### Curry Elem/Middle Hst-8

### Thursday, Nov 16, 2017

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Recipes | Portion Size | Calories | Sodium mg | Protein g | Carbohydrate g | Total Fat g | Saturated Fat g |
| Chicken, Bite,WholeMuscle10623 | 6 nuggets | 360 | 870 | 27.00 | 21.00 | 18.00 | 3.00 |
| Thanksgiving Dressing | 1/2 cup | 290 | 1171 | 4.33\* | 48.35 | 6.88 | 1.79 |
| Beans, Green,frzn, 0.5c 13200 | 1/2 cup | 31 | 243 | 1.02 | 6.16 | 0.00 | 0.00 |
| Sweet Potato Casserole | 1/2 c | 131 | 44 | 0.15\* | 31.06 | 0.00\* | 0.00\* |
| Roll Dough,ParkerHs K-8, 14005 | 1 roll | 90 | 140 | 2.00 | 15.00 | 2.00 | 0.50 |
| Strawberies,frzn,4.5ozUSDA1/2c | 4.5 oz. | 90 | 0 | 1.00 | 22.00 | 0.00 | 0.00 |
| Milk, Flavored Variety | 1 cup | 126 | 206 | 8.00 | 23.50 | 0.00 | 0.00 |
| Milk, lowfat | 1 cup | 95 | 100 | 7.64 | 11.32 | 2.20 | 1.44 |
| Milk, fat free | 1 cup | 77 | 95 | 7.64 | 11.25 | 0.18 | 0.13 |

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\*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.