

Martins Ferry City Schools
HS/MS LUNCH
HHFKA - 9-12

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Sep 24, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 2	Feb - 3	Feb - 4	Feb - 5	Feb - 6	Avg Nutrients Target
HAMBURGER MEAL 9-12	DRUMSTICK MEAL 9-12	GR. CHEESE MEAL 9-12	SS CHICKEN MEAL 9-12	PIZZA MEAL 9-12	Cals... 797 100%
					Chol... 86mg
					Sodium. 1216*mg
					Fiber... 11.2*g
					Iron... 4.6*mg 102%
					Calcium 505.3*mg 126%
					Vit A *N/A*mcg RAE
					Vit C 43.7*mg 230%
					Tot Sug 31.3*g 15.7%Cal
					Add Sug 2.2*g 1.1%Cal
					Protein 36.7*g 18.4%Cal
					Carb... 102.9g 51.6%Cal
					T.Fat.. 28.2g 31.9%Cal
					S.Fat.. 12.0g 13.5%Cal
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 720 96%	Cals... 837 100%	Cals... 876 103%	Cals... 714 95%	Cals... 838 100%	
Chol... 74mg	Chol... 84mg	Chol... 111mg	Chol... 106mg	Chol... 56mg	
Sodium. 1434mg	Sodium. 1356mg	Sodium. 2425mg	Sodium. 476*mg	Sodium. 390*mg	
Fiber... 9.8*g	Fiber... 13.5*g	Fiber... 13.9*g	Fiber... 9.5*g	Fiber... 9.3*g	
Iron... 4.5mg 100%	Iron... 3.7mg 81%	Iron... 9.3mg 208%	Iron... 3.9*mg 86%	Iron... 1.7*mg 37%	
Calcium 670.1mg 168%	Calcium 342.5mg 86%	Calcium 751.4mg 188%	Calcium 421.6*mg 105%	Calcium 341.1*mg 85%	
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 89.2*mg 469%	Vit C 11.8*mg 62%	Vit C 12.8*mg 67%	Vit C 78.1*mg 411%	Vit C 26.7*mg 141%	
Tot Sug 36.5*g 20.3%Cal	Tot Sug 37.9*g 18.1%Cal	Tot Sug 15.9*g 7.3%Cal	Tot Sug 28.4*g 15.9%Cal	Tot Sug 37.9*g 18.1%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 6.2%Cal	Add Sug *N/A*g *N/A*%Cal	
Protein 38.1g 21.2%Cal	Protein 38.2g 18.2%Cal	Protein 38.8g 17.7%Cal	Protein 44.8g 25.1%Cal	Protein 23.4*g 11.2%Cal	
Carb... 85.8g 47.7%Cal	Carb... 117.8g 56.3%Cal	Carb... 102.5g 46.8%Cal	Carb... 88.8g 49.7%Cal	Carb... 119.4g 57.0%Cal	
T.Fat.. 27.4g 34.3%Cal	T.Fat.. 23.9g 25.7%Cal	T.Fat.. 37.5g 38.6%Cal	T.Fat.. 20.0g 25.2%Cal	T.Fat.. 32.3g 34.6%Cal	
S.Fat.. 12.8g 16.0%Cal	S.Fat.. 7.7g 8.3%Cal	S.Fat.. 18.9g 19.5%Cal	S.Fat.. 9.8g 12.3%Cal	S.Fat.. 10.7g 11.5%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	797	750-850	100%	Total Sugars	31.35* g	15.73%	
Cholesterol	86 mg			Added Sugars	2.20* g	1.10%	
Sodium	1216* mg	1280		Protein	36.67* g	18.41%	16.70
Fiber	11.22* g			Carbohydr	102.86 g	51.63%	
Iron	4.61* mg	4.50	102%	Tot. Fat	28.22 g	31.87%	<=30.0%
Calcium	505.34* mg	400.00	126%	Sat. Fat	11.98 g	13.53%	<10.00%
Vitamin A	*N/A* mcg RAE	1500					
Vitamin C	43.72* mg	19.00	230%				

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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 9-12	SPAGHETTI MEAL 9-12	ZONTINI'S MEAL K-8	CHICKEN NUGGET MEA 9-12	PIZZA RIPPER MEAL 9-12	Cals... 719 96%
					Chol... 59*mg
					Sodium. 821*mg
					Fiber.. 14.1*g
					Iron... 4.3*mg 96%
					Calcium559.0*mg 140%
					Vit A *N/A*mcg RAE
					Vit C 30.9*mg 163%
					Tot Sug 29.3*g 16.3%Cal
					Add Sug *N/A*g *N/A*%Cal
					Protein 30.7g 17.1%Cal
					Carb... 99.6g 55.5%Cal
					T.Fat.. 23.3g 29.2%Cal
					S.Fat.. 9.2*g 11.5%Cal
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 821 100%	Cals... 697 93%	Cals... 621 83%	Cals... 809 100%	Cals... 646 86%	
Chol... 61mg	Chol... 79mg	Chol... 39mg	Chol... 66*mg	Chol... 49*mg	
Sodium. 889mg	Sodium. 687*mg	Sodium. 937*mg	Sodium. 894*mg	Sodium. 700*mg	
Fiber.. 19.8g	Fiber.. 13.4g	Fiber.. 13.4g	Fiber.. 10.9g	Fiber.. 12.8*g	
Iron... 5.6*mg 125%	Iron... 3.2*mg 70%	Iron... 4.6*mg 102%	Iron... 4.4*mg 98%	Iron... 3.7*mg 83%	
Calcium515.5*mg 129%	Calcium806.7*mg 202%	Calcium566.7*mg 142%	Calcium345.7*mg 86%	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 81.7*mg 430%	Vit C 19.8*mg 104%	Vit C 8.4*mg 44%	Vit C 22.8*mg 120%	Vit C 21.9*mg 115%	
Tot Sug 18.0*g 8.8%Cal	Tot Sug 24.3*g 14.0%Cal	Tot Sug 25.3*g 16.3%Cal	Tot Sug 35.9*g 17.8%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 36.5g 17.8%Cal	Protein 33.2g 19.0%Cal	Protein 27.2g 17.5%Cal	Protein 29.4g 14.6%Cal	Protein 27.4g 17.0%Cal	
Carb... 104.5g 50.9%Cal	Carb... 102.8g 59.0%Cal	Carb... 86.8g 55.9%Cal	Carb... 111.4g 55.1%Cal	Carb... 92.6g 57.3%Cal	
T.Fat.. 29.7g 32.6%Cal	T.Fat.. 17.2g 22.3%Cal	T.Fat.. 19.2g 27.9%Cal	T.Fat.. 29.0g 32.3%Cal	T.Fat.. 21.4g 29.8%Cal	
S.Fat.. 8.7g 9.5%Cal	S.Fat.. 7.4g 9.6%Cal	S.Fat.. 8.6g 12.5%Cal	S.Fat.. 11.8*g 13.1%Cal	S.Fat.. 9.6*g 13.4%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	719	750-850	96%	Total Sugars	29.34* g	16.33%	
Cholesterol	59* mg			Added Sugars	*N/A* g	*N/A*%	
Sodium	821* mg	1280		Protein	30.73 g	17.11%	16.70
Fiber	14.05* g			Carbohyd	99.62 g	55.45%	
Iron	4.31* mg	4.50	96%	Tot. Fat	23.33 g	29.21%	<=30.0%
Calcium	559.01* mg	400.00	140%	Sat. Fat	9.21* g	11.53%	<10.00%
Vitamin A	*N/A* mcg RAE	1500					
Vitamin C	30.93* mg	19.00	163%				

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 16	Feb - 17	Feb - 18	Feb - 19	Feb - 20	Avg Nutrients Target
CHEESEBURGER MEAL 9-12	MAC-N-CHEESE MEAL 9-12	PIZZA CRUNCHERS MEA 9-12	HOTDOG MEAL 9-12	PIZZA MEAL 9-12	Cals... 774 100%
					Chol... 62*mg
					Sodium. 1052mg
					Fiber... 12.0*g
					Iron... 3.2*mg 71%
					Calcium605.4*mg 151%
					Vit A *N/A*mcg RAE
					Vit C 21.1*mg 111%
					Tot Sug 29.9*g 15.5%Cal
					Add Sug *N/A*g *N/A*%Cal
					Protein 30.3g 15.7%Cal
					Carb... 103.1g 53.3%Cal
					T.Fat.. 29.4g 34.3%Cal
					S.Fat.. 12.0*g 14.0%Cal
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 729 97%	Cals... 788 100%	Cals... 824 100%	Cals... 739 99%	Cals... 788 100%	
Chol... 77mg	Chol... 69*mg	Chol... 54*mg	Chol... 59*mg	Chol... 51*mg	
Sodium. 1423mg	Sodium. 1444mg	Sodium. 1082mg	Sodium. 994mg	Sodium. 316mg	
Fiber.. 15.2g	Fiber.. 10.7g	Fiber.. 12.6g	Fiber.. 11.9*g	Fiber.. 9.6*g	
Iron... 5.4mg 121%	Iron... 3.9mg 87%	Iron... 3.2mg 71%	Iron... 1.7*mg 38%	Iron... 1.6*mg 36%	
Calcium 571.5mg 143%	Calcium1013.7mg 253%	Calcium 743.2mg 186%	Calcium386.7*mg 97%	Calcium311.7*mg 78%	
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 8.4mg 44%	Vit C 45.3*mg 238%	Vit C 20.0*mg 105%	Vit C 8.4*mg 44%	Vit C 23.5*mg 124%	
Tot Sug 33.5*g 18.4%Cal	Tot Sug 24.3*g 12.3%Cal	Tot Sug 36.3*g 17.6%Cal	Tot Sug 21.8*g 11.8%Cal	Tot Sug 33.8*g 17.1%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 37.7g 20.7%Cal	Protein 38.0g 19.3%Cal	Protein 30.9g 15.0%Cal	Protein 19.7g 10.6%Cal	Protein 25.2g 12.8%Cal	
Carb... 107.4g 58.9%Cal	Carb... 106.3g 54.0%Cal	Carb... 93.6g 45.4%Cal	Carb... 90.3g 48.9%Cal	Carb... 117.8g 59.8%Cal	
T.Fat.. 20.4g 25.2%Cal	T.Fat.. 25.8g 29.5%Cal	T.Fat.. 38.8g 42.4%Cal	T.Fat.. 35.2g 42.9%Cal	T.Fat.. 26.9g 30.8%Cal	
S.Fat.. 9.0g 11.1%Cal	S.Fat.. 13.6*g 15.6%Cal	S.Fat.. 15.2*g 16.6%Cal	S.Fat.. 11.6*g 14.1%Cal	S.Fat.. 10.6*g 12.1%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	774	750-850	100%	Total Sugars	29.94* g	15.48%	
Cholesterol	62* mg			Added Sugars	*N/A* g	*N/A*%	
Sodium	1052 mg	1280		Protein	30.28 g	15.66%	16.70
Fiber	11.99* g			Carbohyd	103.07 g	53.30%	
Iron	3.18* mg	4.50	71%	Tot. Fat	29.44 g	34.26%	<=30.0%
Calcium	605.36* mg	400.00	151%	Sat. Fat	12.00* g	13.96%	<10.00%
Vitamin A	*N/A* mcg RAE	1500					
Vitamin C	21.12* mg	19.00	111%				

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 23	Feb - 24	Feb - 25	Feb - 26	Feb - 27	Avg Nutrients Target
CHICKEN WRAP MEAL 9-12	NACHOS MEAL 9-12	PIZZA MEAL 9-12	SPAGHETTI MEAL 9-12	QUESADILLA MEAL 9-12	Cals... 779 100%
					Chol... 69mg
					Sodium. 754*mg
					Fiber... 12.5g
					Iron... 4.0*mg 88%
					Calcium640.5*mg 160%
					Vit A 1*mcg RAE
					0%
					Vit C 39.8*mg 209%
					Tot Sug 26.7*g 13.7%Cal
					Add Sug 0.4*g 0.2%Cal
					Protein 34.3*g 17.6%Cal
					Carb... 104.6g 53.7%Cal
					T.Fat.. 26.6g 30.7%Cal
					S.Fat.. 9.6g 11.1%Cal
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 751 100%	Cals... 821 100%	Cals... 838 100%	Cals... 784 100%	Cals... 701 93%	
Chol... 101mg	Chol... 61mg	Chol... 56mg	Chol... 79mg	Chol... 47mg	
Sodium. 559mg	Sodium. 889mg	Sodium. 390mg	Sodium. 713*mg	Sodium. 1219*mg	
Fiber... 10.0g	Fiber... 19.8g	Fiber... 9.3g	Fiber... 12.0g	Fiber... 11.5g	
Iron... 5.0mg 110%	Iron... 5.6*mg 125%	Iron... 1.7*mg 37%	Iron... 3.0*mg 67%	Iron... 4.6*mg 102%	
Calcium 458.6mg 115%	Calcium515.5*mg 129%	Calcium341.1*mg 85%	Calcium796.6*mg 199%	Calcium1090.6mg 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 81.7*mg 430%	Vit C 26.7*mg 141%	Vit C 26.5*mg 140%	Vit C 35.1*mg 185%	
Vit C 28.8*mg 152%	Tot Sug 18.0*g 8.8%Cal	Tot Sug 37.9*g 18.1%Cal	Tot Sug 24.7*g 12.6%Cal	Tot Sug 37.1*g 21.2%Cal	
Tot Sug 15.5*g 8.2%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 1.1%Cal	Protein 36.5g 17.8%Cal	Protein 23.4*g 11.2%Cal	Protein 32.7*g 16.7%Cal	Protein 34.3*g 19.6%Cal	
Protein 44.6g 23.8%Cal	Carb... 104.5g 50.9%Cal	Carb... 119.4g 57.0%Cal	Carb... 103.0g 52.5%Cal	Carb... 96.8g 55.2%Cal	
Carb... 99.4g 53.0%Cal	T.Fat.. 29.7g 32.6%Cal	T.Fat.. 32.3g 34.6%Cal	T.Fat.. 27.6g 31.6%Cal	T.Fat.. 22.1g 28.4%Cal	
T.Fat.. 21.1g 25.3%Cal	S.Fat.. 8.7g 9.5%Cal	S.Fat.. 10.7g 11.5%Cal	S.Fat.. 8.9g 10.2%Cal	S.Fat.. 9.8g 12.6%Cal	
S.Fat.. 10.0g 12.0%Cal					

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