

# K-8 NSLP Menu Week 26 with Nutritionals



**MONDAY**  
**Mini Corn Dogs**

| Nutrients |        | Target    |
|-----------|--------|-----------|
| Cals      | 617    | 100%      |
| Chol      | 60 mg  |           |
| Sodium    | 825 mg |           |
| Fiber     | 12.1 g |           |
| Carb      | 94.2 g | 61.1% Cal |
| T.Fat     | 19.2 g | 27.9% Cal |
| S.Fat     | 6.3 g  | 9.2% Cal  |



**TUESDAY**  
**Cheesy Spaghetti**

| Nutrients |        | Target    |
|-----------|--------|-----------|
| Cals      | 666    | 102%      |
| Chol      | 69 mg  |           |
| Sodium    | 769 mg |           |
| Fiber     | 9.0 g  |           |
| Carb      | 89.9 g | 54% Cal   |
| T.Fat     | 22.4 g | 30.3% Cal |
| S.Fat     | 12.9 g | 17.5% Cal |



**WEDNESDAY**  
**Chicken Chilaquiles**

| Nutrients |         | Target    |
|-----------|---------|-----------|
| Cals      | 603     | 100%      |
| Chol      | 57 mg   |           |
| Sodium    | 1002 mg |           |
| Fiber     | 12.2 g  |           |
| Carb      | 80.6 g  | 53.5% Cal |
| T.Fat     | 16.8 g  | 25% Cal   |
| S.Fat     | 5.7 g   | 8.5% Cal  |



**THURSDAY**  
**BBQ Baked Pork**

| Nutrients |        | Target    |
|-----------|--------|-----------|
| Cals      | 645    | 100%      |
| Chol      | 113 mg |           |
| Sodium    | 695 mg |           |
| Fiber     | 12.4 g |           |
| Carb      | 77.7 g | 48.2% Cal |
| T.Fat     | 21.6 g | 30.2% Cal |
| S.Fat     | 7.0 g  | 9.7% Cal  |



FRIDAY  
Pepperoni Pizza

| Nutrients |        | Target    |
|-----------|--------|-----------|
| Cals      | 545    | 91%       |
| Chol      | 44 mg  |           |
| Sodium    | 837 mg |           |
| Fiber     | 6.3 g  |           |
| Carb      | 70.7g  | 51.9% Cal |
| T.Fat     | 18.0 g | 29.7% Cal |
| S.Fat     | 8.0 g  | 13.1% Cal |

|          | Average | Weekly Target | % of Target |
|----------|---------|---------------|-------------|
| Calories | 615     | 600-650       | 100%        |
| Chol     | 69 mg   |               |             |
| Sodium   | 826 mg  | 1230          |             |
| Fiber    | 10.38 g |               |             |

|               | Average | % of Calories | Weekly Target |
|---------------|---------|---------------|---------------|
| Carbohydrates | 82.64 g | 53.71%        |               |
| Tot. Fat      | 19.60 g | 28.67%        |               |
| Sat. Fat      | 7.98 g  | 11.67%        | < 10.00%      |