

Nutritional Information: MOJAVE RIVER CAMPUS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
1																
	HOLIDAY - NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
3																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
6																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
7																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
8																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
9																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-14-2020																
	CHICKEN TENDERS WITH POTATO WEDGES	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	TACO SALAD	188	10	4	0	33	725	13	2	2	13	347	2	48	2	MMA:2oz V:5/8c RO

	Croutons ^	140	8	0	0	0	280	16	4	0	4	0	0	0	0	G/B:1sv WG
	1oz Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0	MMA:1oz
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Black Beans	83	0	0	0	0	1	15	6	0	6	0	0	17	1	V:1/4c L
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
01-15-2020																
	BEAN & CHEESE BURRITO ^	309	11	5	0	20	442	39	5	2	14	16	1	201	3	MMA:2oz G/B:2.25sv WG
	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	
	TURKEY HAM & CHEESE SANDWICH ^	263	9	4	0	45	794	29	3	3	18	0	1	208	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Mayonnaise	60	6	1	0	5	40	1	0	1	0	0	0	0	0	
	Fresh Pear*	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Jicama Sticks	13	0	0	0	0	1	3	2	1	0	2	7	4	0	V:1/4c S
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
01-16-																
POPCORN CHICKEN SALAD ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv	

																			WG
Croutons ^	140	8	0	0	0	280	16	4	0	4	0	0	0	0					G/B:1sv WG
1oz Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0					MMA:1oz
PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2					MMA:2oz G/B:2sv WG
Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0					V:1/2c RO
Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0					F:1c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0					
Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0					
Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0					V:1/8c DG V:1/4c O
Green Beans	6	0	0	0	0	0	1	1	1	0	7	2	8	0					V:1/4c O
Red Peppers	12	0	0	0	0	1	2	1	2	0	59	48	3	0					V:1/4c RO
Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0					V:1/4c RO
Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0					
Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0					
Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0					V:1/8c DG V:1/4c O
Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	29	15	0					V:1/2c DG
Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0					V:1/4c RO
Garbanzo Beans	55	0	0	0	0	175	10	4	0	4	20	0	40	2					V:1/4c L
Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0					
HOMESTYLE SALISBURY STEAK W/GRAVY	174	10	4	0	40	583	7	0	1	13	12	0	27	1					MMA:2oz
Sliced Bread ^ (2)	70	1	0	0	0	110	14	2	1	3	0	5	40	1					G/B:1sv WG
TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^	303	12	5	0	48	1065	30	2	5	20	0	1	237	2					MMA:2oz G/B:2sv WG
Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0					
Mayonnaise	60	6	1	0	5	40	1	0	1	0	0	0	0	0					
Grape Juice	80	0	0	0	0	10	20	0	19	0	0	0	0	0					F:1/2c
Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0					F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0					

01-17-2020

0																
	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-21-2020																
	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	1	MMA:2oz V:1/4c RO
	TACO SALAD	188	10	4	0	33	725	13	2	2	13	347	2	48	2	MMA:2oz V:5/8c RO
	Croutons ^	140	8	0	0	0	280	16	4	0	4	0	0	0	0	G/B:1sv WG
	1oz Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0	MMA:1oz
	Wild White Nacho Doritos	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	5	14	0	13	0	0	0	0	0	F:1/2c
	Snickerdoodle Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
	Red Peppers	12	0	0	0	0	1	2	1	2	0	59	48	3	0	V:1/4c RO
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
Garbanzo Beans	55	0	0	0	0	175	10	4	0	4	20	0	40	2	V:1/4c L	
Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0		
01-22-2020																
	PENNE PASTA W/MEAT SAUCE ^	323	12	4	0	35	503	39	4	8	18	69	0	72	3	MMA:2oz G/B:1sv WG V:3/4c RO
	Breadstick (1W)^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	TURKEY BOLOGNA SANDWICH^	250	12	3	0	50	850	28	3	3	10	20	1	98	3	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Fresh Spinach Leaves	7	0	0	0	0	24	1	1	0	1	839	8	30	1	V:1/2c DG
Garden Green Peas	76	0	0	0	0	104	13	5	5	5	0	0	21	2	V:1/2c S	

	Cucumber Coins	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Fresh Zucchini Coins	5	0	0	0	0	2	1	0	1	0	3	5	5	0	V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Mayonnaise	60	6	1	0	5	40	1	0	1	0	0	0	0	0	
01-23-2020	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Hot Dog Bun ^	140	2	0	0	0	220	27	2	3	5	0	6	40	1	G/B:1.75sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	POPCORN CHICKEN SALAD^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Croutons ^	140	8	0	0	0	280	16	4	0	4	0	0	0	0	G/B:1sv WG
	1oz Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Pretzel ^	80	2	0	0	0	200	15	2	0	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
	Diced Tomatoes	5	0	0	0	0	1	1	0	1	0	11	4	3	0	V:1/8c RO
	Black Beans	83	0	0	0	0	1	15	6	0	6	0	0	17	1	V:1/4c L
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
01-24-2020	SPICY CHICKEN FILLET ^	270	15	3	0	25	400	17	3	1	15	30	0	40	3	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	TURKEY HAM & CHEESE PANINI ^	270	10	5	0	46	783	28	2	3	19	0	1	206	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Fresh Banana*	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c

	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
	Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Jicama Sticks	13	0	0	0	0	1	3	2	1	0	2	7	4	0	V:1/4c S
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mayonnaise	60	6	1	0	5	40	1	0	1	0	0	0	0	0	
01-28-2020	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
	Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG
	Garbanzo Beans	55	0	0	0	0	175	10	4	0	4	20	0	40	2	V:1/4c L
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	BEEF & BEAN CHILI	197	6	2	0	19	461	24	8	3	13	145	6	66	4	MMA:2oz V:1/2c RO
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	POPCORN CHICKEN SALAD ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Croutons ^	140	8	0	0	0	280	16	4	0	4	0	0	0	0	G/B:1sv WG
	1oz Shredded Cheddar Cheese	110	9	5	0	30	180	0	0	0	7	90	0	200	0	MMA:1oz
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
01-29-2020	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Sriracha Ketchup	10	0	0	0	0	75	2	0	2	0	0	0	0	0	
	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv

TURKEY & CHEESE SANDWICH ^	249	8	4	0	39	1189	28	4	4	21	0	0	192	6	MMA:2oz G/B:2sv WG
Mayonnaise	60	6	1	0	5	40	1	0	1	0	0	0	0	0	
Fruit Punch Juice	60	0	0	0	0	5	15	0	14	0	0	0	0	0	F:1/2c
Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Mixed Greens Salad	6	0	0	0	0	4	1	4	4	4	484	1	8	0	V:1/8c DG V:1/4c O
Black Beans	83	0	0	0	0	1	15	6	0	6	0	0	17	1	V:1/4c L
Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other