



School Menus Online

TrakNOW menu planning now updates PCS/PayPAMS Parent Portal for viewing menus on the web

SchoolMenus
Demo School District
Feeding the Future

Custom Message: Important Message Regarding School Meals
You can apply for Free and Reduced Meals online by clicking here.

Allergens Filter: Dairy, Egg, Fish, Peanuts, Sesame, Shellfish, Soy, Tree nuts, Wheat

Cherry Elementary School | Lunch

July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Chicken Nuggets Baked Beans Seasoned Green Beans Banana BBQ Sauce Ketchup Assorted Milk - Chocolate Milk Stem Milk 1% Milk 		<ul style="list-style-type: none"> Sweet & Sour Chicken Chinese Style Vegetables Pineapple Tidbits Steamed Rice Evaporated Assorted Milk - Chocolate Milk Stem Milk 1% Milk 	<ul style="list-style-type: none"> Spaghetti And Meat Sauce Garden Salad Apple Homemade Roll Ranch Dressing Assorted Milk - Chocolate Milk Stem Milk 1% Milk 	<ul style="list-style-type: none"> Hamburger On A Bun Spicy Potato Wedges Baby Carrots Sliced Peaches Fresh Fruit - Banana Apple Orange Pears Peaches Ketchup Mustard Ranch Dressing Assorted Milk - Chocolate Milk Stem Milk 1% Milk
<ul style="list-style-type: none"> Pepperoni & Spanish Cheese Pizza Hamburger On A Bun Mac N Cheese W/Breadstick - W/ Mac N Cheese Breadstick Pears Baby Carrots Pineapple Tidbits Fresh Fruit - Banana Apple Orange Pears Peaches Ketchup Assorted Milk - Chocolate Milk Stem Milk 1% Milk 	<ul style="list-style-type: none"> Beef Lasagna Bean Burrito Chicken & Cheese Quesadilla Broccoli Garden Salad Fresh Fruit - Banana Apple Orange Pears Peaches Applesauce Salsa Assorted Milk - Chocolate Milk Stem Milk 1% Milk 	<ul style="list-style-type: none"> Grilled Cheese Sandwich Salad - Spinach Sliced Cheeses Tomatoes Shredded Mozzarella Cheese Baby Carrots Sweet & Sour Chicken Chinese Style Vegetables Cucumber Whole Wheat Roll Steamed Rice Pineapple Tidbits Fresh Fruit - Banana Apple Orange Pears Peaches Ranch Dressing Assorted Milk - Chocolate Milk Stem Milk 1% Milk 	<ul style="list-style-type: none"> Chorizo Burger On A Bun Spaghetti And Meat Sauce Chicken Nuggets Garden Salad Mixed Fruit Fresh Fruit - Banana Apple Orange Pears Peaches Ranch Dressing Assorted Milk - Chocolate Milk Stem Milk 1% Milk 	<ul style="list-style-type: none"> Egg & Cheese W/eggs Fish Strips W/Breadstick - Breadstick Broccoli Fish Strips Pizza French Bread Cheese Pizza Pineapple Peppers Lo-On Blended Beans Spicy Potato Wedges Sliced Peaches Ketchup Assorted Milk - Chocolate Milk Stem Milk 1% Milk

Easy viewing for Students and Parents

- ✓ School Lookup
- ✓ Menu Display
- ✓ Allergen Filter
- ✓ Select Menu Item
- ✓ Serving Size
- ✓ Picture
- ✓ Nutrition Facts
- ✓ Nutrition Calculator
- ✓ Carb counter
- ✓ Student Rating

Nutrition Facts
Chicken Nuggets
Serving Size 1 Serving (4 each)

Calories 268.531

Total Fat 17.981g
Saturated Fat 3.622g
Trans Fat g

Cholesterol 38.896mg
Sodium 505.31mg

Total Carbohydrates 12.782g
Dietary Fiber 1.905g
Sugars g

Protein 13.852g

Vitamin A 0IU Vitamin C 0mg
Calcium 28.123mg Iron 1.07mg

Allergens: Dairy, Eggs, Soy, Wheat

✓ Added to Nutrition Calculator

Rate this Item ☆☆☆☆☆
Submit Rating

Nutrition Calculator
Cherry Elementary School -> Lunch

View All Nutrients

Meal Date	Item	Carbohydrates	Dietary Fiber	Net Carbs	
07/03/2023	Banana	26.951g	3.068g	23.883g	X
07/03/2023	Chocolate Milk	13.566g	0g	13.566g	X
07/03/2023	Chicken Nuggets	12.782g	1.905g	10.877g	X
07/03/2023	Baked Beans	28.232g	5.389g	22.843g	X
07/03/2023 Total:		81.531g	10.362g	71.169g	
07/05/2023	Sweet & Sour Chicken	35.658g	1.315g	34.343g	X
07/05/2023	Pineapple Tidbits	15.864g	0.25g	15.614g	X
07/05/2023	Steamed Rice	15.278g	0.16g	15.118g	X
07/05/2023	1% Milk	13.579g	0g	13.579g	X
07/05/2023 Total:		80.379g	1.725g	78.654g	
Total:		161.91g	12.087g	149.823g	

Back to Menu Clear Nutrition Data