressing CHEF SALAD WITH TURKEY Light Ranch Dressing Fresh Pear Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk
March 30, 2020	March 31, 2020	April 1, 2020	April 2, 2020	April 3, 2020
CHICKEN NUGGETS ^ BBQ Sauce Baked Beans Zucchini Coins Light Ranch Dressing Diced Peaches Fat Free Chocolate Milk 1% White Milk	TOASTY TUESDAY** TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD MEATBALLS & SAUCE Hot Dog Bun ^ Tomato Soup^ Fresh Broccoli Light Ranch Dressing Fresh Orange 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
03-02-2020	*NATIONAL BREAKFAST WEEK*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	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	
	TURKEY HAM & CHEESE PANINI	299	13	6	0	56	768	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	Cucumber Coins	11	0	0	0	0	2	3	0	1	0	24	2	12	0	V:1/2c O
	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
	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	
03-03-2020	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	
	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	
	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	
03-04-2020	CHICKEN ALFREDO PASTA ^	350	18	8	0	56	545	31	2	6	17	97	0	247	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
	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 Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH TURKEY	155	8	4	0	40	576	4	2	1	16	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	
	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	

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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
03-05-2020	*WALKING TACO*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHEESY TACO MEAT	181	12	6	0	40	429	7	2	2	12	149	0	125	2	MMA:2oz
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Shredded Lettuce	7	0	0	0	0	9	1	1	0	0	3284	4	23	0	V:1/2c RO
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0	
	CHEF SALAD WITH CHICKEN STRIPS	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 French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv 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	
03-06-2020	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	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
	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	
	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	
	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	
03-09-2020	SLOPPY JOE	148	6	3	0	21	194	11	0	4	11	44	1	26	2	MMA:2oz V:1/2c RO
	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	
	Garlic Butter Green Beans	42	1	0	0	0	88	7	2	2	2	22	10	35	1	V:1/2c 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	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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	

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03-10-2020	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
	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	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	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	
03-11-2020	BBQ CHICKEN TATER 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
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	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	
	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 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
	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	
03-12-2020	CHARBROILED HAMBURGER	120	0	4	0	40	100	0	0	0	10	0	0	0	1	MMA:2oz
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	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	
	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	
	Fiesta Beans	179	0	0	0	0	514	33	8	2	11	118	3	69	3	V:1/2c L V:1/8c RO
	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	
	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	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	

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03-13-2020	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
	Hydro Bibb Lettuce Salad	6	0	0	0	0	3	1	1	0	1	501	2	18	1	V:1/2c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	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 Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	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	
03-16-2020	BEEF RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
	TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1	MMA:2oz
	Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	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	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	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	
03-17-2020	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	
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	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	
	Cherry Craisins	110	0	0	0	0	0	28	3	24	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	
03-18-2020	HOMESTYLE SALISBURY STEAK W/GRAVY	112	5	2	0	30	434	6	1	1	11	9	2	21	2	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 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
	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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03-19-2020	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
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	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
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	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 Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	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	
03-20-2020	*NATIONAL RAVIOLI DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	MINI CHEESE RAVIOLI WITH SAUCE ^	300	7	2	0	50	859	41	3	4	19	10	0	105	2	MMA:2oz G/B:1.25sv 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
	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	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
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	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	
03-23-2020	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
	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	
03-24-2020	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
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	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 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	

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
03-25-2020	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	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 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	
03-26-2020	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	
	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	
	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	
03-27-2020	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
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	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 Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD WITH TURKEY	155	8	4	0	40	576	4	2	1	16	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 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	

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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
03-30-2020	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	
	Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	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	
03-31-2020	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
	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	
	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	

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
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
BW-HF = High Fiber Food BW-PRO = Probiotics

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-02-2020	*NATIONAL BREAKFAST WEEK*								
	PANCAKES & SAUSAGE ^	X	X					X	X
	Syrup								
	TURKEY HAM & CHEESE PANINI	X						X	X
	Potato Rounds							X	
	Cucumber Coins								
	Light Ranch Dressing	X	X					X	
	Applesauce Cup								
	Ketchup								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-03-2020	CHICKEN NUGGETS ^							X	X
	BBQ Sauce							X	
	Baked Beans								
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Fresh Orange								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-04-2020	CHICKEN ALFREDO PASTA ^	X						X	X
	Mixed Vegetables								
	Romaine & Kale Salad								
	Light Ranch Dressing	X	X					X	
	CHEF SALAD WITH TURKEY	X							
	Light Italian Dressing							X	
	Sliced Apples								
	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
03-05-2020	*WALKING TACO*								
	CHEESY TACO MEAT	X						X	
	Southwest Corn								
	Shredded Lettuce								
	Chipotle Ranch	X	X						
	CHEF SALAD WITH CHICKEN STRIPS	X							
	Light French Dressing							X	
	Fresh Banana								
	Wild White Nacho Doritos^	X							
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
	Lactose Free Milk								
03-06-2020	1% White Milk	X							
	CHEESE PIZZA ^	X						X	X
	HOT DOG								
	Hot Dog Bun ^							X	X
	Mustard								
	Ketchup								
	Sweet Maple Butter Carrots	X							
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Grape Juice								
	Fat Free Chocolate Milk	X							
03-09-2020	SLOPPY JOE							X	
	CHICKEN PATTY							X	X
	BBQ Sauce							X	
	Garlic Butter Green Beans	X							
	Grape Tomatoes								
	Light Ranch Dressing	X	X					X	
	Diced Peaches								
	Hamburger Bun ^							X	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
03-10-2020	MINI CORN DOGS ^	X	X					X	X
	Mustard								
	Ketchup								
	CHEESE PIZZA ^	X						X	X
	Sweet Maple Butter Carrots	X							
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Fresh Pear								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-11-2020	BBQ CHICKEN TATER TOT-CHOS	X						X	
	Southwest Corn								
	Celery Sticks								
	Light Ranch Dressing	X	X					X	
	CHEF SALAD W/TURKEY HAM	X							
	Light Italian Dressing							X	
	Fresh Banana								
	Tortilla Chips ^								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-12-2020	CHARBROILED HAMBURGER								
	Hamburger Bun ^							X	X
	Mustard								
	Ketchup								
	CHICKEN QUESO BURRITO ^	X						X	X
	Taco Sauce								
	Fiesta Beans								
	Lettuce & Tomato								
	Light Ranch Dressing	X	X					X	
	Blended Fruit Juice								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
	Lactose Free Milk								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-13-2020	MAC & CHEESE ^	X						X	X
	Mixed Vegetables								
	Hydro Bibb Lettuce Salad								
	Light French Dressing							X	
	HEARTY GARDEN SALAD		X						
	Light Italian Dressing							X	
	Fresh Apple								
	Whole Grain Roll ^							X	X
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-16-2020	BEEF RIB-B-QUE							X	
	TERIYAKI CHICKEN PATTY							X	X
	Baked Beans								
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	Blended Fruit Juice								
	Hamburger Bun ^							X	X
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-17-2020	CHICKEN STRIPS ^							X	X
	BBQ Sauce							X	
	Potato Rounds							X	
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Cherry Craisins								
	Ketchup								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-18-2020	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	Mashed Potatoes	X						X	
	Tossed Garden Salad								
	Light Ranch Dressing	X	X					X	
	CHEF SALAD WITH CHICKEN	X							
	Light French Dressing							X	
	Fresh Orange								
	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
03-19-2020	TURKEY & CHEESE ON WHOLE WHEAT BUN	X						X	X
	Light Mayonnaise		X					X	
	PEPPERONI PIZZA ^	X						X	X
	Sweet Maple Butter Carrots	X							
	Lettuce & Tomato								
	Light Ranch Dressing	X	X					X	
	Fresh Pear								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
	Lactose Free Milk								
03-20-2020	*NATIONAL RAVIOLI DAY*								
	MINI CHEESE RAVIOLI WITH SAUCE ^	X	X					X	X
	Sweet Garlic Butter Peas	X							
	Celery Sticks								
	Light Ranch Dressing	X	X					X	
	CHEF SALAD WITH CHICKEN STRIPS	X							
	Light Italian Dressing							X	
	Fresh Banana								
	Breadstick ^							X	X
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-23-2020	CHICKEN PARMESAN	X						X	X
	MAC & CHEESE ^	X						X	X
	Mixed Vegetables								
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Grape Juice								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-24-2020	TURKEY HAM & CHEESE PANINI	X						X	X
	CHICKEN RANCH FLATBREAD ^	X						X	X
	Southwest Corn								
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	Diced Peaches								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-25-2020	WHOLE GRAIN SPAGHETTI WITH MEATSAUCE	X						X	X
	Garlic Butter Green Beans	X							
	Tossed Garden Salad								
	Light Italian Dressing							X	
	CHEF SALAD WITH CHICKEN	X							
	Light Ranch Dressing	X	X					X	
	Sliced Apples								
	Whole Grain Roll ^							X	X
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-26-2020	CHICKEN PATTY							X	X
	BBQ Sauce							X	
	CHARBROILED HAMBURGER								
	Mustard								
	Ketchup								
	Baked Beans								
	Lettuce & Tomato								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Hamburger Bun ^							X	X
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
	Lactose Free Milk								
03-27-2020	FRENCH BREAD CHEESE PIZZA^	X							X
	Sweet Maple Butter Carrots	X							
	Zucchini Coins								
	Light Italian Dressing							X	
	CHEF SALAD WITH TURKEY	X							
	Light Ranch Dressing	X	X					X	
	Fresh Pear								
	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
03-30-2020	CHICKEN NUGGETS ^							X	X
	BBQ Sauce							X	
	Baked Beans								
	Zucchini Coins								
	Light Ranch Dressing	X	X					X	
	Diced Peaches								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							
03-31-2020	TOASTY TUESDAY**								
	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD	X						X	X
	MEATBALLS & SAUCE	X						X	
	Hot Dog Bun ^							X	X
	Tomato Soup^	X						X	X
	Fresh Broccoli								
	Light Ranch Dressing	X	X					X	
	Fresh Orange								
	Fat Free Chocolate Milk	X							
	1% White Milk	X							