

LNJ2 - 4-12 Traditional

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg
2	3	4	5	6	
9	10	11	12	13	
CALORIES(KCAL) 766.1	CALORIES(KCAL) 709.8	CALORIES(KCAL) 742.3	CALORIES(KCAL) 950.1	CALORIES(KCAL) 767.3	CALORIES(KCAL) 787.1
PROTEIN(GM) 27.7	PROTEIN(GM) 31.9	PROTEIN(GM) 35.4	PROTEIN(GM) 34.4	PROTEIN(GM) 28.3	PROTEIN(GM) 31.5
CALCIUM(MG) 360.8	CALCIUM(MG) 330.4	CALCIUM(MG) 450.8	CALCIUM(MG) 414.0	CALCIUM(MG) 586.3	CALCIUM(MG) 428.5
IRON(MG) 3.6	IRON(MG) 4.8	IRON(MG) 5.4	IRON(MG) 5.5	IRON(MG) 3.9	IRON(MG) 4.6
VITAMIN A(RE) 268.5	VITAMIN A(RE) 216.3	VITAMIN A(RE) 165.1	VITAMIN A(RE) 612.9	VITAMIN A(RE) 405.0	VITAMIN A(RE) 333.6
VITAMIN C(MG) 31.6	VITAMIN C(MG) 10.8	VITAMIN C(MG) 6.2	VITAMIN C(MG) 41.5	VITAMIN C(MG) 12.7	VITAMIN C(MG) 20.6
Sugar(GM) 40.6	Sugar(GM) 40.1	Sugar(GM) 43.8	Sugar(GM) 69.5	Sugar(GM) 46.5	Sugar(GM) 48.1
SODIUM(MG) 956.8	SODIUM(MG) 1525.7	SODIUM(MG) 1385.5	SODIUM(MG) 945.0	SODIUM(MG) 1449.6	SODIUM(MG) 1252.5
Fiber(GM) 2.6	Fiber(GM) 6.0	Fiber(GM) 8.9	Fiber(GM) 6.7	Fiber(GM) 7.2	Fiber(GM) 6.3
SAT FAT(GM) 9.0	SAT FAT(GM) 3.5	SAT FAT(GM) 7.2	SAT FAT(GM) 5.1	SAT FAT(GM) 8.8	SAT FAT OF CAL % 7.7
TOTAL FAT(GM) 25.6	TOTAL FAT(GM) 17.4	TOTAL FAT(GM) 23.9	TOTAL FAT(GM) 24.4	TOTAL FAT(GM) 27.8	TOTAL FAT OF CAL % 27.2
16	17	18	19	20	
CALORIES(KCAL) 757.0	CALORIES(KCAL) 815.2	CALORIES(KCAL) 949.2	CALORIES(KCAL) 682.0	CALORIES(KCAL) 806.3	CALORIES(KCAL) 801.9
PROTEIN(GM) 24.6	PROTEIN(GM) 36.4	PROTEIN(GM) 31.8	PROTEIN(GM) 34.8	PROTEIN(GM) 29.3	PROTEIN(GM) 31.4
CALCIUM(MG) 404.2	CALCIUM(MG) 374.0	CALCIUM(MG) 431.6	CALCIUM(MG) 480.9	CALCIUM(MG) 585.0	CALCIUM(MG) 455.1
IRON(MG) 3.8	IRON(MG) 5.1	IRON(MG) 5.3	IRON(MG) 5.5	IRON(MG) 4.0	IRON(MG) 4.7
VITAMIN A(RE) 150.7	VITAMIN A(RE) 361.0	VITAMIN A(RE) 269.2	VITAMIN A(RE) 900.8	VITAMIN A(RE) 405.0	VITAMIN A(RE) 417.3
VITAMIN C(MG) 29.4	VITAMIN C(MG) 39.1	VITAMIN C(MG) 11.3	VITAMIN C(MG) 26.5	VITAMIN C(MG) 18.1	VITAMIN C(MG) 24.9
Sugar(GM) 33.1	Sugar(GM) 45.9	Sugar(GM) 50.4	Sugar(GM) 43.6	Sugar(GM) 48.9	Sugar(GM) 44.4
SODIUM(MG) 1330.8	SODIUM(MG) 1445.3	SODIUM(MG) 1651.4	SODIUM(MG) 1278.5	SODIUM(MG) 1447.2	SODIUM(MG) 1430.6
Fiber(GM) 6.0	Fiber(GM) 9.2	Fiber(GM) 12.8	Fiber(GM) 7.9	Fiber(GM) 7.6	Fiber(GM) 8.7
SAT FAT(GM) 6.2	SAT FAT(GM) 7.5	SAT FAT(GM) 9.1	SAT FAT(GM) 5.8	SAT FAT(GM) 8.7	SAT FAT OF CAL % 8.4
TOTAL FAT(GM) 26.8	TOTAL FAT(GM) 24.0	TOTAL FAT(GM) 32.8	TOTAL FAT(GM) 21.1	TOTAL FAT(GM) 27.0	TOTAL FAT OF CAL % 29.6
23	24	25	26	27	
CALORIES(KCAL) 713.4	CALORIES(KCAL) 917.7	CALORIES(KCAL) 713.4	CALORIES(KCAL) 713.4	CALORIES(KCAL) 713.4	CALORIES(KCAL) 815.6
PROTEIN(GM) 29.5	PROTEIN(GM) 29.8	PROTEIN(GM) 29.8	PROTEIN(GM) 29.8	PROTEIN(GM) 29.8	PROTEIN(GM) 29.7
CALCIUM(MG) 778.6	CALCIUM(MG) 359.0	CALCIUM(MG) 359.0	CALCIUM(MG) 359.0	CALCIUM(MG) 359.0	CALCIUM(MG) 568.8
IRON(MG) 3.4	IRON(MG) 5.3	IRON(MG) 5.3	IRON(MG) 5.3	IRON(MG) 5.3	IRON(MG) 4.4
VITAMIN A(RE) 566.0	VITAMIN A(RE) 376.6	VITAMIN A(RE) 376.6	VITAMIN A(RE) 376.6	VITAMIN A(RE) 376.6	VITAMIN A(RE) 471.3
VITAMIN C(MG) 26.8	VITAMIN C(MG) 13.4	VITAMIN C(MG) 13.4	VITAMIN C(MG) 13.4	VITAMIN C(MG) 13.4	VITAMIN C(MG) 20.1
Sugar(GM) 36.8	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 47.7
SODIUM(MG) 2288.8	SODIUM(MG) 1442.9	SODIUM(MG) 1442.9	SODIUM(MG) 1442.9	SODIUM(MG) 1442.9	SODIUM(MG) 1865.9
Fiber(GM) 4.0	Fiber(GM) 5.4	Fiber(GM) 5.4	Fiber(GM) 5.4	Fiber(GM) 5.4	Fiber(GM) 4.7
SAT FAT(GM) 8.3	SAT FAT(GM) 8.3	SAT FAT(GM) 8.3	SAT FAT(GM) 8.3	SAT FAT(GM) 8.3	SAT FAT OF CAL % 9.2
TOTAL FAT(GM) 24.7	TOTAL FAT(GM) 33.9	TOTAL FAT(GM) 33.9	TOTAL FAT(GM) 33.9	TOTAL FAT(GM) 33.9	TOTAL FAT OF CAL % 32.3
30	31	1	2	3	
CALORIES(KCAL) 713.4	CALORIES(KCAL) 917.7	CALORIES(KCAL) 713.4	CALORIES(KCAL) 713.4	CALORIES(KCAL) 713.4	CALORIES(KCAL) 815.6
PROTEIN(GM) 29.5	PROTEIN(GM) 29.8	PROTEIN(GM) 29.8	PROTEIN(GM) 29.8	PROTEIN(GM) 29.8	PROTEIN(GM) 29.7
CALCIUM(MG) 778.6	CALCIUM(MG) 359.0	CALCIUM(MG) 359.0	CALCIUM(MG) 359.0	CALCIUM(MG) 359.0	CALCIUM(MG) 568.8
IRON(MG) 3.4	IRON(MG) 5.3	IRON(MG) 5.3	IRON(MG) 5.3	IRON(MG) 5.3	IRON(MG) 4.4
VITAMIN A(RE) 566.0	VITAMIN A(RE) 376.6	VITAMIN A(RE) 376.6	VITAMIN A(RE) 376.6	VITAMIN A(RE) 376.6	VITAMIN A(RE) 471.3
VITAMIN C(MG) 26.8	VITAMIN C(MG) 13.4	VITAMIN C(MG) 13.4	VITAMIN C(MG) 13.4	VITAMIN C(MG) 13.4	VITAMIN C(MG) 20.1
Sugar(GM) 36.8	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 47.7
SODIUM(MG) 2288.8	SODIUM(MG) 1442.9	SODIUM(MG) 1442.9	SODIUM(MG) 1442.9	SODIUM(MG) 1442.9	SODIUM(MG) 1865.9
Fiber(GM) 4.0	Fiber(GM) 5.4	Fiber(GM) 5.4	Fiber(GM) 5.4	Fiber(GM) 5.4	Fiber(GM) 4.7
SAT FAT(GM) 8.3	SAT FAT(GM) 8.3	SAT FAT(GM) 8.3	SAT FAT(GM) 8.3	SAT FAT(GM) 8.3	SAT FAT OF CAL % 9.2
TOTAL FAT(GM) 24.7	TOTAL FAT(GM) 33.9	TOTAL FAT(GM) 33.9	TOTAL FAT(GM) 33.9	TOTAL FAT(GM) 33.9	TOTAL FAT OF CAL % 32.3

LNV - Vegetarian Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg
2	3	4	5	6	
9	10	11	12	13	
CALORIES(KCAL) 652.9	CALORIES(KCAL) 687.8	CALORIES(KCAL) 695.1	CALORIES(KCAL) 996.1	CALORIES(KCAL) 767.3	CALORIES(KCAL) 762.0
PROTEIN(GM) 23.8	PROTEIN(GM) 30.2	PROTEIN(GM) 32.1	PROTEIN(GM) 31.7	PROTEIN(GM) 28.3	PROTEIN(GM) 29.2
CALCIUM(MG) 601.6	CALCIUM(MG) 396.5	CALCIUM(MG) 764.6	CALCIUM(MG) 516.8	CALCIUM(MG) 586.3	CALCIUM(MG) 573.2
IRON(MG) 5.5	IRON(MG) 6.3	IRON(MG) 3.7	IRON(MG) 6.7	IRON(MG) 3.9	IRON(MG) 5.2
VITAMIN A(RE) 367.9	VITAMIN A(RE) 173.4	VITAMIN A(RE) 279.1	VITAMIN A(RE) 526.1	VITAMIN A(RE) 405.0	VITAMIN A(RE) 350.3
VITAMIN C(MG) 35.1	VITAMIN C(MG) 9.6	VITAMIN C(MG) 3.9	VITAMIN C(MG) 33.6	VITAMIN C(MG) 12.7	VITAMIN C(MG) 19.0
Sugar(GM) 26.7	Sugar(GM) 40.1	Sugar(GM) 43.3	Sugar(GM) 54.5	Sugar(GM) 46.5	Sugar(GM) 42.2
SODIUM(MG) 1224.0	SODIUM(MG) 1459.0	SODIUM(MG) 1711.2	SODIUM(MG) 1321.9	SODIUM(MG) 1449.6	SODIUM(MG) 1433.1
Fiber(GM) 12.5	Fiber(GM) 9.3	Fiber(GM) 9.7	Fiber(GM) 6.0	Fiber(GM) 7.2	Fiber(GM) 8.9
SAT FAT(GM) 4.9	SAT FAT(GM) 2.2	SAT FAT(GM) 7.5	SAT FAT(GM) 9.1	SAT FAT(GM) 8.8	SAT FAT OF CAL % 7.7
TOTAL FAT(GM) 14.5	TOTAL FAT(GM) 15.4	TOTAL FAT(GM) 20.4	TOTAL FAT(GM) 29.8	TOTAL FAT(GM) 27.8	TOTAL FAT OF CAL % 25.5
16	17	18	19	20	
CALORIES(KCAL) 667.5	CALORIES(KCAL) 894.8	CALORIES(KCAL) 671.1	CALORIES(KCAL) 632.2	CALORIES(KCAL) 611.9	CALORIES(KCAL) 617.5
PROTEIN(GM) 27.7	PROTEIN(GM) 34.2	PROTEIN(GM) 29.1	PROTEIN(GM) 29.0	PROTEIN(GM) 30.9	PROTEIN(GM) 27.6
CALCIUM(MG) 421.4	CALCIUM(MG) 478.2	CALCIUM(MG) 747.8	CALCIUM(MG) 492.6	CALCIUM(MG) 617.2	CALCIUM(MG) 556.2
IRON(MG) 5.3	IRON(MG) 6.3	IRON(MG) 3.9	IRON(MG) 5.2	IRON(MG) 3.3	IRON(MG) 4.2
VITAMIN A(RE) 150.7	VITAMIN A(RE) 373.2	VITAMIN A(RE) 326.8	VITAMIN A(RE) 168.7	VITAMIN A(RE) 676.3	VITAMIN A(RE) 419.1
VITAMIN C(MG) 28.0	VITAMIN C(MG) 37.5	VITAMIN C(MG) 49.8	VITAMIN C(MG) 101.6	VITAMIN C(MG) 7.8	VITAMIN C(MG) 57.0
Sugar(GM) 26.3	Sugar(GM) 42.0	Sugar(GM) 37.9	Sugar(GM) 39.9	Sugar(GM) 36.4	Sugar(GM) 39.4
SODIUM(MG) 860.4	SODIUM(MG) 1349.9	SODIUM(MG) 1606.5	SODIUM(MG) 790.5	SODIUM(MG) 950.2	SODIUM(MG) 1105.0
Fiber(GM) 8.4	Fiber(GM) 9.0	Fiber(GM) 7.2	Fiber(GM) 10.4	Fiber(GM) 6.0	Fiber(GM) 8.3
SAT FAT(GM) 2.7	SAT FAT(GM) 8.7	SAT FAT(GM) 6.1	SAT FAT(GM) 2.3	SAT FAT(GM) 8.0	SAT FAT OF CAL % 7.0
TOTAL FAT(GM) 21.5	TOTAL FAT(GM) 24.8	TOTAL FAT(GM) 19.3	TOTAL FAT(GM) 17.1	TOTAL FAT(GM) 21.8	TOTAL FAT OF CAL % 25.9
23	24	25	26	27	
CALORIES(KCAL) 667.5	CALORIES(KCAL) 894.8	CALORIES(KCAL) 671.1	CALORIES(KCAL) 632.2	CALORIES(KCAL) 611.9	CALORIES(KCAL) 617.5
PROTEIN(GM) 27.7	PROTEIN(GM) 34.2	PROTEIN(GM) 29.1	PROTEIN(GM) 29.0	PROTEIN(GM) 30.9	PROTEIN(GM) 27.6
CALCIUM(MG) 421.4	CALCIUM(MG) 478.2	CALCIUM(MG) 747.8	CALCIUM(MG) 492.6	CALCIUM(MG) 617.2	CALCIUM(MG) 556.2
IRON(MG) 5.3	IRON(MG) 6.3	IRON(MG) 3.9	IRON(MG) 5.2	IRON(MG) 3.3	IRON(MG) 4.2
VITAMIN A(RE) 150.7	VITAMIN A(RE) 373.2	VITAMIN A(RE) 326.8	VITAMIN A(RE) 168.7	VITAMIN A(RE) 676.3	VITAMIN A(RE) 419.1
VITAMIN C(MG) 28.0	VITAMIN C(MG) 37.5	VITAMIN C(MG) 49.8	VITAMIN C(MG) 101.6	VITAMIN C(MG) 7.8	VITAMIN C(MG) 57.0
Sugar(GM) 26.3	Sugar(GM) 42.0	Sugar(GM) 37.9	Sugar(GM) 39.9	Sugar(GM) 36.4	Sugar(GM) 39.4
SODIUM(MG) 860.4	SODIUM(MG) 1349.9	SODIUM(MG) 1606.5	SODIUM(MG) 790.5	SODIUM(MG) 950.2	SODIUM(MG) 1105.0
Fiber(GM) 8.4	Fiber(GM) 9.0	Fiber(GM) 7.2	Fiber(GM) 10.4	Fiber(GM) 6.0	Fiber(GM) 8.3
SAT FAT(GM) 2.7	SAT FAT(GM) 8.7	SAT FAT(GM) 6.1	SAT FAT(GM) 2.3	SAT FAT(GM) 8.0	SAT FAT OF CAL % 7.0
TOTAL FAT(GM) 21.5	TOTAL FAT(GM) 24.8	TOTAL FAT(GM) 19.3	TOTAL FAT(GM) 17.1	TOTAL FAT(GM) 21.8	TOTAL FAT OF CAL % 25.9
30	31	1	2	3	
CALORIES(KCAL) 713.4	CALORIES(KCAL) 926.7	CALORIES(KCAL) 713.4	CALORIES(KCAL) 713.4	CALORIES(KCAL) 713.4	CALORIES(KCAL) 820.1
PROTEIN(GM) 29.5	PROTEIN(GM) 30.8	PROTEIN(GM) 30.8	PROTEIN(GM) 30.8	PROTEIN(GM) 30.8	PROTEIN(GM) 30.2
CALCIUM(MG) 778.6	CALCIUM(MG) 442.0	CALCIUM(MG) 442.0	CALCIUM(MG) 442.0	CALCIUM(MG) 442.0	CALCIUM(MG) 610.3
IRON(MG) 3.4	IRON(MG) 6.6	IRON(MG) 6.6	IRON(MG) 6.6	IRON(MG) 6.6	IRON(MG) 5.0
VITAMIN A(RE) 566.0	VITAMIN A(RE) 341.8	VITAMIN A(RE) 341.8	VITAMIN A(RE) 341.8	VITAMIN A(RE) 341.8	VITAMIN A(RE) 453.9
VITAMIN C(MG) 26.8	VITAMIN C(MG) 11.3	VITAMIN C(MG) 11.3	VITAMIN C(MG) 11.3	VITAMIN C(MG) 11.3	VITAMIN C(MG) 19.1
Sugar(GM) 36.8	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 58.5	Sugar(GM) 47.7
SODIUM(MG) 2288.8	SODIUM(MG) 1447.9	SODIUM(MG) 1447.9	SODIUM(MG) 1447.9	SODIUM(MG) 1447.9	SODIUM(MG) 1868.4
Fiber(GM) 4.0	Fiber(GM) 10.4	Fiber(GM) 10.4	Fiber(GM) 10.4	Fiber(GM) 10.4	Fiber(GM) 7.2
SAT FAT(GM) 8.3	SAT FAT(GM) 6.3	SAT FAT(GM) 6.3	SAT FAT(GM) 6.3	SAT FAT(GM) 6.3	SAT FAT OF CAL % 8.0
TOTAL FAT(GM) 24.7	TOTAL FAT(GM) 29.4	TOTAL FAT(GM) 29.4	TOTAL FAT(GM) 29.4	TOTAL FAT(GM) 29.4	TOTAL FAT OF CAL % 29.7



January 2012

CANTON CHARTER ACADEMY



Preferred Meal Systems, Inc.
preferredmealsystems.com

LNJ2 + LNV

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	<h1>HOLIDAY BREAK</h1>			
9	10	11	12	13
FRENCH TOAST STICKS W/SAUSAGE BEAN & CHEESE BURRITO Potato Rounds Blended Fruit Juice	CHICKEN TENDERS (Whole Grain) BREADED VEGGIE NUGGETS Potato Wedges Mixed Fruit Cup Mini Pretzels	CHARBROILED HAMBURGER LOW FAT TOASTED CHEESE ON WHEAT BREAD Maple Baked Beans Peach Cup Hamburger Bun Fritos	SWEET & SOUR BROWN RICE BOWL W/CHICKEN MINI RAVIOLI WITH SAUCE Grape Juice Pineapple Cup Corn Muffin	ENTRÉE SALAD CHEESE PIZZA DIPPERS Marinara Dipping Sauce Fruit Cup Lemon Cookie
16	17	18	19	20
<i>I Have A Dream</i> <i>Martin Luther King, Jr. Day</i>	HOMESTYLE CHILI W/BEANS HOMESTYLE VEGETARIAN CHILI Buttered Corn Orange Juice Bar Tortilla Rounds (Whole Grain)	CHICKEN DIPPERS (whole grain)W/TOMATO PARMESAN SAUCE CHEESE PIZZA DIPPERS Marinara Dipping Sauce Funky Fruit Punch Applesauce (all natural) Soft Breadstick	HOT DOG BREADED VEGGIE NUGGETS French Fries Fresh Orange Hot Dog Bun Wheat Bread	ENTRÉE SALAD CHEESE PISA PIZZA (WHOLE WHEAT) Fresh Baby Carrots Pear Cup
23	24	25	26	27
New Item! BAGEL DOG (WHOLE GRAIN) BREADED VEGGIE NUGGETS Potato Wedges Apple-Cranberry Juice Goldfish Crackers	SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE MINI RAVIOLI WITH SAUCE Green Garden Peas Mixed Fruit Cup Garlic Bread	BAKED CHICKEN NUGGETS(WHOLE GRAIN) LOW FAT TOASTED CHEESE ON WHEAT BREAD Potato Rounds Fruit Cup Wheat Bread Fritos	<h1>Chefs Choice</h1>	ENTRÉE SALAD CHEESE PIZZA DIPPERS Marinara Dipping Sauce Fresh Banana Lemon Cookie
30	31			
LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Grape Juice	POPCORN CHICKEN BREADED VEGGIE NUGGETS Potato Rounds Pineapple Cup Corn Muffin			

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

***MENU SUBJECT TO CHANGE.



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