

Early Childhood Lunch

October 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
October 1-5, 2018	Cheese Quesadilla ^v Cucumber Coins w/ Dressing Fresh Apple Slices Nonfat & Lowfat Milk	Teriyaki Grilled Chicken w/ Vegetables & Brown Rice Lemon Roasted Broccoli Orange Smiles Nonfat & Lowfat Milk	Korean BBQ Turkey Taco w/ Pineapple Slaw Steamed Carrots Applesauce Cup Nonfat & Lowfat Milk	Grilled Cheese Sandwich ^v Roasted Corn Chilled Peaches Nonfat & Lowfat Milk	Classic Cheese Pizza ^v Garden Side Salad Diced Pears Nonfat & Lowfat Milk
October 8-12, 2018	NO SCHOOL	Turkey Sausage & Maple Pancakes Sweet Potato Wedges Chilled Peaches Nonfat & Lowfat Milk	Turkey Chili w/ Whole Grain Honey Corn Biscuit Collard Greens Mixed Fruit Salad Nonfat & Lowfat Milk	Garden Burger ^v Mashed Potatoes Banana Half Nonfat & Lowfat Milk	Turkey Macaroni Cucumber Coins w/ Dressing Chilled Pears Nonfat & Lowfat Milk
October 15-19, 2018	Oven Baked Lasagna ^v Roasted Ginger Kale Fresh Apple Slices Nonfat & Lowfat Milk	Classic Cheese Pizza ^v Citrus Glazed Carrots Orange Smiles Nonfat & Lowfat Milk	Traditional Cheeseburger Cucumber Coins w/ Dressing Banana Half Nonfat & Lowfat Milk	Sunbutter & Jelly Sandwich ^v Roasted Kale & Sweet Potatoes Chilled Peaches Nonfat & Lowfat Milk	Cheesy Omelet w/ Pancakes ^v Roasted Potatoes Applesauce Cup Nonfat & Lowfat Milk
October 22-26, 2018	Turkey Burger Seasoned Potato Wedges Applesauce Nonfat & Lowfat Milk	Thai Lemongrass Chicken w/ Brown Rice Sesame Carrots Chilled Pineapple Nonfat & Lowfat Milk	Turkey Tacos Roasted Corn Mixed Fruit Salad Nonfat & Lowfat Milk	NO SCHOOL	NO SCHOOL
October 29-Nov 2, 2018	Glorious Macaroni & Cheese Roasted Kale & Sweet Potatoes Mixed Fruit Salad Nonfat & Lowfat Milk	Cheese Quesadilla ^v Cucumber Coins w/ Dressing Chilled Peaches Nonfat & Lowfat Milk	Chipotle Chicken Sandwich Sweet Potato Wedges Applesauce Nonfat & Lowfat Milk	Sweet & Sour Chicken w/ Brown Rice Asian Veggie Blend Chilled Pears Nonfat & Lowfat Milk	Chicken Parm Pasta Parmesan Roasted Broccoli Orange Smiles Nonfat & Lowfat Milk

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Weekly Nutrient Summary

Menu Names: ECE Lunch W1
 Site Group: Inspire
 Serving Group: Pre K

Meal Pattern: CACFP
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5		Actual Value	% of Calories
Calories (Kcal)	649.75	704.47	552.24	719.19	607.77		646.68(M)	
Fat (g)	22.66 (31.39%)	23.39 (29.88%)	10.68 (17.40%)	17.40 (21.78%)	20.87 (30.90%)		19.00(M)	26.44%
Sfat (g)	7.05 (9.76%)	4.96 (6.34%)	2.51 (4.08%)	6.37 (7.97%)	7.43 (11.00%)		5.66(M)	7.88%
TFat (g)	0.00	0.04	0.00	0.00	0.01		0.01(M)	
Sodium Target 1 (mg)	913.38	1024.96	1436.03	1459.21	919.94		1,150.70(M)	
Sodium Target 2 (mg)	913.38	1024.96	1436.03	1459.21	919.94		1,150.70(M)	
Carb (g)	78.91 (48.58%)	74.02 (42.03%)	87.56 (63.42%)	107.43 (59.75%)	76.08 (50.07%)		84.80(M)	52.45%
Pro (g)	40.67 (25.04%)	54.42 (30.90%)	31.24 (22.63%)	39.57 (22.01%)	30.02 (19.76%)		39.18(M)	24.24%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: ECE Lunch W2
 Site Group: Inspire
 Serving Group: Pre K

Meal Pattern: CACFP
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4		Actual Value	% of Calories
Calories (Kcal)	690.94	612.62	628.65	598.60		632.70(M)	
Fat (g)	27.30 (35.56%)	18.54 (27.23%)	14.30 (20.47%)	13.45 (20.22%)		18.40(M)	26.17%
Sfat (g)	5.87 (7.65%)	8.36 (12.28%)	4.01 (5.73%)	5.07 (7.62%)		5.83(M)	8.29%
TFat (g)	3.15	0.00	0.00	0.01		0.79(M)	
Sodium Target 1 (mg)	784.28	1155.99	1685.53	934.13		1,139.98(M)	
Sodium Target 2 (mg)	784.28	1155.99	1685.53	934.13		1,139.98(M)	
Carb (g)	84.30 (48.80%)	84.65 (55.27%)	97.50 (62.04%)	89.96 (60.11%)		89.10(M)	56.33%
Pro (g)	26.26 (15.20%)	30.27 (19.77%)	30.45 (19.38%)	34.92 (23.34%)		30.48(M)	19.27%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: ECE Lunch W3
 Site Group: Inspire
 Serving Group: Pre K

Meal Pattern: CACFP
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5		Actual Value	% of Calories
Calories (Kcal)	554.40	554.86	698.06	631.60	571.75		602.13(M)	
Fat (g)	10.49 (17.02%)	14.37 (23.31%)	14.17 (18.27%)	28.85 (41.11%)	15.56 (24.49%)		16.69(M)	24.94%
Sfat (g)	4.08 (6.62%)	5.76 (9.34%)	5.14 (6.63%)	6.85 (9.77%)	4.49 (7.06%)		5.26(M)	7.87%
TFat (g)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	1016.84	841.32	712.20	925.50	737.79		846.73(M)	
Sodium Target 2 (mg)	1016.84	841.32	712.20	925.50	737.79		846.73(M)	
Carb (g)	86.19 (62.19%)	74.70 (53.85%)	117.66 (67.42%)	78.97 (50.02%)	81.71 (57.16%)		87.85(M)	58.36%
Pro (g)	31.97 (23.07%)	32.16 (23.18%)	32.83 (18.81%)	32.51 (20.59%)	27.06 (18.93%)		31.30(M)	20.80%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: ECE Lunch W4
 Site Group: Inspire
 Serving Group: Pre K

Meal Pattern: CACFP
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3		Actual Value	% of Calories
Calories (Kcal)	616.45	668.99	592.16		625.87	
Fat (g)	17.18 (25.09%)	16.82 (22.63%)	12.55 (19.08%)		15.52	22.32%
Sfat (g)	6.95 (10.15%)	3.92 (5.27%)	4.05 (6.16%)		4.97	7.15%
TFat (g)	0.00	0.00	0.00		0.00	
Sodium Target 1 (mg)	826.31	897.16	747.60		823.69	
Sodium Target 2 (mg)	826.31	897.16	747.60		823.69	
Carb (g)	89.22 (57.90%)	92.35 (55.21%)	94.16 (63.60%)		91.91	58.74%
Pro (g)	23.15 (15.02%)	36.77 (21.99%)	31.23 (21.09%)		30.38	19.42%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: ECE Lunch W5
 Site Group: Inspire
 Serving Group: Pre K

Meal Pattern: CACFP
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5		Actual Value	% of Calories
Calories (Kcal)	605.91	583.66	724.16	600.11	622.84		627.34(M)	
Fat (g)	19.86 (29.50%)	18.39 (28.36%)	16.49 (20.49%)	23.99 (35.98%)	21.64 (31.27%)		20.07(M)	28.80%
Sfat (g)	7.96 (11.82%)	4.19 (6.46%)	1.45 (1.80%)	4.16 (6.25%)	7.45 (10.76%)		5.04(M)	7.23%
TFat (g)	0.02	0.01	0.00	0.01	0.02		0.01(M)	
Sodium Target 1 (mg)	1201.33	1564.28	1320.76	739.84	1065.41		1,178.32(M)	
Sodium Target 2 (mg)	1201.33	1564.28	1320.76	739.84	1065.41		1,178.32(M)	
Carb (g)	80.54 (53.17%)	78.90 (54.07%)	87.96 (48.59%)	63.16 (42.10%)	72.76 (46.73%)		76.67(M)	48.88%
Pro (g)	32.83 (21.67%)	31.63 (21.68%)	31.09 (17.17%)	36.74 (24.49%)	39.43 (25.32%)		34.34(M)	21.90%

Legend

(M) Indicates missing nutrient values.