

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	
01-13-2020																
	MEATLESS MONDAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	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
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O

01-14-2020	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	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
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	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	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-15-2020	Fresh Pear*	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	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 Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
01-16-2020	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
	Fresh Orange*	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-17-2020	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
	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	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	
0																
	MARTIN LUTHER KING JR.	0	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
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-22-2020																
	PEPPERONI PIZZA ^	317	12	5	0	26	850	34	2	3	16	53	0	344	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	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	
01-23-2020																
	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	140	2	0	0	0	220	27	2	3	5	0	6	40	1	G/B:1.75sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-24-2020																
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	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
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c

	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-27-2020																
	BEEF & BEAN CHILI	197	6	2	0	19	461	24	8	3	13	145	6	66	4	MMA:2oz V:1/2c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-28-2020																
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	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	
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
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	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	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-30-2020																
	CHEESE LASAGNA ^	284	7	2	0	45	884	38	3	3	18	9	20	105	1	MMA:2oz G/B:1sv WG V:1/2c RO
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Pear*	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	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	
01-31-2020	BAGEL DOG ^	307	14	5	0	30	695	34	3	5	11	0	0	61	2	MMA:2oz G/B:2sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Baby Carrots	16	0	0	0	0	35	4	1	2	0	1880	1	15	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	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	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	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