

Early Childhood Lunch

December/January



	Monday	Tuesday	Wednesday	Thursday	Friday
December 3-7, 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
December 10-14, 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	Oven Roasted Turkey w/ Gravy Pumpkin Pie Spice Biscuit Roasted Cinnamon Sweet Potatoes Chilled Peaches Nonfat & Lowfat Milk	Classic Cheese Pizza ^v Garden Side Salad Diced Pears Nonfat & Lowfat Milk
December 17-21, 2018	Baked Penne Pasta w/ Tomato Sauce ^v Parmesan Roasted Broccoli Orange Smiles Nonfat & Lowfat Milk	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
December 24-28, 2018	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
December 31 - January 4, 2019	NO SCHOOL	NO SCHOOL	Turkey Tacos Roasted Corn Mixed Fruit Salad Nonfat & Lowfat Milk	Grilled Cheese Sandwich ^v BBQ Baked Beans Chilled Pineapple Nonfat & Lowfat Milk	Chicken Alfredo Macaroni Mixed Garden Vegetables Chilled Pears Nonfat & Lowfat Milk

Weekly - Nutrient Summary

Menu Names: ECE W1
 Site Group: Inspire
 Serving Group: ECE

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)(1)	643.47	647.82	623.13	588.27	686.56		637.85(M)	
Fat (g)	19.66 (27.50%)	16.19 (22.50%)	14.49 (20.93%)	22.57 (34.53%)	25.65 (33.62%)		19.71(M)	27.81 %
Sfat (g)(1)	7.88 (11.03%)	3.87 (5.37%)	1.45 (2.10%)	4.16 (6.37%)	8.41 (11.02%)		5.15(M)	7.27 %
TFat (g)(2)	0.02	0.01	0.00	0.01	0.06		0.02(M)	
Sodium Target 1 (mg)(13)	1,251.47	1,936.37	1,093.52	655.96	1,017.90		1,191.04(M)	
Sodium Target 2 (mg)(13)	1,251.47	1,936.37	1,093.52	655.96	1,017.90		1,191.04(M)	
Carb (g)	91.08 (56.62%)	99.74 (61.59%)	78.76 (50.56%)	64.09 (43.58%)	75.62 (44.06%)		81.86(M)	51.33 %
Pro (g)	33.18 (20.63%)	35.04 (21.63%)	26.48 (17.00%)	35.00 (23.80%)	43.59 (25.39%)		34.66(M)	21.73 %

Legend

(M) Indicates missing nutrient values.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.

Weekly - Nutrient Summary

Menu Names: ECE W2
 Site Group: Inspire
 Serving Group: ECE

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)(1)	585.38	765.52	697.98	484.91	648.11		636.38(M)	
Fat (g)	17.52 (26.94%)	23.63 (27.78%)	13.63 (17.58%)	14.45 (26.81%)	18.61 (25.85%)		17.57(M)	24.85 %
Sfat (g)(1)	6.48 (9.96%)	4.15 (4.88%)	3.15 (4.07%)	6.68 (12.40%)	6.78 (9.42%)		5.45(M)	7.71 %
TFat (g)(2)	0.00	0.05	0.01	0.01	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	910.04	1,093.90	2,009.08	733.59	817.09		1,112.74(M)	
Sodium Target 2 (mg)(13)	910.04	1,093.90	2,009.08	733.59	817.09		1,112.74(M)	
Carb (g)	76.68 (52.40%)	99.61 (52.05%)	115.16 (66.00%)	61.69 (50.88%)	95.86 (59.16%)		89.80(M)	56.44 %
Pro (g)	33.73 (23.05%)	49.02 (25.61%)	33.39 (19.13%)	30.69 (25.32%)	28.57 (17.63%)		35.08(M)	22.05 %

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Weekly - Nutrient Summary

Menu Names: ECE W3
 Site Group: Inspire
 Serving Group: ECE

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)(1)	534.57	568.96	683.77	597.68	696.99		616.39	
Fat (g)	20.58 (34.65%)	19.72 (31.19%)	20.20 (26.58%)	14.55 (21.90%)	17.02 (21.98%)		18.41	26.88 %
Sfat (g)(1)	5.11 (8.60%)	5.19 (8.21%)	8.55 (11.25%)	3.85 (5.80%)	6.19 (8.00%)		5.78	8.44 %
TFat (g)(2)	0.06	3.83	0.00	0.00	0.02		0.78	
Sodium Target 1 (mg)(13)	850.96	597.83	1,263.84	1,694.63	1,069.20		1,095.29	
Sodium Target 2 (mg)(13)	850.96	597.83	1,263.84	1,694.63	1,069.20		1,095.29	
Carb (g)	63.37 (47.41%)	73.96 (52.00%)	98.95 (57.89%)	89.02 (59.58%)	102.05 (58.57%)		85.47	55.47 %
Pro (g)	30.80 (23.05%)	25.01 (17.58%)	31.42 (18.38%)	29.97 (20.05%)	40.50 (23.24%)		31.54	20.47 %

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Weekly - Nutrient Summary

Menu Names: ECE W4
 Site Group: Inspire
 Serving Group: ECE

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

Nutrient	Day 1	Day 2	Day 3		Actual Value	% of Calories
Calories (Kcal)(1)	519.68	542.45	685.58		582.57	
Fat (g)	12.50 (21.64%)	13.59 (22.55%)	28.23 (37.06%)		18.11	27.97 %
Sfat (g)(1)	5.13 (8.89%)	5.62 (9.32%)	8.01 (10.51%)		6.25	9.66 %
TFat (g)(2)	0.00	0.00	0.10		0.03	
Sodium Target 1 (mg)(13)	748.79	1,302.53	821.24		957.52	
Sodium Target 2 (mg)(13)	748.79	1,302.53	821.24		957.52	
Carb (g)	73.07 (56.24%)	77.73 (57.32%)	75.74 (44.19%)		75.51	51.85 %
Pro (g)	31.92 (24.57%)	32.24 (23.77%)	35.57 (20.75%)		33.25	22.83 %

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