

**Kohl Wholesale**  
**KOHL LUNCH CYCLE 9 - 12**  
**HHFKA - 9-12**  
**SY25-26 Lunch 9-12**

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 CHOICE OF FRUIT MILK, 1% Breadstick, RSOD 5" WG BKECRFT Veg slush, Trop Trio, CoolTR	Aug - 21 chicken and waffle bites BROCCOLI CHOICE OF FRUIT MILK, 1%	Aug - 22 calzone, cheese, mini, WG MARINARA SAUCE CORN, YELLOW, FRZN CHOICE OF FRUIT MILK, 1%	Avg Nutrients Target Cals... 757 100% Sodium. 987 mg Fiber.. 8.2 g Sugar 33.7*g 17.8%Cal Prot 36.2g 19.1%Cal Carb 105.1g 55.5%Cal T.Fat 21.3g 25.3%Cal S.Fat 7.9g 9.4%Cal Costs...3.0465
Nutrients Target Cals... 744 99% Sodium. 1045 mg Fiber.. 6.9 g Sugar 24.3*g 13.1%Cal Prot 34.9g 18.8%Cal Carb 85.3g 45.9%Cal T.Fat 28.0g 33.8%Cal S.Fat 10.8g 13.1%Cal Costs...2.5981	Nutrients Target Cals... 677 90% Sodium. 1028 mg Fiber.. 11.1 g Sugar 23.3*g 13.7%Cal Prot 34.8g 20.6%Cal Carb 89.0g 52.6%Cal T.Fat 18.8g 25.0%Cal S.Fat 9.2g 12.2%Cal Costs...1.6847	Nutrients Target Cals... 810 100% Sodium. 939 mg Fiber.. 7.2 g Sugar 44.7*g 22.1%Cal Prot 29.6g 14.6%Cal Carb 130.3g 64.4%Cal T.Fat 18.0g 20.1%Cal S.Fat 7.5g 8.4%Cal Costs...3.2495	Nutrients Target Cals... 889 105% Sodium. 1250 mg Fiber.. 8.8 g Sugar 43.7*g 19.6%Cal Prot 52.8g 23.7%Cal Carb 117.9g 53.0%Cal T.Fat 25.5g 25.8%Cal S.Fat 5.0g 5.1%Cal Costs...4.6475	Nutrients Target Cals... 665 89% Sodium. 675 mg Fiber.. 7.0 g Sugar 32.4*g 19.5%Cal Prot 29.0g 17.5%Cal Carb 103.0g 62.0%Cal T.Fat 16.2g 21.9%Cal S.Fat 6.9g 9.3%Cal Costs...3.0527	
Aug - 25 Dill Chicken Sandwich, GLDCRK sweet potato fries, thin Smplt FRESH CUCUMBER SLICES CHOICE OF FRUIT MILK, 1% Ranch Dressing, OTTS Red Cal	Aug - 26 BEEF WITH BROCCOLI LO SODIUM GLAZED CARROTS 9-12 BROWN RICE 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, 7" WG CAULIFLOWER CHOICE OF FRUIT MILK, 1% yogurt, parfait pro, vanilla	Aug - 29 Rippinz Mozz WG Bakecrafters MARINARA SAUCE GREEN BEANS CHOICE OF FRUIT MILK, 1%	Avg Nutrients Target Cals... 785 100% Sodium. 1097 mg Fiber.. 10.8 g Sugar 47.6*g 24.2%Cal Prot 31.6g 16.1%Cal Carb 114.4g 58.3%Cal T.Fat 22.8g 26.1%Cal S.Fat 7.0g 8.0%Cal Costs...3.5296
Nutrients Target Cals... 842 100% Sodium. 1581 mg Fiber.. 7.4 g Sugar 39.3*g 18.6%Cal Prot 32.5g 15.4%Cal Carb 100.0g 47.5%Cal T.Fat 35.6g 38.0%Cal S.Fat 6.5g 7.0%Cal Costs...3.5977	Nutrients Target Cals... 996 117% Sodium. 918 mg Fiber.. 15.5 g Sugar 90.8*g 36.5%Cal Prot 30.0g 12.0%Cal Carb 174.6g 70.1%Cal T.Fat 21.2g 19.1%Cal S.Fat 3.4g 3.1%Cal Costs...4.0886	Nutrients Target Cals... 741 99% Sodium. 1250 mg Fiber.. 14.7 g Sugar 41.0*g 22.1%Cal Prot 36.7g 19.8%Cal Carb 108.3g 58.4%Cal T.Fat 18.2g 22.0%Cal S.Fat 5.5g 6.7%Cal Costs...3.4439	Nutrients Target Cals... 775 100% Sodium. 700 mg Fiber.. 7.5 g Sugar 36.2*g 18.7%Cal Prot 33.3g 17.2%Cal Carb 106.8g 55.1%Cal T.Fat 22.2g 25.8%Cal S.Fat 11.5g 13.3%Cal Costs...3.3553	Nutrients Target Cals... 570 76% Sodium. 1034 mg Fiber.. 8.9 g Sugar 30.5*g 21.4%Cal Prot 25.4g 17.8%Cal Carb 82.2g 57.6%Cal T.Fat 16.8g 26.6%Cal S.Fat 7.9g 12.5%Cal Costs...3.1626	

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**KOHL LUNCH CYCLE 9 - 12**  
**HHFKA - 9-12**  
**SY25-26 Lunch 9-12**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 1  Chicken Bites, Roasted Hot Honey WHEAT DINNER ROLL BAKED BEANS, CND, RSOD, VEG Cookie, Choc Chip, WG, IW GMAs 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 COTTAGE CHEESE Muffin, Choc Chip, 3.6z, SMTCHC Krinkle fries Veg slush, Trop Trio, CoolTR 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... 753 100% Sodium. 1259 mg Fiber.. 11.5 g Sugar 40.5*g 21.5%Cal Prot 31.3g 16.6%Cal Carb 111.0g 59.0%Cal T.Fat 20.6g 24.6%Cal S.Fat 6.3g 7.5%Cal Costs...3.5904
Nutrients Target Cals... 990 116% Sodium. 2166 mg Fiber.. 16.0 g Sugar 77.5*g 31.3%Cal Prot 45.0g 18.2%Cal Carb 168.7g 68.2%Cal T.Fat 14.5g 13.2%Cal S.Fat 4.0g 3.6%Cal Costs...3.9953	Nutrients Target Cals... 610 81% Sodium. 950 mg Fiber.. 14.4 g Sugar 25.1*g 16.5%Cal Prot 25.1g 16.4%Cal Carb 88.9g 58.3%Cal T.Fat 16.4g 24.2%Cal S.Fat 6.1g 9.1%Cal Costs...3.1514	Nutrients Target Cals... 614 82% Sodium. 1122 mg Fiber.. 14.1 g Sugar 4.0*g 2.6%Cal Prot 32.1g 20.9%Cal Carb 85.2g 55.5%Cal T.Fat 16.7g 24.5%Cal S.Fat 4.4g 6.4%Cal Costs...2.8656	Nutrients Target Cals... 910 107% Sodium. 836 mg Fiber.. 6.3 g Sugar 66.5*g 29.3%Cal Prot 28.2g 12.4%Cal Carb 131.2g 57.7%Cal T.Fat 30.8g 30.4%Cal S.Fat 9.2g 9.1%Cal Costs...3.5414	Nutrients Target Cals... 643 86% Sodium. 1221 mg Fiber.. 6.6 g Sugar 29.3*g 18.2%Cal Prot 26.0g 16.2%Cal Carb 81.2g 50.5%Cal T.Fat 24.7g 34.6%Cal S.Fat 7.6g 10.6%Cal Costs...4.3987	
Sep - 8  Ravioli Beef WW MARINARA SAUCE BROCCOLI COTTAGE CHEESE Cheestick, Wild Mikes 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, 7" WG CHOICE OF FRUIT MILK, 1%	Sep - 11  Chicken Horshoe 9-12 ZUCCHINI SQUASH Cookie Bites Blu-lemon, Darling yogurt, parfait pro, vanilla CHOICE OF FRUIT MILK, 1%	Sep - 12  Ranchero Pizza PEAS CHOICE OF FRUIT MILK, 1% DORITOS, RF LETTUCE CUPS	Avg Nutrients Target Cals... 752 100% Sodium. 1218 mg Fiber.. 10.9* g Sugar 36.6*g 19.5%Cal Prot 38.7g 20.6%Cal Carb 103.5g 55.1%Cal T.Fat 19.5g 23.3%Cal S.Fat 7.3g 8.7%Cal Costs...3.5513
Nutrients Target Cals... 763 100% Sodium. 1240 mg Fiber.. 11.5 g Sugar 34.2*g 17.9%Cal Prot 40.4g 21.2%Cal Carb 98.0g 51.4%Cal T.Fat 24.9g 29.3%Cal S.Fat 8.0g 9.5%Cal Costs...3.9752	Nutrients Target Cals... 558 74% Sodium. 1211 mg Fiber.. 9.1 g Sugar 26.0*g 18.7%Cal Prot 29.6g 21.2%Cal Carb 77.3g 55.4%Cal T.Fat 14.0g 22.6%Cal S.Fat 6.6g 10.7%Cal Costs...2.7299	Nutrients Target Cals... 802 100% Sodium. 1297 mg Fiber.. 11.5 g Sugar 33.3*g 16.6%Cal Prot 40.9g 20.4%Cal Carb 113.2g 56.5%Cal T.Fat 18.0g 20.2%Cal S.Fat 4.6g 5.2%Cal Costs...3.7415	Nutrients Target Cals... 849 100% Sodium. 1263 mg Fiber.. 7.8* g Sugar 56.4*g 26.6%Cal Prot 45.1g 21.3%Cal Carb 121.2g 57.1%Cal T.Fat 18.7g 19.8%Cal S.Fat 6.6g 7.0%Cal Costs...4.2893	Nutrients Target Cals... 787 100% Sodium. 1077 mg Fiber.. 14.7* g Sugar 33.3*g 16.9%Cal Prot 37.5g 19.1%Cal Carb 107.9g 54.8%Cal T.Fat 22.0g 25.2%Cal S.Fat 10.6g 12.1%Cal Costs...3.0206	

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**SY25-26 Lunch 9-12**

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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 yogurt, parfait pro, vanilla HASHBROWN, SHRD CHOICE OF FRUIT MILK, 1% Muffin, Choc Chip, 3.6z,SMTCHC	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... 702 94% Sodium. 1013 mg Fiber.. 11.1* g Sugar 33.5*g 19.1%Cal Prot 30.4g 17.3%Cal Carb 105.6g 60.2%Cal T.Fat 17.6g 22.6%Cal S.Fat 6.7g 8.6%Cal Costs...2.9242
Nutrients Target Cals... 809 100% Sodium. 1408 mg Fiber.. 18.3* g Sugar 33.9*g 16.7%Cal Prot 30.6g 15.1%Cal Carb 142.4g 70.4%Cal T.Fat 14.2g 15.8%Cal S.Fat 4.3g 4.7%Cal Costs...2.5640	Nutrients Target Cals... 695 93% Sodium. 1140 mg Fiber.. 13.6* g Sugar 25.5*g 14.7%Cal Prot 33.8g 19.5%Cal Carb 103.6g 59.6%Cal T.Fat 15.9g 20.5%Cal S.Fat 7.4g 9.6%Cal Costs...3.3300	Nutrients Target Cals... 911 107% Sodium. 927 mg Fiber.. 6.0* g Sugar 61.3*g 26.9%Cal Prot 32.0g 14.0%Cal Carb 146.3g 64.2%Cal T.Fat 21.5g 21.2%Cal S.Fat 7.0g 6.9%Cal Costs...4.2041	Nutrients Target Cals... 408 54% Sodium. 669 mg Fiber.. 5.8* g Sugar 15.8*g 15.5%Cal Prot 21.8g 21.4%Cal Carb 48.3g 47.4%Cal T.Fat 14.8g 32.7%Cal S.Fat 5.5g 12.1%Cal Costs...1.2225	Nutrients Target Cals... 686 92% Sodium. 922 mg Fiber.. 11.7* g Sugar 31.2*g 18.2%Cal Prot 33.6g 19.6%Cal Carb 87.2g 50.8%Cal T.Fat 21.6g 28.4%Cal S.Fat 9.5g 12.5%Cal Costs...3.3007	
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 CHOICE OF FRUIT MILK, 1% KETCHUP & MUSTARD	Sep - 25  WHOLE GRAIN FISH STICKS Hushpuppies, wg, Savannah GREEN BEANS KETCHUP PACKETS CHOICE OF FRUIT MILK, 1%	Sep - 26  Pizza pocket MARINARA SAUCE SALAD W/ RF DRESSING CHOICE OF FRUIT MILK, 1%	Avg Nutrients Target Cals... 757 100% Sodium. 1278 mg Fiber.. 11.0* g Sugar 29.0*g 15.4%Cal Prot 32.5*g 17.2%Cal Carb 99.2*g 52.4%Cal T.Fat 24.7g 29.4%Cal S.Fat 7.2g 8.6%Cal Costs...3.5469
Nutrients Target Cals... 585 78% Sodium. 1091 mg Fiber.. 7.8* g Sugar 23.1*g 15.8%Cal Prot 33.5*g 22.9%Cal Carb 66.2*g 45.3%Cal T.Fat 12.8g 19.8%Cal S.Fat 3.3g 5.1%Cal Costs...3.3563	Nutrients Target Cals... 948 112% Sodium. 1451 mg Fiber.. 21.0* g Sugar 25.7*g 10.8%Cal Prot 33.0*g 13.9%Cal Carb 136.6*g 57.6%Cal T.Fat 29.2g 27.7%Cal S.Fat 10.1g 9.6%Cal Costs...2.9043	Nutrients Target Cals... 820 100% Sodium. 1092 mg Fiber.. 7.7* g Sugar 31.8*g 15.5%Cal Prot 34.4*g 16.8%Cal Carb 97.8*g 47.7%Cal T.Fat 32.7g 35.9%Cal S.Fat 9.1g 10.0%Cal Costs...3.7104	Nutrients Target Cals... 739 98% Sodium. 1483 mg Fiber.. 11.9* g Sugar 26.7*g 14.5%Cal Prot 33.9*g 18.4%Cal Carb 102.7*g 55.6%Cal T.Fat 23.0g 28.0%Cal S.Fat 4.7g 5.8%Cal Costs...3.6365	Nutrients Target Cals... 692 92% Sodium. 1271 mg Fiber.. 6.8* g Sugar 37.8*g 21.9%Cal Prot 27.7*g 16.0%Cal Carb 92.4*g 53.4%Cal T.Fat 25.9g 33.6%Cal S.Fat 9.0g 11.6%Cal Costs...4.1271	

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
	Calories 751	750-850	100%	Sugars 36.82* g	19.61%	
	Sodium 1142 mg	1420		Protein 33.44* g	17.81%	
	Fiber 10.59* g			Carbohyd 106.46* g	56.71%	
	Cost \$3.3648			Tot. Fat 21.08 g	25.27%	
				Sat. Fat 7.06 g	8.47%	<10.00%

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