

# Kohl Wholesale

## KOHL MENU CYCLE K -8

### Kohl Kafeteria SY23-24 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 7  CHICKEN NUGGETS KETCHUP MAC AND CHEESE, WG, LANDOLAKE GREEN BEANS CHOICE OF FRUIT MILK, 1%	Aug - 8  FLATBREAD SANDWICH BROCCOLI SUNCHIPS CHOICE OF FRUIT MILK, 1%	Aug - 9  HAMBURGER ON BUN KETCHUP & MUSTARD SWEET POTATO STICKS CHOICE OF FRUIT MILK, 1% CARROT & CELERY STICKS	Aug - 10  TACO BEEF PIE REFRIED BEANS. SUNSRC SALSA CHOICE OF FRUIT MILK, 1% CORN, YELLOW, FRZN	Aug - 11  CHEESE PIZZA BITES MARINARA SAUCE CARROT & CELERY STICKS CHOICE OF FRUIT MILK, 1%	Avg Nutrients    Target Cals...            589        98% Sodium.          1099 mg Fiber..          12.1 g Sugar 17.9*g    12.1%Cal Prot    27.5g    18.7%Cal Carb    79.4g    53.9%Cal T.Fat   18.0g    27.5%Cal S.Fat    6.4g     9.8%Cal
Nutrients            Target Cals...            626        100% Sodium.          1543 mg Fiber..          10.5 g Sugar 14.7*g    9.4%Cal Prot    31.7g    20.3%Cal Carb    62.8g    40.1%Cal T.Fat   26.7g    38.4%Cal S.Fat   10.8g    15.5%Cal	Nutrients            Target Cals...            439        73% Sodium.          668 mg Fiber..          8.2 g Sugar 10.3*g    9.3%Cal Prot    22.4g    20.4%Cal Carb    53.9g    49.1%Cal T.Fat   15.5g    31.8%Cal S.Fat    5.0g     10.3%Cal	Nutrients            Target Cals...            590        98% Sodium.          966 mg Fiber..          6.8 g Sugar 22.0*g    14.9%Cal Prot    28.5g    19.3%Cal Carb    77.6g    52.6%Cal T.Fat   18.6g    28.4%Cal S.Fat    5.5g     8.4%Cal	Nutrients            Target Cals...            782        120% Sodium.          1518 mg Fiber..          25.5 g Sugar 25.5*g    13.0%Cal Prot    29.0g    14.8%Cal Carb    135.5g    69.3%Cal T.Fat   13.6g    15.6%Cal S.Fat    5.0g     5.8%Cal	Nutrients            Target Cals...            507        84% Sodium.          799 mg Fiber..          9.5 g Sugar 16.9*g    13.4%Cal Prot    26.0g    20.5%Cal Carb    67.0g    52.9%Cal T.Fat   15.6g    27.6%Cal S.Fat    5.6g     9.9%Cal	
Aug - 14  MINI CORN DOGS MARINARA SAUCE CALIFORNIA BLEND VEGGIES SMILEY POTATOES CHOICE OF FRUIT MILK, 1%	Aug - 15  CHIX, MAND ORNG W/SAUCE VEGETABLE FRIED RICE CARROTS CHOICE OF FRUIT MILK, 1%	Aug - 16  PULLED PORK PLAIN CKD BAKED BEANS CORNBREAD, MUFFIN, WG, 1.8Z CHOICE OF FRUIT MILK, 1% CARROT & CELERY STICKS	Aug - 17  MAC AND CHEESE, WG, LANDOLAKE BEAN, GREENS, DELMONTE CHOICE OF FRUIT MILK, 1%	Aug - 18  PIZZA CALZONE SALAD W/ RF DRESSING CHOICE OF FRUIT MILK, 1%	Avg Nutrients    Target Cals...            587        98% Sodium.          1023 mg Fiber..          8.0 g Sugar 21.7*g    14.8%Cal Prot    24.1g    16.4%Cal Carb    81.5g    55.5%Cal T.Fat   17.6g    27.0%Cal S.Fat    6.8g     10.5%Cal
Nutrients            Target Cals...            620        100% Sodium.          1049 mg Fiber..          6.8 g Sugar 18.5*g    12.0%Cal Prot    20.5g    13.2%Cal Carb    86.9g    56.1%Cal T.Fat   21.1g    30.6%Cal S.Fat    5.5g     8.0%Cal	Nutrients            Target Cals...            562        94% Sodium.          858 mg Fiber..          7.0 g Sugar 27.4*g    19.5%Cal Prot    26.6g    19.0%Cal Carb    91.7g    65.3%Cal T.Fat    9.3g     14.8%Cal S.Fat    2.6g     4.2%Cal	Nutrients            Target Cals...            708        109% Sodium.          990 mg Fiber..          13.8 g Sugar 32.3*g    18.3%Cal Prot    23.7g    13.4%Cal Carb    114.2g    64.5%Cal T.Fat   17.3g    22.0%Cal S.Fat    4.2g     5.3%Cal	Nutrients            Target Cals...            542        90% Sodium.          1463 mg Fiber..          5.4 g Sugar 14.6*g    10.8%Cal Prot    26.5g    19.6%Cal Carb    52.4g    38.7%Cal T.Fat   22.9g    38.0%Cal S.Fat   15.1g    25.1%Cal	Nutrients            Target Cals...            504        84% Sodium.          754 mg Fiber..          6.8 g Sugar 15.8*g    12.6%Cal Prot    23.1g    18.3%Cal Carb    62.2g    49.3%Cal T.Fat   17.6g    31.4%Cal S.Fat    6.7g     12.0%Cal	

*\*NA\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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# Kohl Wholesale

## KOHL MENU CYCLE K -8

### Kohl Kafeteria SY23-24 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 21  MEATBALL SUBS GOLDEN CORN FRESH CUCUMBER SLICES RANCH DRESSING CHOICE OF FRUIT MILK, 1%	Aug - 22  LASAGNA ROLL UPS GARLIC BREAD GREEN BEANS LS CHOICE OF FRUIT MILK, 1%	Aug - 23  POPCORN CHIX KETCHUP & MUSTARD BAKED BEANS CHOICE OF FRUIT MILK, 1% CARROT & CELERY STICKS	Aug - 24  HOTDOG,TURKEY,JENNIO RSO 2Z SUNCHIPS CARROT & CELERY STICKS CHOICE OF FRUIT MILK, 1%	Aug - 25  CHEESE PIZZA DIPPERS BROCCOLI, FLORETS, RAW CHOICE OF FRUIT MILK, 1%	Avg Nutrients Target Cals... 611 100% Sodium. 1046 mg Fiber.. 10.7 g Sugar 26.9*g 17.6%Cal Prot 26.4g 17.3%Cal Carb 91.5g 59.9%Cal T.Fat 16.2g 23.9%Cal S.Fat 5.1g 7.6%Cal
Nutrients Target Cals... 727 112% Sodium. 1758 mg Fiber.. 10.4 g Sugar 28.3*g 15.6%Cal Prot 33.8g 18.6%Cal Carb 105.9g 58.3%Cal T.Fat 22.1g 27.4%Cal S.Fat 8.0g 9.9%Cal	Nutrients Target Cals... 579 97% Sodium. 670 mg Fiber.. 9.5 g Sugar 29.3*g 20.3%Cal Prot 28.0g 19.3%Cal Carb 92.8g 64.1%Cal T.Fat 10.2g 15.9%Cal S.Fat 4.0g 6.2%Cal	Nutrients Target Cals... 651 100% Sodium. 1117 mg Fiber.. 14.8 g Sugar 22.2*g 13.7%Cal Prot 29.7g 18.2%Cal Carb 94.3g 57.9%Cal T.Fat 18.8g 26.0%Cal S.Fat 4.0g 5.6%Cal	Nutrients Target Cals... 680 105% Sodium. 1098 mg Fiber.. 10.8 g Sugar 31.9*g 18.8%Cal Prot 22.8g 13.4%Cal Carb 100.9g 59.4%Cal T.Fat 19.7g 26.1%Cal S.Fat 5.5g 7.3%Cal	Nutrients Target Cals... 416 69% Sodium. 588 mg Fiber.. 8.1 g Sugar 22.8*g 22.0%Cal Prot 17.7g 17.0%Cal Carb 63.4g 61.0%Cal T.Fat 10.1g 21.9%Cal S.Fat 4.0g 8.7%Cal	
Aug - 28  CHICKEN PATTY ON A WG BUN LETTUCE & TOMATO WHIPPED POTATOES CHOICE OF FRUIT MILK, 1%	Aug - 29  QUESADILLA, CHICKEN, WG, CN SALSA REFRIED BEANS. SUNSRC CHOICE OF FRUIT MILK, 1%	Aug - 30  BAKED POTATO BAR- TRKY,CHZ,BROC PRETZEL, JJ SNACK CHOICE OF FRUIT MILK, 1%	Aug - 31  SAND, BRKFST, CHX SAUS/CHZ PAN HASHBROWN, SHRD CARROT & CELERY STICKS CHOICE OF FRUIT MILK, 1%	Sep - 1  PIZZA, CHEEZE, WDG, WG, 7" SALAD W/ RF DRESSING CHOICE OF FRUIT MILK, 1%	Avg Nutrients Target Cals... 620 100% Sodium. 1066 mg Fiber.. 12.2 g Sugar 25.7*g 16.6%Cal Prot 55.9g 36.0%Cal Carb 90.9g 58.6%Cal T.Fat 15.5g 22.5%Cal S.Fat 5.5g 8.0%Cal
Nutrients Target Cals... 676 104% Sodium. 1178 mg Fiber.. 12.0 g Sugar 23.3*g 13.8%Cal Prot 28.3g 16.7%Cal Carb 99.4g 58.8%Cal T.Fat 19.4g 25.8%Cal S.Fat 4.0g 5.3%Cal	Nutrients Target Cals... 691 106% Sodium. 1185 mg Fiber.. 20.6 g Sugar 20.5*g 11.9%Cal Prot 34.0g 19.7%Cal Carb 100.1g 58.0%Cal T.Fat 15.5g 20.2%Cal S.Fat 7.0g 9.1%Cal	Nutrients Target Cals... 538 90% Sodium. 1219 mg Fiber.. 9.1 g Sugar 23.6*g 17.5%Cal Prot 33.4g 24.8%Cal Carb 80.0g 59.5%Cal T.Fat 10.3g 17.3%Cal S.Fat 5.1g 8.6%Cal	Nutrients Target Cals... 650 100% Sodium. 994 mg Fiber.. 9.0 g Sugar 31.8*g 19.5%Cal Prot 159.5g 98.2%Cal Carb 95.6g 58.8%Cal T.Fat 16.6g 23.0%Cal S.Fat 6.0g 8.3%Cal	Nutrients Target Cals... 544 91% Sodium. 754 mg Fiber.. 10.1 g Sugar 29.6*g 21.8%Cal Prot 24.1g 17.7%Cal Carb 79.2g 58.2%Cal T.Fat 15.6g 25.8%Cal S.Fat 5.2g 8.6%Cal	

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**Kohl Wholesale**  
**KOHL MENU CYCLE K -8**  
**Kohl Kafeteria SY23-24 Lunch**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
	602	600-650	100%	Sugars	23.07* g	15.34%
	1058 mg	1230		Protein	33.46 g	22.25%
	10.73 g			Carbohyd	85.79 g	57.04%
				Tot. Fat	16.83 g	25.17%
				Sat. Fat	5.95 g	8.91%
						<10.00%

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