

General Brown Central School District

SEPTEMBER 2021

Page 1

Aug 5, 2021

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																
		Sep - 1	Sep - 2	Sep - 3																																																																																
Sep - 6	Sep - 7	Sep - 8	Sep - 9	Sep - 10																																																																																
	CHICKEN PATTY FRENCH FRIED POTATO HAMBURGER BUN WHO WHITE BEAN SALAD LETTUCE, ICEBERG, SH TOMATOES, SLICED APPLES, FRESH MILK,1% Chocolate KETCHUP	CHEESEBURGER HAMBURGER BUN WHO FRENCH FRIED POTATO LETTUCE, ICEBERG, SH TOMATOES, SLICED APPLES, FRESH MILK - Variety KETCHUP	FRENCH TOAST STICKS BAKED HASH BROWN BAKED SAUSAGE PATT KETCHUP SYRUP, INDIVIDUAL APPLES, FRESH MILK,1% Chocolate	WILD MIKE'S 16" PIZZA LETTUCE & TOMATO SA BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate RANCH DRESSING																																																																																
	<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">982</td> <td style="text-align: right;">116%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1799 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">153.9g</td> <td style="text-align: right;">62.7%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	982	116%		Sodium.	1799 mg			Carb	153.9g	62.7%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">711</td> <td style="text-align: right;">95%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1244 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">99.9g</td> <td style="text-align: right;">56.2%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	711	95%		Sodium.	1244 mg			Carb	99.9g	56.2%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">778</td> <td style="text-align: right;">100%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1070 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">122.4g</td> <td style="text-align: right;">62.9%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	778	100%		Sodium.	1070 mg			Carb	122.4g	62.9%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">706</td> <td style="text-align: right;">94%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">892 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">98.0g</td> <td style="text-align: right;">55.6%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	706	94%		Sodium.	892 mg			Carb	98.0g	55.6%Cal																	
Nutrients	Target																																																																																			
Cals...	982	116%																																																																																		
Sodium.	1799 mg																																																																																			
Carb	153.9g	62.7%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	711	95%																																																																																		
Sodium.	1244 mg																																																																																			
Carb	99.9g	56.2%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	778	100%																																																																																		
Sodium.	1070 mg																																																																																			
Carb	122.4g	62.9%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	706	94%																																																																																		
Sodium.	892 mg																																																																																			
Carb	98.0g	55.6%Cal																																																																																		
Sep - 13	Sep - 14	Sep - 15	Sep - 16	Sep - 17																																																																																
POPCORN CHICKEN FRENCH FRIED POTATO WHOLE WHEAT DINNER KETCHUP MILK - Variety APPLES, FRESH	TURKEY TACO LETTUCE, ICEBERG, SH BLACK BEAN SALAD BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate RANCH DRESSING SALSA	MEATBALL SUBS LETTUCE & TOMATO SA APPLES, FRESH MILK - Variety	CHICKEN FAJITA STEAMED RICE CORN, FROZEN APPLES, FRESH MILK - Variety	WILD MIKE'S 5" DEEP DI LETTUCE & TOMATO SA APPLES, FRESH MILK,1% Chocolate RANCH DRESSING																																																																																
<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">651</td> <td style="text-align: right;">87%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">987 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">93.6g</td> <td style="text-align: right;">57.5%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	651	87%		Sodium.	987 mg			Carb	93.6g	57.5%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">1250</td> <td style="text-align: right;">147%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">2759 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">144.8g</td> <td style="text-align: right;">46.3%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	1250	147%		Sodium.	2759 mg			Carb	144.8g	46.3%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">710</td> <td style="text-align: right;">95%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">863 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">74.9g</td> <td style="text-align: right;">42.2%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	710	95%		Sodium.	863 mg			Carb	74.9g	42.2%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">602</td> <td style="text-align: right;">80%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">976 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">96.6g</td> <td style="text-align: right;">64.2%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	602	80%		Sodium.	976 mg			Carb	96.6g	64.2%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">644</td> <td style="text-align: right;">86%</td> <td></td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">832 mg</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">85.9g</td> <td style="text-align: right;">53.4%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	644	86%		Sodium.	832 mg			Carb	85.9g	53.4%Cal	
Nutrients	Target																																																																																			
Cals...	651	87%																																																																																		
Sodium.	987 mg																																																																																			
Carb	93.6g	57.5%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	1250	147%																																																																																		
Sodium.	2759 mg																																																																																			
Carb	144.8g	46.3%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	710	95%																																																																																		
Sodium.	863 mg																																																																																			
Carb	74.9g	42.2%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	602	80%																																																																																		
Sodium.	976 mg																																																																																			
Carb	96.6g	64.2%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	644	86%																																																																																		
Sodium.	832 mg																																																																																			
Carb	85.9g	53.4%Cal																																																																																		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

General Brown Central School District

SEPTEMBER 2021

Aug 5, 2021

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																
<p>Sep - 20</p> <p>CHICKEN NUGGETS FRENCH FRIED POTATO WHITE BEAN SALAD WHOLE WHEAT DINNER APPLES, FRESH MILK,1% Chocolate KETCHUP</p>	<p>Sep - 21</p> <p>BAKED ROTINI W/ SAUC APPLES, FRESH BREADSTICKS CORN, FROZEN MILK - Variety</p>	<p>Sep - 22</p> <p>SHRIMP POPPERS BAKED POTATO TOTS WHOLE WHEAT DINNER APPLES, FRESH MILK - Variety</p>	<p>Sep - 23</p> <p>BAKED CHICKEN DRUM MASHED POTATOES CARROTS, FROZEN CHICKEN GRAVY APPLES, FRESH MILK,1% Chocolate</p>	<p>Sep - 24</p> <p>WILD MIKE'S 5" DEEP DI LETTUCE & TOMATO SA APPLES, FRESH MILK,1% Chocolate RANCH DRESSING</p>																																																																																
<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">870</td> <td style="text-align: right;">102%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1646 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">135.6g</td> <td style="text-align: right;">62.3%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	870	102%		Sodium.	1646 mg			Carb	135.6g	62.3%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">567</td> <td style="text-align: right;">76%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">733 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">93.9g</td> <td style="text-align: right;">66.2%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	567	76%		Sodium.	733 mg			Carb	93.9g	66.2%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">828</td> <td style="text-align: right;">100%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1970 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">106.7g</td> <td style="text-align: right;">51.6%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	828	100%		Sodium.	1970 mg			Carb	106.7g	51.6%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">827</td> <td style="text-align: right;">100%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">2116 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">103.7g</td> <td style="text-align: right;">50.1%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	827	100%		Sodium.	2116 mg			Carb	103.7g	50.1%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">644</td> <td style="text-align: right;">86%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">832 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">85.9g</td> <td style="text-align: right;">53.4%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	644	86%		Sodium.	832 mg			Carb	85.9g	53.4%Cal	
Nutrients	Target																																																																																			
Cals...	870	102%																																																																																		
Sodium.	1646 mg																																																																																			
Carb	135.6g	62.3%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	567	76%																																																																																		
Sodium.	733 mg																																																																																			
Carb	93.9g	66.2%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	828	100%																																																																																		
Sodium.	1970 mg																																																																																			
Carb	106.7g	51.6%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	827	100%																																																																																		
Sodium.	2116 mg																																																																																			
Carb	103.7g	50.1%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	644	86%																																																																																		
Sodium.	832 mg																																																																																			
Carb	85.9g	53.4%Cal																																																																																		
<p>Sep - 27</p> <p>CHICKEN TENDERS WHOLE WHEAT DINNER WHITE BEAN SALAD FRENCH FRIED POTATO KETCHUP APPLES, FRESH MILK - Variety</p>	<p>Sep - 28</p> <p>HAM & CHEESE CROISS TOMATO SOUP BAKED POTATO TOTS APPLES, FRESH MILK,1% Chocolate KETCHUP</p>	<p>Sep - 29</p> <p>BAKED BREADED PORK MASHED POTATOES BROWN GRAVY WHOLE WHEAT DINNER APPLES, FRESH MILK - Variety</p>	<p>Sep - 30</p> <p>GENERAL TSOs CHICKE STEAMED RICE CORN, FROZEN APPLES, FRESH MILK,1% Chocolate</p>																																																																																	
<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">880</td> <td style="text-align: right;">104%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1643 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">133.6g</td> <td style="text-align: right;">60.7%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	880	104%		Sodium.	1643 mg			Carb	133.6g	60.7%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">703</td> <td style="text-align: right;">94%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1816 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">109.5g</td> <td style="text-align: right;">62.3%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	703	94%		Sodium.	1816 mg			Carb	109.5g	62.3%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">767</td> <td style="text-align: right;">100%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1687 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">106.2g</td> <td style="text-align: right;">55.3%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	767	100%		Sodium.	1687 mg			Carb	106.2g	55.3%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">629</td> <td style="text-align: right;">84%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">693 mg</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">118.5g</td> <td style="text-align: right;">75.3%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	629	84%		Sodium.	693 mg			Carb	118.5g	75.3%Cal																		
Nutrients	Target																																																																																			
Cals...	880	104%																																																																																		
Sodium.	1643 mg																																																																																			
Carb	133.6g	60.7%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	703	94%																																																																																		
Sodium.	1816 mg																																																																																			
Carb	109.5g	62.3%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	767	100%																																																																																		
Sodium.	1687 mg																																																																																			
Carb	106.2g	55.3%Cal																																																																																		
Nutrients	Target																																																																																			
Cals...	629	84%																																																																																		
Sodium.	693 mg																																																																																			
Carb	118.5g	75.3%Cal																																																																																		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.