Kohl Wholesale

KOHL MENU CYCLE K -8

May 19, 2025

HHFKA - K-8

002 - KOHL WHOLESALE

Kohl Kafeteria K-8 Lunch: SY25-26

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 18 *Burger with funyons *KETCHUP & MUSTARD *CALIFORNIA BLEND VEGGIES *CHOICE OF FRUIT *MILK, 1%	Aug - 19 *Beef Tamale Cabos *Sauce, Enchilada Redgold *PINTO BEANS, Sunsource *CHOICE OF FRUIT *MILK, 1%	Aug - 20 *Meatball italian w/rice *Breadstick, RSOD 5" WG BKECRFT *Veg slush, Trop Trio, CoolTR *CHOICE OF FRUIT *MILK, 1%	Aug - 21 *chicken and waffle bites *BROCCOLI *CHOICE OF FRUIT *MILK, 1%	Aug - 22 *calzone, cheese, mini, WG *CORN, YELLOW, FRZN *MARINARA SAUCE *CHOICE OF FRUIT *MILK, 1%	Avg Nutrients Target Cals... 626 100% Sodium. 806 mg Fiber.. 6.3 g Sugar 22.7*g 14.5%Cal Prot 29.8g 19.1%Cal Carb 86.2g 55.1%Cal T.Fat 18.2g 26.1%Cal S.Fat 6.9g 10.0%Cal Costs...2.2698
Nutrients Target Cals... 689 106% Sodium. 1039 mg Fiber.. 5.6 g Sugar 14.2*g 8.2%Cal Prot 34.6g 20.1%Cal Carb 72.4g 42.0%Cal T.Fat 28.0g 36.5%Cal S.Fat 10.8g 14.2%Cal Costs...2.0355	Nutrients Target Cals... 416 69% Sodium. 662 mg Fiber.. 6.9 g Sugar 11.8*g 11.3%Cal Prot 23.1g 22.2%Cal Carb 55.0g 52.9%Cal T.Fat 10.6g 23.0%Cal S.Fat 5.3g 11.6%Cal Costs...1.1062	Nutrients Target Cals... 759 117% Sodium. 939 mg Fiber.. 6.2 g Sugar 34.6*g 18.2%Cal Prot 29.6g 15.6%Cal Carb 118.1g 62.3%Cal T.Fat 18.0g 21.4%Cal S.Fat 7.5g 8.9%Cal Costs...2.7310	Nutrients Target Cals... 649 100% Sodium. 780 mg Fiber.. 6.8 g Sugar 33.5*g 20.7%Cal Prot 32.8g 20.2%Cal Carb 92.8g 57.2%Cal T.Fat 18.5g 25.7%Cal S.Fat 4.0g 5.5%Cal Costs...2.9931	Nutrients Target Cals... 618 100% Sodium. 611 mg Fiber.. 6.0 g Sugar 19.4*g 12.5%Cal Prot 29.1g 18.8%Cal Carb 93.0g 60.2%Cal T.Fat 15.7g 22.9%Cal S.Fat 6.9g 10.1%Cal Costs...2.4833	
Aug - 25 *Dill Chicken Sandwich, GLDCRK *sweet potato fries, thin Smplt *FRESH CUCUMBER SLICES *Ranch Dressing, OTTS Red Cal *CHOICE OF FRUIT *MILK, 1%	Aug - 26 *BEEF WITH BROCCOLI LO SODIUM *BROWN RICE *GLAZED CARROTS k-8 *CHOICE OF FRUIT *MILK, 1%	Aug - 27 *RIB B-B-Q SANDWICH *Hummus Cup 3z I/W *Broccoli Florets *BAKED BEANS, CND, RSOD, VEG *CHOICE OF FRUIT *MILK, 1%	Aug - 28 *scallop potatoes w/ham *Breadstick, RSOD 5" WG BKECRFT *CAULIFLOWER *yogurt, parfait pro, vanilla *CHOICE OF FRUIT *MILK, 1%	Aug - 29 *Rippinz Mozz WG Bakecrafters *MARINARA SAUCE *GREEN BEANS *Goldfish WG 0.75z IW PPFRMS *CHOICE OF FRUIT *MILK, 1%	Avg Nutrients Target Cals... 632 100% Sodium. 982 mg Fiber.. 7.4 g Sugar 26.1*g 16.5%Cal Prot 28.9g 18.3%Cal Carb 81.8g 51.8%Cal T.Fat 21.5g 30.5%Cal S.Fat 6.3g 9.0%Cal Costs...2.6847
Nutrients Target Cals... 786 121% Sodium. 1581 mg Fiber.. 6.2 g Sugar 29.1*g 14.8%Cal Prot 32.2g 16.4%Cal Carb 86.5g 44.0%Cal T.Fat 35.5g 40.7%Cal S.Fat 6.5g 7.5%Cal Costs...2.9421	Nutrients Target Cals... 578 96% Sodium. 578 mg Fiber.. 5.9 g Sugar 29.7*g 20.5%Cal Prot 25.6g 17.7%Cal Carb 77.2g 53.4%Cal T.Fat 19.2g 29.8%Cal S.Fat 3.1g 4.9%Cal Costs...2.7617	Nutrients Target Cals... 691 106% Sodium. 1250 mg Fiber.. 13.7 g Sugar 30.9*g 17.9%Cal Prot 36.7g 21.3%Cal Carb 96.1g 55.7%Cal T.Fat 18.2g 23.7%Cal S.Fat 5.5g 7.2%Cal Costs...2.9254	Nutrients Target Cals... 664 102% Sodium. 655 mg Fiber.. 4.4 g Sugar 25.1*g 15.1%Cal Prot 30.3g 18.2%Cal Carb 86.6g 52.2%Cal T.Fat 21.7g 29.4%Cal S.Fat 11.5g 15.5%Cal Costs...2.7560	Nutrients Target Cals... 443 74% Sodium. 846 mg Fiber.. 6.9 g Sugar 16.0*g 14.4%Cal Prot 19.4g 17.5%Cal Carb 62.8g 56.7%Cal T.Fat 12.7g 25.8%Cal S.Fat 5.0g 10.2%Cal Costs...2.0384	

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Kohl Kafeteria K-8 Lunch: SY25-26

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 1 *Chicken Bites, Roasted *BBQ SAUCE -cookie's *WHEAT DINNER ROLL *BAKED BEANS, CND, RSOD, VEG *CHOICE OF FRUIT *MILK, 1%	Sep - 2 *burrito,bean/chs,wo TVP, Cabos *SALSA *SALAD W/ RF DRESSING *CHOICE OF FRUIT *MILK, 1%	Sep - 3 *Egg Roll, Chix, WG MINH *Carrots *Rice, Fried, veg, Schwants *APPLE SLICES *MILK, 1%	Sep - 4 *Combo Breakfast Bar *Muffin, Choc Chip, 3.6z,SMTCHC *Krinkle fries *Veg slush, Trop Trio, CoolTR *COTTAGE CHEESE *CHOICE OF FRUIT *MILK, 1%	Sep - 5 *Pizza, Pepp, Stffd, WG, TheMax *CELERY STICKS *FRESH CUCUMBER SLICES *Ranch Dressing, OTTS Red Cal *CHOICE OF FRUIT *MILK, 1%	Avg Nutrients Target Cals... 641 100% Sodium. 1106 mg Fiber.. 9.1 g Sugar 24.2*g 15.1%Cal Prot 28.3g 17.7%Cal Carb 89.7g 56.0%Cal T.Fat 18.7g 26.3%Cal S.Fat 5.7g 8.1%Cal Costs...2.6633
Nutrients Target Cals... 686 105% Sodium. 1825 mg Fiber.. 10.5 g Sugar 29.1*g 17.0%Cal Prot 39.5g 23.0%Cal Carb 108.2g 63.1%Cal T.Fat 8.5g 11.2%Cal S.Fat 2.5g 3.3%Cal Costs...2.7310	Nutrients Target Cals... 559 93% Sodium. 950 mg Fiber.. 13.4 g Sugar 15.0*g 10.7%Cal Prot 25.1g 17.9%Cal Carb 76.7g 54.9%Cal T.Fat 16.4g 26.4%Cal S.Fat 6.1g 9.9%Cal Costs...2.6328	Nutrients Target Cals... 440 73% Sodium. 710 mg Fiber.. 9.9 g Sugar 2.0*g 1.8%Cal Prot 21.9g 19.9%Cal Carb 63.4g 57.6%Cal T.Fat 11.4g 23.4%Cal S.Fat 3.3g 6.8%Cal Costs...1.9685	Nutrients Target Cals... 932 143% Sodium. 852 mg Fiber.. 6.7 g Sugar 56.4*g 24.2%Cal Prot 29.5g 12.7%Cal Carb 132.3g 56.8%Cal T.Fat 32.7g 31.6%Cal S.Fat 9.2g 8.9%Cal Costs...3.1672	Nutrients Target Cals... 587 98% Sodium. 1191 mg Fiber.. 5.0 g Sugar 18.6*g 12.7%Cal Prot 25.7g 17.5%Cal Carb 67.9g 46.3%Cal T.Fat 24.6g 37.8%Cal S.Fat 7.5g 11.6%Cal Costs...2.8168	
Sep - 8 *Ravioli Beef WW *MARINARA SAUCE *BROCCOLI *Cheestick, Wild Mikes *COTTAGE CHEESE *CHOICE OF FRUIT *MILK, 1%	Sep - 9 *Hot Ham Cheese Croissant *GREEN BEANS *Carrots *CHOICE OF FRUIT *MILK, 1%	Sep - 10 *Chicken drumstick *MASHED POTATOES w/GRAVY *BAKED BEANS, CND, RSOD, VEG *Breadstick, RSOD 5" WG BKECRFT *CHOICE OF FRUIT *MILK, 1%	Sep - 11 *Chicken Horshoe k-8 *ZUCCHINI SQUASH *yogurt, parfait pro, vanilla *ANIMAL CRACKERS *CHOICE OF FRUIT *MILK, 1%	Sep - 12 *Ranchero Pizza *LETTUCE CUPS *PEAS *DORITOS, RF *CHOICE OF FRUIT *MILK, 1%	Avg Nutrients Target Cals... 610 100% Sodium. 1069 mg Fiber.. 6.9* g Sugar 23.4*g 15.3%Cal Prot 33.3g 21.8%Cal Carb 77.9g 51.1%Cal T.Fat 17.5g 25.8%Cal S.Fat 6.3g 9.3%Cal Costs...2.6908
Nutrients Target Cals... 633 100% Sodium. 1059 mg Fiber.. 6.8 g Sugar 18.7*g 11.8%Cal Prot 33.7g 21.3%Cal Carb 73.2g 46.2%Cal T.Fat 23.5g 33.4%Cal S.Fat 7.7g 10.9%Cal Costs...2.9189	Nutrients Target Cals... 494 82% Sodium. 1189 mg Fiber.. 6.9 g Sugar 15.9*g 12.9%Cal Prot 29.4g 23.8%Cal Carb 62.3g 50.4%Cal T.Fat 13.8g 25.1%Cal S.Fat 6.6g 12.0%Cal Costs...2.1356	Nutrients Target Cals... 691 106% Sodium. 1252 mg Fiber.. 8.5 g Sugar 22.1*g 12.8%Cal Prot 37.9g 21.9%Cal Carb 93.0g 53.9%Cal T.Fat 17.5g 22.7%Cal S.Fat 4.6g 6.0%Cal Costs...3.1422	Nutrients Target Cals... 721 111% Sodium. 1137 mg Fiber.. 4.4* g Sugar 43.5*g 24.1%Cal Prot 41.6g 23.1%Cal Carb 91.8g 50.9%Cal T.Fat 18.0g 22.5%Cal S.Fat 6.0g 7.5%Cal Costs...3.4202	Nutrients Target Cals... 511 85% Sodium. 709 mg Fiber.. 8.1* g Sugar 16.7*g 13.1%Cal Prot 23.9g 18.7%Cal Carb 69.3g 54.3%Cal T.Fat 14.8g 26.1%Cal S.Fat 6.5g 11.5%Cal Costs...1.8372	

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Kohl Kafeteria K-8 Lunch: SY25-26

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 15 *SPAGHETTI & MEAT SAUCE *WHEAT DINNER ROLL *Tuscan Veggie Blend *CHOICE OF FRUIT *MILK, 1%	Sep - 16 *Chicken Empandada, Albi *Corn Mexicali *SALSA *PINTO BEANS, Sunsource *CHOICE OF FRUIT *MILK, 1%	Sep - 17 *Egg, bacon, cheese scram *Muffin, Choc Chip, 3.6z,SMTCHC *yogurt, parfait pro, vanilla *HASHBROWN, SHRD *CHOICE OF FRUIT *MILK, 1%	Sep - 18 *meatloaf patties *BROCCOLI RICE CASSEROLE USDA *Breadstick, Garlic knot *CAULIFLOWER *CHOICE OF FRUIT *MILK, 1%	Sep - 19 *Pizza Meat Eaters, Nardone *Hummus Cup 3z I/W *CARROT MATCHSTIX *CHOICE OF FRUIT *MILK, 1%	Avg Nutrients Target Cals... 640 100% Sodium. 957 mg Fiber.. 9.6* g Sugar 25.0*g 15.6%Cal Prot 30.8g 19.2%Cal Carb 89.5g 55.9%Cal T.Fat 17.9g 25.1%Cal S.Fat 6.8g 9.5%Cal Costs...2.3983
Nutrients Target Cals... 554 92% Sodium. 889 mg Fiber.. 12.2* g Sugar 18.9*g 13.7%Cal Prot 22.3g 16.1%Cal Carb 93.7g 67.6%Cal T.Fat 10.3g 16.8%Cal S.Fat 3.4g 5.5%Cal Costs...1.8583	Nutrients Target Cals... 602 100% Sodium. 1104 mg Fiber.. 11.4* g Sugar 15.1*g 10.0%Cal Prot 32.7g 21.8%Cal Carb 83.1g 55.3%Cal T.Fat 14.7g 22.0%Cal S.Fat 6.9g 10.4%Cal Costs...2.6561	Nutrients Target Cals... 821 126% Sodium. 863 mg Fiber.. 4.5* g Sugar 51.1*g 24.9%Cal Prot 31.0g 15.1%Cal Carb 125.2g 61.0%Cal T.Fat 21.5g 23.6%Cal S.Fat 7.0g 7.7%Cal Costs...3.3682	Nutrients Target Cals... 765 118% Sodium. 1337 mg Fiber.. 10.5* g Sugar 21.5*g 11.3%Cal Prot 43.7g 22.8%Cal Carb 84.4g 44.1%Cal T.Fat 29.6g 34.9%Cal S.Fat 10.9g 12.9%Cal Costs...1.9264	Nutrients Target Cals... 461 77% Sodium. 592 mg Fiber.. 9.2* g Sugar 18.5*g 16.1%Cal Prot 24.1g 20.9%Cal Carb 61.0g 53.0%Cal T.Fat 13.1g 25.7%Cal S.Fat 5.5g 10.8%Cal Costs...2.1827	
Sep - 22 *grilled chicken wrap *BAKED CHEETOS *Broccoli Florets *CHOICE OF FRUIT *MILK, 1%	Sep - 23 *Cheesy Queso Pull-a-part *SALSA *TORTILLA CHIPS *REFRIED BEANS. SUNSRC *CHOICE OF FRUIT *MILK, 1%	Sep - 24 *PULLED PORK SANDWICH wg *Krinkle fries *COLESLAW *KETCHUP & MUSTARD *CHOICE OF FRUIT *MILK, 1%	Sep - 25 *WHOLE GRAIN FISH STICKS *Hushpuppies, wg, Savannah *GREEN BEANS *KETCHUP PACKETS *CHOICE OF FRUIT *MILK, 1%	Sep - 26 *Pizza pocket *SALAD W/ RF DRESSING *tomatoes, grape, raw *MARINARA SAUCE *CHOICE OF FRUIT *MILK, 1%	Avg Nutrients Target Cals... 608 100% Sodium. 1048 mg Fiber.. 8.4* g Sugar 18.1*g 11.9%Cal Prot 28.4*g 18.6%Cal Carb 72.3*g 47.5%Cal T.Fat 21.7g 32.1%Cal S.Fat 6.5g 9.6%Cal Costs...2.6491
Nutrients Target Cals... 527 88% Sodium. 1084 mg Fiber.. 6.2* g Sugar 12.6*g 9.6%Cal Prot 32.8*g 24.9%Cal Carb 52.6*g 39.9%Cal T.Fat 12.8g 21.8%Cal S.Fat 3.3g 5.7%Cal Costs...2.6844	Nutrients Target Cals... 749 115% Sodium. 1256 mg Fiber.. 17.0* g Sugar 15.4*g 8.2%Cal Prot 31.0*g 16.6%Cal Carb 102.3*g 54.6%Cal T.Fat 23.4g 28.1%Cal S.Fat 9.3g 11.2%Cal Costs...2.1856	Nutrients Target Cals... 797 123% Sodium. 1011 mg Fiber.. 6.3* g Sugar 27.2*g 13.7%Cal Prot 33.6*g 16.8%Cal Carb 76.5*g 38.4%Cal T.Fat 39.7g 44.9%Cal S.Fat 10.6g 12.0%Cal Costs...3.2922	Nutrients Target Cals... 566 94% Sodium. 1190 mg Fiber.. 8.4* g Sugar 15.3*g 10.8%Cal Prot 26.2*g 18.5%Cal Carb 76.8*g 54.3%Cal T.Fat 18.5g 29.4%Cal S.Fat 4.0g 6.4%Cal Costs...2.5372	Nutrients Target Cals... 403 67% Sodium. 697 mg Fiber.. 3.8* g Sugar 19.9*g 19.7%Cal Prot 18.2*g 18.1%Cal Carb 53.2*g 52.8%Cal T.Fat 14.3g 31.9%Cal S.Fat 5.2g 11.7%Cal Costs...2.5461	

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Kohl Kafeteria K-8 Lunch: SY25-26

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients

	Average		Weekly Target	% of Target
Calories	626		600-650	100%
Sodium	995	mg	1230	
Fiber	7.94*	g		
Cost	$2.5593			

	Average		% of Calories	Weekly Target
Sugars	23.26*	g	14.86%	
Protein	29.91*	g	19.10%	
Carbohyd	82.91*	g	52.95%	
Tot. Fat	19.24	g	27.65%	
Sat. Fat	6.42	g	9.23%	<10.00%

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