

# Martins Ferry City Schools

## ELEMENTARY LUNCH

### HHFKA - K-8

Sep 24, 2026

| Monday                   | Tuesday                  | Wednesday                | Thursday                | Friday                   | Nutrients               |
|--------------------------|--------------------------|--------------------------|-------------------------|--------------------------|-------------------------|
| Feb - 2                  | Feb - 3                  | Feb - 4                  | Feb - 5                 | Feb - 6                  | Avg Nutrients Target    |
| HAMBURGER MEAL<br>K-8    | DRUMSTICK MEAL<br>K-8    | GR. CHEESE MEAL<br>K-8   | SS CHICKEN MEAL<br>K-8  | PIZZA MEAL<br>K-8        | Cals... 649 100%        |
|                          |                          |                          |                         |                          | Chol... 72*mg           |
|                          |                          |                          |                         |                          | Sodium. 1089*mg         |
|                          |                          |                          |                         |                          | Fiber.. 10.7*g          |
|                          |                          |                          |                         |                          | Iron... 4.2*mg 93%      |
|                          |                          |                          |                         |                          | Calcium466.2*mg 117%    |
|                          |                          |                          |                         |                          | Vit A *N/A*mcg RAE      |
|                          |                          |                          |                         |                          | Vit C 33.7*mg 202%      |
|                          |                          |                          |                         |                          | Tot Sug 20.8*g 12.8%Cal |
|                          |                          |                          |                         |                          | Add Sug 2.2*g 1.4%Cal   |
|                          |                          |                          |                         |                          | Protein 32.7*g 20.1%Cal |
|                          |                          |                          |                         |                          | Carb... 82.0g 50.5%Cal  |
|                          |                          |                          |                         |                          | T.Fat.. 22.6g 31.3%Cal  |
|                          |                          |                          |                         |                          | S.Fat.. 9.2*g 12.8%Cal  |
| Nutrients Target         | Nutrients Target         | Nutrients Target         | Nutrients Target        | Nutrients Target         |                         |
| Cals... 626 100%         | Cals... 676 104%         | Cals... 678 104%         | Cals... 622 100%        | Cals... 644 100%         |                         |
| Chol... 74*mg            | Chol... 84*mg            | Chol... 61*mg            | Chol... 95*mg           | Chol... 44*mg            |                         |
| Sodium. 1339mg           | Sodium. 1137mg           | Sodium. 1610mg           | Sodium. 474*mg          | Sodium. 885*mg           |                         |
| Fiber.. 10.0*g           | Fiber.. 12.4*g           | Fiber.. 11.8*g           | Fiber.. 8.0*g           | Fiber.. 11.2*g           |                         |
| Iron... 3.7mg 82%        | Iron... 3.2mg 70%        | Iron... 7.0*mg 157%      | Iron... 3.2*mg 71%      | Iron... 3.8*mg 85%       |                         |
| Calcium 597.9mg 149%     | Calcium 341.7mg 85%      | Calcium409.3*mg 102%     | Calcium407.6*mg 102%    | Calcium574.4*mg 144%     |                         |
| Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE      | Vit A *N/A*mcg RAE       |                         |
| Vit C 59.0*mg 353%       | Vit C 8.4*mg 50%         | Vit C 11.7*mg 70%        | Vit C 77.1*mg 462%      | Vit C 12.2*mg 73%        |                         |
| Tot Sug 16.4*g 10.5%Cal  | Tot Sug 19.8*g 11.7%Cal  | Tot Sug 16.8*g 9.9%Cal   | Tot Sug 27.6*g 17.8%Cal | Tot Sug 23.3*g 14.5%Cal  |                         |
| Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal | Add Sug 11.0*g 7.1%Cal  | Add Sug *N/A*g *N/A*%Cal |                         |
| Protein 34.0g 21.7%Cal   | Protein 34.2g 20.2%Cal   | Protein 28.4g 16.7%Cal   | Protein 42.7g 27.5%Cal  | Protein 24.0*g 14.9%Cal  |                         |
| Carb... 68.4g 43.7%Cal   | Carb... 84.8g 50.2%Cal   | Carb... 95.1g 56.2%Cal   | Carb... 77.8g 50.0%Cal  | Carb... 83.7g 52.0%Cal   |                         |
| T.Fat.. 27.1g 38.9%Cal   | T.Fat.. 22.5g 29.9%Cal   | T.Fat.. 22.4g 29.8%Cal   | T.Fat.. 15.5g 22.5%Cal  | T.Fat.. 25.4g 35.5%Cal   |                         |
| S.Fat.. 12.7*g 18.2%Cal  | S.Fat.. 7.6*g 10.1%Cal   | S.Fat.. 10.0*g 13.3%Cal  | S.Fat.. 7.2*g 10.5%Cal  | S.Fat.. 8.6*g 12.1%Cal   |                         |

|             | Average       | Weekly Target | % of Target |              | Average  | % of Calories | Weekly Target |
|-------------|---------------|---------------|-------------|--------------|----------|---------------|---------------|
| Calories    | 649           | 600-650       | 100%        | Total Sugars | 20.81* g | 12.82%        |               |
| Cholesterol | 72* mg        |               |             | Added Sugars | 2.20* g  | 1.36%         |               |
| Sodium      | 1089* mg      | 1110          |             | Protein      | 32.66* g | 20.13%        | 15.20         |
| Fiber       | 10.69* g      |               |             | Carbohyd     | 81.98 g  | 50.51%        |               |
| Iron        | 4.19* mg      | 4.50          | 93%         | Tot. Fat     | 22.59 g  | 31.31%        | <=30.0%       |
| Calcium     | 466.19* mg    | 400.00        | 117%        | Sat. Fat     | 9.24* g  | 12.81%        | <10.00%       |
| Vitamin A   | *N/A* mcg RAE | 1500          |             |              |          |               |               |
| Vitamin C   | 33.71* mg     | 16.70         | 202%        |              |          |               |               |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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**Martins Ferry City Schools**  
**ELEMENTARY LUNCH**  
**HHFKA - K-8**

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| Monday                   | Tuesday                  | Wednesday                | Thursday                  | Friday                   | Nutrients                |
|--------------------------|--------------------------|--------------------------|---------------------------|--------------------------|--------------------------|
| Feb - 9                  | Feb - 10                 | Feb - 11                 | Feb - 12                  | Feb - 13                 | Avg Nutrients Target     |
| NACHOS MEAL<br>K-8       | SPAGHETTI MEAL<br>K-8    | ZONTINI'S MEAL<br>K-8    | CHICKEN NUGGET MEA<br>K-8 | PIZZA RIPPER MEAL<br>K-8 | Cals... 629 100%         |
|                          |                          |                          |                           |                          | Chol... 55*mg            |
|                          |                          |                          |                           |                          | Sodium... 766*mg         |
|                          |                          |                          |                           |                          | Fiber... 12.2*g          |
|                          |                          |                          |                           |                          | Iron... 3.8*mg 84%       |
|                          |                          |                          |                           |                          | Calcium541.8*mg 135%     |
|                          |                          |                          |                           |                          | Vit A *N/A*mcg RAE       |
|                          |                          |                          |                           |                          | Vit C 27.6*mg 165%       |
|                          |                          |                          |                           |                          | Tot Sug 24.5*g 15.6%Cal  |
|                          |                          |                          |                           |                          | Add Sug *N/A*g *N/A*%Cal |
|                          |                          |                          |                           |                          | Protein 28.4g 18.0%Cal   |
|                          |                          |                          |                           |                          | Carb... 85.3g 54.2%Cal   |
|                          |                          |                          |                           |                          | T.Fat.. 20.8g 29.8%Cal   |
|                          |                          |                          |                           |                          | S.Fat.. 8.1*g 11.6%Cal   |
| Nutrients Target         | Nutrients Target         | Nutrients Target         | Nutrients Target          | Nutrients Target         |                          |
| Cals... 698 107%         | Cals... 562 94%          | Cals... 621 100%         | Cals... 620 100%          | Cals... 646 100%         |                          |
| Chol... 61mg             | Chol... 79mg             | Chol... 39mg             | Chol... 44*mg             | Chol... 49*mg            |                          |
| Sodium... 774mg          | Sodium... 612*mg         | Sodium... 937*mg         | Sodium... 806*mg          | Sodium... 700*mg         |                          |
| Fiber... 13.9g           | Fiber... 10.9g           | Fiber... 13.4g           | Fiber... 9.9g             | Fiber... 12.8*g          |                          |
| Iron... 4.9*mg 109%      | Iron... 2.1*mg 46%       | Iron... 4.6*mg 102%      | Iron... 3.5*mg 78%        | Iron... 3.7*mg 83%       |                          |
| Calcium478.2*mg 120%     | Calcium776.7*mg 194%     | Calcium566.7*mg 142%     | Calcium326.7*mg 82%       | Calcium560.4*mg 140%     |                          |
| Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE        | Vit A *N/A*mcg RAE       |                          |
| Vit C 72.2*mg 432%       | Vit C 19.8*mg 119%       | Vit C 8.4*mg 50%         | Vit C 15.6*mg 93%         | Vit C 21.9*mg 131%       |                          |
| Tot Sug 15.8*g 9.1%Cal   | Tot Sug 22.3*g 15.9%Cal  | Tot Sug 25.3*g 16.3%Cal  | Tot Sug 15.8*g 10.2%Cal   | Tot Sug 43.1*g 26.7%Cal  |                          |
| Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal  | Add Sug *N/A*g *N/A*%Cal |                          |
| Protein 33.0g 18.9%Cal   | Protein 28.7g 20.4%Cal   | Protein 27.2g 17.5%Cal   | Protein 25.7g 16.6%Cal    | Protein 27.4g 17.0%Cal   |                          |
| Carb... 85.2g 48.8%Cal   | Carb... 75.8g 54.0%Cal   | Carb... 86.8g 55.9%Cal   | Carb... 85.8g 55.4%Cal    | Carb... 92.6g 57.3%Cal   |                          |
| T.Fat.. 26.7g 34.4%Cal   | T.Fat.. 16.2g 26.0%Cal   | T.Fat.. 19.2g 27.9%Cal   | T.Fat.. 20.5g 29.8%Cal    | T.Fat.. 21.4g 29.8%Cal   |                          |
| S.Fat.. 8.3g 10.7%Cal    | S.Fat.. 7.4g 11.9%Cal    | S.Fat.. 8.6g 12.5%Cal    | S.Fat.. 6.6*g 9.6%Cal     | S.Fat.. 9.6*g 13.4%Cal   |                          |

|             | Average       | Weekly Target | % of Target |              | Average  | % of Calories | Weekly Target |
|-------------|---------------|---------------|-------------|--------------|----------|---------------|---------------|
| Calories    | 629           | 600-650       | 100%        | Total Sugars | 24.48* g | 15.56%        |               |
| Cholesterol | 55* mg        |               |             | Added Sugars | *N/A* g  | *N/A*%        |               |
| Sodium      | 766* mg       | 1110          |             | Protein      | 28.38 g  | 18.04%        | 15.20         |
| Fiber       | 12.18* g      |               |             | Carbohydr    | 85.26 g  | 54.19%        |               |
| Iron        | 3.78* mg      | 4.50          | 84%         | Tot. Fat     | 20.81 g  | 29.76%        | <=30.0%       |
| Calcium     | 541.75* mg    | 400.00        | 135%        | Sat. Fat     | 8.10* g  | 11.59%        | <10.00%       |
| Vitamin A   | *N/A* mcg RAE | 1500          |             |              |          |               |               |
| Vitamin C   | 27.59* mg     | 16.70         | 165%        |              |          |               |               |

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## ELEMENTARY LUNCH

### HHFKA - K-8

Sep 24, 2026

| Monday                   | Tuesday                  | Wednesday                  | Thursday                 | Friday                   | Nutrients                |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| Feb - 16                 | Feb - 17                 | Feb - 18                   | Feb - 19                 | Feb - 20                 | Avg Nutrients Target     |
| CHEESEBURGER MEAL<br>K-8 | MAC-N-CHEESE MEAL<br>K-8 | PIZZA CRUNCHERS MEA<br>K-8 | HOTDOG MEAL<br>K-8       | PIZZA MEAL<br>K-8        | Cals... 612 100%         |
|                          |                          |                            |                          |                          | Chol... 48*mg            |
|                          |                          |                            |                          |                          | Sodium... 978mg          |
|                          |                          |                            |                          |                          | Fiber... 11.0*g          |
|                          |                          |                            |                          |                          | Iron... 3.0*mg 67%       |
|                          |                          |                            |                          |                          | Calcium570.0*mg 143%     |
|                          |                          |                            |                          |                          | Vit A *N/A*mcg RAE       |
|                          |                          |                            |                          |                          | Vit C 34.0*mg 203%       |
|                          |                          |                            |                          |                          | Tot Sug 21.6*g 14.1%Cal  |
|                          |                          |                            |                          |                          | Add Sug *N/A*g *N/A*%Cal |
|                          |                          |                            |                          |                          | Protein 24.8g 16.2%Cal   |
|                          |                          |                            |                          |                          | Carb... 81.0g 52.9%Cal   |
|                          |                          |                            |                          |                          | T.Fat... 23.4g 34.4%Cal  |
|                          |                          |                            |                          |                          | S.Fat... 9.6*g 14.2%Cal  |
| Nutrients Target         | Nutrients Target         | Nutrients Target           | Nutrients Target         | Nutrients Target         |                          |
| Cals... 600 100%         | Cals... 628 100%         | Cals... 573 96%            | Cals... 634 100%         | Cals... 625 100%         |                          |
| Chol... 45*mg            | Chol... 54*mg            | Chol... 39*mg              | Chol... 59*mg            | Chol... 39*mg            |                          |
| Sodium... 1330mg         | Sodium... 1108mg         | Sodium... 748mg            | Sodium... 892mg          | Sodium... 812mg          |                          |
| Fiber... 12.0*g          | Fiber... 10.3*g          | Fiber... 10.0*g            | Fiber... 10.4*g          | Fiber... 12.4*g          |                          |
| Iron... 4.0mg 89%        | Iron... 3.6mg 79%        | Iron... 1.9mg 43%          | Iron... 1.7*mg 38%       | Iron... 3.9*mg 86%       |                          |
| Calcium 566.9mg 142%     | Calcium 878.2mg 220%     | Calcium 531.6mg 133%       | Calcium326.7*mg 82%      | Calcium546.7*mg 137%     |                          |
| Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE         | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       |                          |
| Vit C 9.3*mg 56%         | Vit C 125.1*mg 749%      | Vit C 15.1*mg 91%          | Vit C 8.4*mg 50%         | Vit C 12.0*mg 72%        |                          |
| Tot Sug 27.8*g 18.6%Cal  | Tot Sug 21.3*g 13.6%Cal  | Tot Sug 16.2*g 11.3%Cal    | Tot Sug 19.3*g 12.2%Cal  | Tot Sug 23.3*g 14.9%Cal  |                          |
| Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal   | Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal |                          |
| Protein 27.7g 18.5%Cal   | Protein 32.2g 20.5%Cal   | Protein 19.7g 13.7%Cal     | Protein 18.2g 11.5%Cal   | Protein 26.1g 16.7%Cal   |                          |
| Carb... 90.4g 60.2%Cal   | Carb... 83.5g 53.2%Cal   | Carb... 63.5g 44.3%Cal     | Carb... 77.8g 49.1%Cal   | Carb... 89.8g 57.5%Cal   |                          |
| T.Fat... 17.2g 25.8%Cal  | T.Fat... 20.2g 29.0%Cal  | T.Fat... 28.6g 44.8%Cal    | T.Fat... 30.7g 43.6%Cal  | T.Fat... 20.2g 29.1%Cal  |                          |
| S.Fat... 7.8*g 11.8%Cal  | S.Fat... 10.6*g 15.2%Cal | S.Fat... 10.6*g 16.6%Cal   | S.Fat... 10.6*g 15.1%Cal | S.Fat... 8.6*g 12.4%Cal  |                          |

|             | Average       | Weekly Target | % of Target |              | Average  | % of Calories | Weekly Target |
|-------------|---------------|---------------|-------------|--------------|----------|---------------|---------------|
| Calories    | 612           | 600-650       | 100%        | Total Sugars | 21.60* g | 14.12%        |               |
| Cholesterol | 48* mg        |               |             | Added Sugars | *N/A* g  | *N/A*%        |               |
| Sodium      | 978 mg        | 1110          |             | Protein      | 24.79 g  | 16.20%        | 15.20         |
| Fiber       | 11.02* g      |               |             | Carbohydr    | 81.00 g  | 52.94%        |               |
| Iron        | 3.03* mg      | 4.50          | 67%         | Tot. Fat     | 23.39 g  | 34.40%        | <=30.0%       |
| Calcium     | 570.03* mg    | 400.00        | 143%        | Sat. Fat     | 9.64* g  | 14.18%        | <10.00%       |
| Vitamin A   | *N/A* mcg RAE | 1500          |             |              |          |               |               |
| Vitamin C   | 33.98* mg     | 16.70         | 203%        |              |          |               |               |

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## ELEMENTARY LUNCH

### HHFKA - K-8

Sep 24, 2026

| Monday                   | Tuesday                  | Wednesday                | Thursday                 | Friday                   | Nutrients               |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------------|
| Feb - 23                 | Feb - 24                 | Feb - 25                 | Feb - 26                 | Feb - 27                 | Avg Nutrients Target    |
| CHICKEN WRAP MEAL<br>K-8 | NACHOS MEAL<br>K-8       | PIZZA MEAL<br>K-8        | SPAGHETTI MEAL<br>K-8    | QUESADILLA MEAL<br>K-8   | Cals... 661 102%        |
|                          |                          |                          |                          |                          | Chol... 66mg            |
|                          |                          |                          |                          |                          | Sodium. 797*mg          |
|                          |                          |                          |                          |                          | Fiber... 10.9g          |
|                          |                          |                          |                          |                          | Iron... 3.9*mg 86%      |
|                          |                          |                          |                          |                          | Calcium674.8*mg 169%    |
|                          |                          |                          |                          |                          | Vit A 1*mcg RAE         |
|                          |                          |                          |                          |                          | 0%                      |
|                          |                          |                          |                          |                          | Vit C 44.9*mg 269%      |
|                          |                          |                          |                          |                          | Tot Sug 19.1*g 11.6%Cal |
|                          |                          |                          |                          |                          | Add Sug 0.4*g 0.2%Cal   |
|                          |                          |                          |                          |                          | Protein 32.2*g 19.5%Cal |
|                          |                          |                          |                          |                          | Carb... 82.1g 49.7%Cal  |
|                          |                          |                          |                          |                          | T.Fat.. 24.0g 32.7%Cal  |
|                          |                          |                          |                          |                          | S.Fat.. 8.9g 12.2%Cal   |
| Nutrients Target         | Nutrients Target         | Nutrients Target         | Nutrients Target         | Nutrients Target         |                         |
| Cals... 652 100%         | Cals... 698 107%         | Cals... 644 100%         | Cals... 649 100%         | Cals... 660 102%         |                         |
| Chol... 97mg             | Chol... 61mg             | Chol... 44mg             | Chol... 79mg             | Chol... 47mg             |                         |
| Sodium. 470mg            | Sodium. 774mg            | Sodium. 885mg            | Sodium. 638*mg           | Sodium. 1219*mg          |                         |
| Fiber... 7.8g            | Fiber... 13.9g           | Fiber... 11.2g           | Fiber... 9.5g            | Fiber... 11.9g           |                         |
| Iron... 4.3mg 95%        | Iron... 4.9*mg 109%      | Iron... 3.8*mg 85%       | Iron... 1.9*mg 43%       | Iron... 4.4*mg 98%       |                         |
| Calcium 460.6mg 115%     | Calcium478.2*mg 120%     | Calcium574.4*mg 144%     | Calcium766.6*mg 192%     | Calcium1094.0mg 273%     |                         |
| Vit A 4*mcg RAE          | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       | Vit A *N/A*mcg RAE       |                         |
| 0%                       | Vit C 72.2*mg 432%       | Vit C 12.2*mg 73%        | Vit C 26.5*mg 159%       | Vit C 30.3*mg 181%       |                         |
| Vit C 83.3*mg 499%       | Tot Sug 15.8*g 9.1%Cal   | Tot Sug 23.3*g 14.5%Cal  | Tot Sug 22.7*g 14.0%Cal  | Tot Sug 18.5*g 11.2%Cal  |                         |
| Tot Sug 15.1*g 9.3%Cal   | Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal | Add Sug *N/A*g *N/A*%Cal |                         |
| Add Sug 2.0*g 1.2%Cal    | Protein 33.0g 18.9%Cal   | Protein 24.0*g 14.9%Cal  | Protein 28.2*g 17.4%Cal  | Protein 33.1*g 20.1%Cal  |                         |
| Protein 42.9g 26.3%Cal   | Carb... 85.2g 48.8%Cal   | Carb... 83.7g 52.0%Cal   | Carb... 76.0g 46.8%Cal   | Carb... 87.2g 52.8%Cal   |                         |
| Carb... 78.5g 48.1%Cal   | T.Fat.. 26.7g 34.4%Cal   | T.Fat.. 25.4g 35.5%Cal   | T.Fat.. 26.6g 36.8%Cal   | T.Fat.. 21.9g 29.9%Cal   |                         |
| T.Fat.. 19.5g 26.9%Cal   | S.Fat.. 8.3g 10.7%Cal    | S.Fat.. 8.6g 12.1%Cal    | S.Fat.. 8.9g 12.3%Cal    | S.Fat.. 9.7g 13.2%Cal    |                         |
| S.Fat.. 9.2g 12.7%Cal    |                          |                          |                          |                          |                         |

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