

Athol-Royalston Regional

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY	3 CHICKEN NUGGETS RICE PILAF HOMEMADE BREAD GLAZED CARROTS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY PBJ ON WHEAT BBQ SAUCE	4 AMERICAN CHOP SUEY EGG SALAD SANDWICH PBJ ON WHEAT GREEN BEANS HOMEMADE BREAD FRESH FRUIT ASSORTED FRUIT MILK - VARIETY CHOC & VAN PUDDING	5 HAMBURGERS POTATO PUFFS PBJ ON WHEAT TUNA ROLL CORN ASSORTED FRUIT MILK - VARIETY FRESH FRUIT CORN CHOWDER	6 NO SCHOOL TODAY PROFESSIONAL DEVELOPMENT No School
9 SCRAMBLED HAMBURG BUTTERED NOODLES PEAS & CARROTS PBJ ON WHEAT TUNA ON WHOLE WHEAT ASSORTED FRUIT FRESH FRUIT MILK - VARIETY	10 GRILLED HOTDOG ON A ROLL PBJ W/YOGURT BK BEANS ASSORTED FRUIT FRESH FRUIT MILK - VARIETY FRESH VEGETABLES W/ DIP APPLE CRISP	11 MACARONI & CHEESE HOMEMADE BREAD BOLOGNA/CHEESE on WHEAT PBJ ON WHEAT STEAMED BROCCOLI ASSORTED FRUIT FRESH FRUIT MILK - VARIETY	12 CHICKENBURGER PASTA SALAD PBJ ON WHEAT TUNA ROLL YELLOW BEANS ASSORTED FRUIT MILK - VARIETY FRESH FRUIT JELL-O/TOPPING	13 CHEESE QUESADILLA SPANISH RICE HAM & CHEESE on WHEAT PBJ ON WHEAT GREEN BEANS ASSORTED FRUIT HOMEMADE BREAD MILK - VARIETY FRESH FRUIT
16 HOLIDAY	17 GRILLED CHEESE SANDWICH TOMATO SOUP CRACKERS TUNA ROLL PBJ W/YOGURT FRESH VEGETABLES W/ DIP ASSORTED FRUIT MILK - VARIETY FRESH FRUIT CHOC & VAN PUDDING	18 LASAGNA TURKEY & CHEESE on WHEAT PBJ ON WHEAT GARDEN SALAD HOMEMADE BREAD FRESH FRUIT ASSORTED FRUIT MILK - VARIETY	19 STEAK-&-CHEESE SUB HAM & CHEESE SAND WH WHEAT PBJ/CHEESE RICE CARROTS ASSORTED FRUIT FRESH FRUIT MILK - VARIETY JELL-O/TOPPING	20 STUFFED CRUST PIZZA PBJ ON WHEAT EGG SALAD SANDWICH PASTA SALAD GREEN BEANS ASSORTED FRUIT MILK - VARIETY FRESH FRUIT
23 RAVIOLI BEEF TUNA ROLL PBJ ON WHEAT PEAS ASSORTED FRUIT HOMEMADE BREAD MILK - VARIETY FRESH FRUIT	24 HAM & CHEESE on WHEAT TURKEY & CHEESE on WHEAT REDUCED FAT POTATO CHIPS PICKLES SPEARS STEAMED BROCCOLI YOGURT WITH 1/2 PBJ SAND BOLOGNA & CHEESE ASSORTED FRUIT FRESH FRUIT MILK - VARIETY CHOC CHIP SQUARES	25 SPAGHETTI W/ MEATSAUCE GREEN BEANS GARLIC BREAD EGG SALAD SANDWICH PBJ ON WHEAT ASSORTED FRUIT FRESH FRUIT MILK - VARIETY	26 HAMBURGERS POTATO PUFFS CARROTS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY PBJ ON WHEAT YELLOW CAKE	27 CHICKEN POT PIE BOLOGNA/CHEESE on WHEAT DINNER ROLL CARROTS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY PBJ ON WHEAT

Menu Subject to Change

	Average	Target	% of Target		Average	% of Calories	Target
Calories	727	667	109%	Protein	29.89 g	16.45%	9.30
Cholesterol	45 mg			Carbohyd	108.07 g	59.47%	
Sodium	1260 mg			Tot. Fat	20.30 g	25.14%	<30.00%
Fiber	7.45* g			Sat. Fat	6.25* g	7.74%	<10.00%
Iron	4.40* mg	3.30	133%				
Calcium	498.26* mg	267.00	187%				
Vitamin A	3173* IU	1165	272%				
Vitamin C	23.68* mg	15.00	158%				

NOTE: * - Denotes missing or incomplete Nutrient Data.