

# MSHS March 2021 Menu - Nutritional Information Addendum - Week 1

**Everyday Items:**

\*Menu Subject to Change

<p><b>Drink Choices:</b>  <b>Chocolate Milk (236ml)</b>                  Calories: 120      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 180mg                  Total Carbs: 20g      Protein: 8g</p>	<p><b>White Milk (236ml)</b>                  Calories: 110      Total Fat: 2.5g                  Cholesterol: 10mg      Sodium: 130mg                  Total Carbs: 13g      Protein: 8g</p>	<p><b>Substitute Entrees:</b>  <b>Dannon Yogurt (4oz.)</b>                  Calories: 70      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 65mg                  Total Carbs: 14g      Protein: 4g</p>	<p><b>Uncrustable (2.6oz.) 76g</b>                  Calories: 300      Total Fat: 17g                  Cholesterol: 0mg      Sodium: 280mg                  Total Carbs: 32g      Protein: 9g</p>
<p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p>			

<p><b>MONDAY (3/1/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Chocolate Muffin</b>                  Calories: 380      Total Fat: 15g                  Cholesterol: 35mg      Sodium: 530mg                  Total Carbs: 56      Protein: 5g</p> <p><b><u>LUNCH:</u></b>  <b>Pancakes (1 Package)</b>                  Calories: 210      Total Fat: 6g                  Cholesterol: 0mg      Sodium: 270mg                  Total Carbs: 38g      Protein: 4g</p> <p><b>Sausage (2)</b>                  Calories: 140      Total Fat: 10g                  Cholesterol: 50mg      Sodium: 520mg                  Total Carbs: 0g      Protein: 14g</p> <p><b>Hash Brown Patty (2)</b>                  Calories: 260      Total Fat: 16g                  Cholesterol: 0mg      Sodium: 490mg                  Total Carbs: 28g      Protein: 2g</p> <p><b>Yoplait Trix Yogurt</b>                  Calories: 80      Total Fat: 1g                  Cholesterol: 5mg      Sodium: 65mg                  Total Carbs: 15g      Protein: 4g</p> <p><b>Syrup (2T)</b>                  Calories: 170      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 43g      Protein: 0g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>TUESDAY (3/2/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Breakfast Pizza</b>                  Calories: 210      Total Fat: 8g                  Cholesterol: 55mg      Sodium: 320mg                  Total Carbs: 25g      Protein: 10g</p> <p><b><u>LUNCH:</u></b>  <b>Chicken Wrap with Cheddar Cheese (1)</b>                  Calories: 520      Total Fat: 26g                  Cholesterol: 90mg      Sodium: 999mg                  Total Carbs: 42g      Protein: 28g</p> <p><b>Cheesy Potatoes (½ cup)</b>                  Calories: 300      Total Fat: 12g                  Cholesterol: 30mg      Sodium: 560mg                  Total Carbs: 40g      Protein: 6g</p> <p><b>Green Beans (½ cup)</b>                  Calories: 20      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 4g      Protein: 1g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>WEDNESDAY (3/3/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Sausage Gravy &amp; Biscuit</b>                  Calories: 270      Total Fat: 12g                  Cholesterol: 10mg      Sodium: 900mg                  Total Carbs: 33g      Protein: 7g</p> <p><b><u>LUNCH:</u></b>  <b>Papa John's Pizza (1)</b>                  Calories: 290      Total Fat: 10g                  Cholesterol: 25mg      Sodium: 710mg                  Total Carbs: 38g      Protein: 11g</p> <p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p> <p><b>Carrots (0.67 cup)</b>                  Calories: 30      Total Fat: 0.5g                  Cholesterol: 0mg      Sodium: 50mg                  Total Carbs: 7g      Protein: 0g</p> <p><b>Cheez-It Crackers (1 Bag)</b>                  Calories: 100      Total Fat: 3.5g                  Cholesterol: 0mg      Sodium: 150mg                  Total Carbs: 14g      Protein: 3g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>THURSDAY (3/4/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Breakfast Sandwich-Egg, Cheese &amp; Sausage</b>                  Calories: 300      Total Fat: 15g                  Cholesterol: 132mg      Sodium: 865mg                  Total Carbs: 22.5g      Protein: 18.5g</p> <p><b><u>LUNCH:</u></b>  <b>Beef Soft Tacos (2)</b>                  Calories: 400      Total Fat: 15g                  Cholesterol: 70mg      Sodium: 960mg                  Total Carbs: 34g      Protein: 30g</p> <p><b>Corn (½ cup)</b>                  Calories: 70      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 16g      Protein: 2g</p> <p><b>Spanish Rice (¾ cup)</b>                  Calories: 200      Total Fat: 0.5g                  Cholesterol: 0mg      Sodium: 660mg                  Total Carbs: 43g      Protein: 5g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>FRIDAY (3/5/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Mini Pancakes</b>                  Calories: 210      Total Fat: 6g                  Cholesterol: 0mg      Sodium: 270mg                  Total Carbs: 38g      Protein: 4g</p> <p><b><u>LUNCH:</u></b>  <b>Mac &amp; Cheese (1 cup)</b>                  Calories: 310      Total Fat: 9g                  Cholesterol: 15mg      Sodium: 850mg                  Total Carbs: 44g      Protein: 13g</p> <p><b>Broccoli (½ cup)</b>                  Calories: 25      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 5g      Protein: 3g</p> <p><b>Smiley Fries (2.41oz.)</b>                  Calories: 130      Total Fat: 4.5g                  Cholesterol: 0mg      Sodium: 180mg                  Total Carbs: 20g      Protein: 2g</p> <p><b>TT Fuitable (1)</b>                  Calories: 60      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 15mg                  Total Carbs: 14g      Protein: 0g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>
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## MSHS March 2021 Menu - Nutritional Information Addendum - Week 2

**Everyday Items:**

\*Menu Subject to Change

<p><b>Drink Choices:</b>  <b>Chocolate Milk (236ml)</b>                  Calories: 120      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 180mg                  Total Carbs: 20g      Protein: 8g</p>	<p><b>White Milk (236ml)</b>                  Calories: 110      Total Fat: 2.5g                  Cholesterol: 10mg      Sodium: 130mg                  Total Carbs: 13g      Protein: 8g</p>	<p><b>Substitute Entrees:</b>  <b>Dannon Yogurt (4oz.)</b>                  Calories: 70      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 65mg                  Total Carbs: 14g      Protein: 4g</p>	<p><b>Uncrustable (2.6oz.) 76g</b>                  Calories: 300      Total Fat: 17g                  Cholesterol: 0mg      Sodium: 280mg                  Total Carbs: 32g      Protein: 9g</p>
<p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p>			

<p><b>MONDAY (3/8/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Blueberry Muffin</b>                  Calories: 350      Total Fat: 10g                  Cholesterol: 35mg      Sodium: 360mg                  Total Carbs: 61g      Protein: 5g</p> <p><b><u>LUNCH:</u></b>  <b>Chicken Nuggets (7)</b>                  Calories: 252      Total Fat: 11g                  Cholesterol: 49mg      Sodium: 532mg                  Total Carbs: 18g      Protein: 21g</p> <p><b>Mashed Potatoes (½ cup)</b>                  Calories: 97      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 115mg                  Total Carbs: 21g      Protein: 2.5g</p> <p><b>Gravy (0.25 cup)</b>                  Calories: 35      Total Fat: 2g                  Cholesterol: 0mg      Sodium: 270mg                  Total Carbs: 4g      Protein: 1g</p> <p><b>Carrots (0.67 cup)</b>                  Calories: 30      Total Fat: 0.5g                  Cholesterol: 0mg      Sodium: 50mg                  Total Carbs: 7g      Protein: 0g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>TUESDAY (3/9/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Hash Brown &amp; Sausage</b>                  Calories: 170      Total Fat: 18g                  Cholesterol: 50mg      Sodium: 765mg                  Total Carbs: 14g      Protein: 15g</p> <p><b><u>LUNCH:</u></b>  <b>Penne Pasta (1 cup)</b>                  Calories: 220      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 325mg                  Total Carbs: 42g      Protein: 8g</p> <p><b>Spaghetti Sauce (½ cup)</b>                  Calories: 60      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 140mg                  Total Carbs: 12g      Protein: 2g</p> <p><b>Meatballs (4)</b>                  Calories: 150      Total Fat: 9g                  Cholesterol: 35mg      Sod: 220mg                  Total Carbs: 5g      Protein: 12g</p> <p><b>Green Beans (½ cup)</b>                  Calories: 20      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 4g      Protein: 1g</p> <p><b>Garlic Breadstick (1)</b>                  Calories: 110      Total Fat: 4g                  Cholesterol: 0mg      Sodium: 200mg                  Total Carbs: 15g      Protein: 2.5g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>WEDNESDAY (3/10/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Sausage Gravy &amp; Biscuit</b>                  Calories: 270      Total Fat: 12g                  Cholesterol: 10mg      Sodium: 900mg                  Total Carbs: 33g      Protein: 7g</p> <p><b><u>LUNCH:</u></b>  <b>Domino's Pizza (1)</b>                  Calories: 340      Total Fat: 14g                  Cholesterol: 45mg      Sodium: 760mg                  Total Carbs: 35g      Protein: 15g</p> <p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p> <p><b>Celery (½ cup)</b>                  Calories: 10      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 100mg                  Total Carbs: 2g      Protein: 0.5g</p> <p><b>Quaker Cookies &amp; Cream Granola Bar (1)</b>                  Calories: 150      Total Fat: 4g                  Cholesterol: 0mg      Sodium: 135mg                  Total Carbs: 29g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>THURSDAY (3/11/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Breakfast Sandwich-Egg, Cheese &amp; Bacon</b>                  Calories: 270      Total Fat: 13g                  Cholesterol: 117mg      Sodium: 795mg                  Total Carbs: 22.5g      Protein: 15.5g</p> <p><b><u>LUNCH:</u></b>  <b>Cheeseburger (1)</b>                  Calories: 420      Total Fat: 23g                  Cholesterol: 82mg      Sodium: 855mg                  Total Carbs: 26.5g      Protein: 24.5g</p> <p><b>Baked Beans (½ cup)</b>                  Calories: 140      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 550mg                  Total Carbs: 29g      Protein: 6g</p> <p><b>Waffle Fries (3.02oz.)</b>                  Calories: 140      Total Fat: 5g                  Cholesterol: 0mg      Sodium: 500mg                  Total Carbs: 22g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>FRIDAY (3/12/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Cinnamon Rolls</b>                  Calories: 230      Total Fat: 7g                  Cholesterol: 0mg      Sodium: 240mg                  Total Carbs: 38g      Protein: 4g</p> <p><b><u>LUNCH:</u></b>  <b>Cheese Max Sticks (3)</b>                  Calories: 480      Total Fat: 21g                  Cholesterol: 30mg      Sod. 1,020mg                  Total Carbs: 48g      Protein: 21g</p> <p><b>Marinara Sauce (1)</b>                  Calories: 100      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 500mg                  Total Carbs: 20g      Protein: 5g</p> <p><b>Peas (½ cup)</b>                  Calories: 60      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 11g      Protein: 4g</p> <p><b>Chocolate Gripz (1 Bag)</b>                  Calories: 120      Total Fat: 3.5g                  Cholesterol: 0mg      Sodium: 80mg                  Total Carbs: 20g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>
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## MSHS March 2021 Menu - Nutritional Information Addendum - Week 3

**Everyday Items:**

\*Menu Subject to Change

<p><b>Drink Choices:</b>  <b>Chocolate Milk (236ml)</b>                  Calories: 120      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 180mg                  Total Carbs: 20g      Protein: 8g</p>	<p><b>White Milk (236ml)</b>                  Calories: 110      Total Fat: 2.5g                  Cholesterol: 10mg      Sodium: 130mg                  Total Carbs: 13g      Protein: 8g</p>	<p><b>Substitute Entrees:</b>  <b>Dannon Yogurt (4oz.)</b>                  Calories: 70      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 65mg                  Total Carbs: 14g      Protein: 4g</p>	<p><b>Uncrustable (2.6oz.) 76g</b>                  Calories: 300      Total Fat: 17g                  Cholesterol: 0mg      Sodium: 280mg                  Total Carbs: 32g      Protein: 9g</p>
<p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p>			

<p><b>MONDAY (3/15/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Apple Cinnamon Muffin</b>                  Calories: 300      Total Fat: 10g                  Cholesterol: 30mg      Sodium: 310mg                  Total Carbs: 49g      Protein: 4g</p> <p><b><u>LUNCH:</u></b>  <b>Fiesta (1)</b>                  Calories: 360      Total Fat: 14g                  Cholesterol: 25mg      Sodium: 710mg                  Total Carbs: 43g      Protein: 17g</p> <p><b>Refried Beans (½ cup)</b>                  Calories: 140      Total Fat: 1.5g                  Cholesterol: 0mg      Sodium: 510mg                  Total Carbs: 14g      Protein: 8g</p> <p><b>Corn (½ cup)</b>                  Calories: 70      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 16g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>TUESDAY (3/16/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>French Toast Sticks</b>                  Calories: 160      Total Fat: 3.5g                  Cholesterol: 105mg      Sodium: 270mg                  Total Carbs: 23g      Protein: 8g</p> <p><b><u>LUNCH:</u></b>  <b>Chicken &amp; Waffles (1 waffle, 3 chicken strips)</b>                  Calories: 340      Total Fat: 17g                  Cholesterol: 27mg      Sodium: 570mg                  Total Carbs: 28g      Protein: 19g</p> <p><b>Syrup (2T)</b>                  Calories: 170      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 43g      Protein: 0g</p> <p><b>Star Tots (2.52oz.)</b>                  Calories: 150      Total Fat: 8g                  Cholesterol: 0mg      Sodium: 280mg                  Total Carbs: 17g      Protein: 2g</p> <p><b>Green Beans (½ cup)</b>                  Calories: 20      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 4g      Protein: 1g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>WEDNESDAY (3/17/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Sausage Gravy &amp; Biscuit</b>                  Calories: 270      Total Fat: 12g                  Cholesterol: 10mg      Sodium: 900mg                  Total Carbs: 33g      Protein: 7g</p> <p><b><u>LUNCH:</u></b>  <b>Pizza Hut (1)</b>                  Calories: 290      Total Fat: 8g                  Cholesterol: 20mg      Sodium: 590mg                  Total Carbs: 34g      Protein: 21g</p> <p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p> <p><b>Baby Carrots (1 Bag)</b>                  Calories: 50      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 90mg                  Total Carbs: 12g      Protein: 1g</p> <p><b>Baked Double Chocolate Cookie (1)</b>                  Calories: 190      Total Fat: 6g                  Cholesterol: 25mg      Sodium: 190mg                  Total Carbs: 33g      Protein: 3g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>THURSDAY (3/18/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Breakfast Sandwich-Egg, Cheese &amp; Sausage</b>                  Calories: 300      Total Fat: 15g                  Cholesterol: 132mg      Sodium: 865mg                  Total Carbs: 22.5g      Protein: 18.5g</p> <p><b><u>LUNCH:</u></b>  <b>BBQ Rib Sandwich</b>                  Calories: 310      Total Fat: 11.5g                  Cholesterol: 40mg      Sodium: 880mg                  Total Carbs: 34g      Protein: 19g</p> <p><b>Baked Beans (½ cup)</b>                  Calories: 140      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 550mg                  Total Carbs: 29g      Protein: 6g</p> <p><b>Curly Fries (3 oz.)</b>                  Calories: 140      Total Fat: 4g                  Cholesterol: 0mg      Sodium: 300mg                  Total Carbs: 24g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>FRIDAY (3/19/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Breakfast Pizza</b>                  Calories: 210      Total Fat: 8g                  Cholesterol: 55mg      Sodium: 320mg                  Total Carbs: 25g      Protein: 10g</p> <p><b><u>LUNCH:</u></b>  <b>Mac &amp; Cheese (1 cup)</b>                  Calories: 310      Total Fat: 9g                  Cholesterol: 15mg      Sodium: 850mg                  Total Carbs: 44g      Protein: 13g</p> <p><b>Broccoli (½ cup)</b>                  Calories: 25      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 5g      Protein: 3g</p> <p><b>PP Fruitable (1)</b>                  Calories: 60      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 15mg                  Total Carbs: 14g      Protein: 0g</p> <p><b>Heartzels (1 Bag)</b>                  Calories: 80      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 200mg                  Total Carbs: 16g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>
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## MSHS March 2021 Menu - Nutritional Information Addendum - Week 4

**Everyday Items:**

\*Menu Subject to Change

<p><b>Drink Choices:</b>  <b>Chocolate Milk (236ml)</b>                  Calories: 120      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 180mg                  Total Carbs: 20g      Protein: 8g</p>	<p><b>White Milk (236ml)</b>                  Calories: 110      Total Fat: 2.5g                  Cholesterol: 10mg      Sodium: 130mg                  Total Carbs: 13g      Protein: 8g</p>	<p><b>Substitute Entrees:</b>  <b>Dannon Yogurt (4oz.)</b>                  Calories: 70      Total Fat: 0g                  Cholesterol: 5mg      Sodium: 65mg                  Total Carbs: 14g      Protein: 4g</p>	<p><b>Uncrustable (2.6oz.) 76g</b>                  Calories: 300      Total Fat: 17g                  Cholesterol: 0mg      Sodium: 280mg                  Total Carbs: 32g      Protein: 9g</p>
<p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p>			

<p><b>MONDAY (3/22/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Chocolate Muffin</b>                  Calories: 380      Total Fat: 15g                  Cholesterol: 35mg      Sodium: 530mg                  Total Carbs: 56      Protein: 5g</p> <p><b><u>LUNCH:</u></b>  <b>Corn Dog (1)</b>                  Calories: 310      Total Fat: 17g                  Cholesterol: 30mg      Sodium: 800mg                  Total Carbs: 26g      Protein: 9g</p> <p><b>Baked Beans (½ cup)</b>                  Calories: 140      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 550mg                  Total Carbs: 29g      Protein: 6g</p> <p><b>Tater Tots (2.52oz.)</b>                  Calories: 130      Total Fat: 6g                  Cholesterol: 0mg      Sodium: 310mg                  Total Carbs: 16g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>TUESDAY (3/23/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Pancake Sausage Wrap</b>                  Calories: 240      Total Fat: 15g                  Cholesterol: 25mg      Sodium: 360mg                  Total Carbs: 18g      Protein: 7g</p> <p><b><u>LUNCH:</u></b>  <b>Nachos: Yellow Corn Tortilla Chips (1 oz.)</b>                  Calories: 130      Total Fat: 4.5g                  Cholesterol: 0mg      Sodium: 100mg                  Total Carbs: 20g      Protein: 2g</p> <p><b>Taco Meat (3 oz.)</b>                  Calories: 110      Total Fat: 5g                  Cholesterol: 35mg      Sodium: 290mg                  Total Carbs: 5g      Protein: 13g</p> <p><b>Cheese Sauce (¼ cup)</b>                  Calories: 100      Total Fat: 7g                  Cholesterol: 20mg      Sodium: 400mg                  Total Carbs: 3g      Protein: 5g</p> <p><b>Corn (½ cup)</b>                  Calories: 70      Total Fat: 1g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 16g      Protein: 2g</p> <p><b>Spanish Rice (¾ cup)</b>                  Calories: 200      Total Fat: 0.5g                  Cholesterol: 0mg      Sodium: 660mg                  Total Carbs: 43g      Protein: 5g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>WEDNESDAY (3/24/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Sausage Gravy &amp; Biscuit</b>                  Calories: 270      Total Fat: 12g                  Cholesterol: 10mg      Sodium: 900mg                  Total Carbs: 33g      Protein: 7g</p> <p><b><u>LUNCH:</u></b>  <b>Gionino's Pizza (1)</b>                  Calories: 340      Total Fat: 13g                  Cholesterol: 25mg      Sodium: 710mg                  Total Carbs: 36g      Protein: 16g</p> <p><b>Salad (1 cup)</b>                  Calories: 8      Total Fat: 0.1g                  Cholesterol: 0mg      Sodium: 6mg                  Total Carbs: 1.7g      Protein: 0.5g</p> <p><b>TT Fruitable (1)</b>                  Calories: 60      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 15mg                  Total Carbs: 14g      Protein: 0g</p> <p><b>Goldfish (1 Bag)</b>                  Calories: 100      Total Fat: 3.5g                  Cholesterol: 5mg      Sodium: 180mg                  Total Carbs: 14g      Protein: 2g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>THURSDAY (3/25/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Breakfast Sandwich-Egg, Cheese &amp; Bacon</b>                  Calories: 270      Total Fat: 13g                  Cholesterol: 117mg      Sodium: 795mg                  Total Carbs: 22.5g      Protein: 15.5g</p> <p><b><u>LUNCH:</u></b>  <b>Chicken Sandwich</b>                  Calories: 340      Total Fat: 17g                  Cholesterol: 27mg      Sodium: 570mg                  Total Carbs: 28g      Protein: 19g</p> <p><b>Parsley Potatoes (0.67 cup)</b>                  Calories: 70      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 280mg                  Total Carbs: 14g      Protein: 1g</p> <p><b>Carrots (0.67 cup)</b>                  Calories: 30      Total Fat: 0.5g                  Cholesterol: 0mg      Sodium: 50mg                  Total Carbs: 7g      Protein: 0g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>	<p><b>FRIDAY (3/26/21)</b></p> <p><b><u>BREAKFAST:</u></b>  <b>Apple or Cherry Frudel</b>                  Calories: 210      Total Fat: 6g                  Cholesterol: 0mg      Sodium: 260mg                  Total Carbs: 36g      Protein: 5g</p> <p><b><u>LUNCH:</u></b>  <b>Grilled Cheese on a Pretzel Bun (1)</b>                  Calories: 330      Total Fat: 16.5g                  Cholesterol: 35mg      Sodium: 600mg                  Total Carbs: 30g      Protein: 15g</p> <p><b>Tomato Soup (1 cup)</b>                  Calories: 180      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 960mg                  Total Carbs: 40g      Protein: 4g</p> <p><b>Green Beans (½ cup)</b>                  Calories: 20      Total Fat: 0g                  Cholesterol: 0mg      Sodium: 0mg                  Total Carbs: 4g      Protein: 1g</p> <p><b>Fruit Choice</b>                  *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.</p>
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## MSHS March 2021 Menu - Nutritional Information Addendum - Week 5

### Everyday Items:

\*Menu Subject to Change

<b>Drink Choices:</b> <b>Chocolate Milk (236ml)</b> Calories: 120      Total Fat: 0g Cholesterol: 5mg    Sodium: 180mg Total Carbs: 20g    Protein: 8g	<b>White Milk (236ml)</b> Calories: 110      Total Fat: 2.5g Cholesterol: 10mg    Sodium: 130mg Total Carbs: 13g    Protein: 8g	<b>Substitute Entrees:</b> <b>Dannon Yogurt (4oz.)</b> Calories: 70      Total Fat: 0g Cholesterol: 5mg    Sodium: 65mg Total Carbs: 14g    Protein: 4g	<b>Uncrustable (2.6oz.) 76g</b> Calories: 300      Total Fat: 17g Cholesterol: 0mg    Sodium: 280mg Total Carbs: 32g    Protein: 9g
<b>Salad (1 cup)</b> Calories: 8      Total Fat: 0.1g Cholesterol: 0mg    Sodium: 6mg Total Carbs: 1.7g    Protein: 0.5g			

<b>MONDAY (3/29/21)</b>  <u><b>BREAKFAST:</b></u> <b>Variety Muffin Mix</b> Calories: 350      Total Fat: 10g Cholesterol: 35mg    Sodium: 360mg Total Carbs: 61g    Protein: 5g  <u><b>LUNCH:</b></u> <b>Breakfast Sandwich- Egg, Cheese &amp; Sausage</b> Calories: 300      Total Fat: 15g Cholesterol: 132mg    Sodium: 865mg Total Carbs: 22.5g    Protein: 18.5g  <b>Hash Brown Patty (2)</b> Calories: 260      Total Fat: 16g Cholesterol: 0mg      Sodium: 490mg Total Carbs: 28g      Protein: 2g  <b>PP Fruitable (1)</b> Calories: 60      Total Fat: 0g Cholesterol: 0mg    Sodium: 15mg Total Carbs: 14g    Protein: 0g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>TUESDAY (3/30/21)</b>  <u><b>BREAKFAST:</b></u> <b>Cinnamon Rolls</b> Calories: 230      Total Fat: 7g Cholesterol: 0mg    Sodium: 240mg Total Carbs: 38g    Protein: 4g  <u><b>LUNCH:</b></u> <b>Sweet &amp; Sour Chicken Pop. Chicken (10 pieces)</b> Calories: 270      Total Fat: 13g Cholesterol: 60mg    Sodium: 590mg Total Carbs: 20g    Protein: 18g <b>S&amp;S Sauce (¼ cup)</b> Calories: 120      Total Fat: 0g Cholesterol: 0mg    Sodium: 220mg Total Carbs: 28g    Protein: 0g  <b>Fried Rice (½ cup)</b> Calories: 95      Total Fat: 1.75g Cholesterol: 0mg    Sodium: 290mg Total Carbs: 17g    Protein: 2.5g  <b>Veggie Mix (½ cup)</b> Calories: 20      Total Fat: 0g Cholesterol: 0mg    Sodium: 15mg Total Carbs: 2.5g    Protein: 0.5g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	<b>WEDNESDAY (3/31/21)</b>  <u><b>BREAKFAST:</b></u> <b>Sausage Gravy &amp; Biscuit</b> Calories: 270      Total Fat: 12g Cholesterol: 10mg    Sodium: 900mg Total Carbs: 33g    Protein: 7g  <u><b>LUNCH:</b></u> <b>Papa John's Pizza (1)</b> Calories: 290      Total Fat: 10g Cholesterol: 25mg    Sodium: 710mg Total Carbs: 38g    Protein: 11g  <b>Salad (1 cup)</b> Calories: 8      Total Fat: 0.1g Cholesterol: 0mg    Sodium: 6mg Total Carbs: 1.7g    Protein: 0.5g  <b>Baby Carrots (1 Bag)</b> Calories: 50      Total Fat: 0g Cholesterol: 0mg    Sodium: 90mg Total Carbs: 12g    Protein: 1g  <b>Annie's Bunny Crackers (1)</b> Calories: 160      Total Fat: 6g Cholesterol: 0mg    Sodium: 105mg Total Carbs: 24g    Protein: 3g  <b>Fruit Choice</b> *Choice of fruit ranges from 50-90 calories and 14g to 22g of carbs.	
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