Updated: 1/10/2012

Menu: Lunch

Chartwells-Thompson School Dining Services

Grades: 6-8

District of Columbia Public Schools

Key: WG = Whole Grain, WW = Whole Wheat, RF = Reduced Fat

Wed - 2/01/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Teriyaki Chicken w/ Broccoli	1/2 cup	79	25	260	0.16	0.64	13.8	93	5.4	7.32	9.2	1.12	0.28	0
Lo Mein WG Noodles	1 cup	105	0	178	2.81	0.71	2.3	0	0.03	3.79	21.6	0.71	0	0
Vegetable Stir Fry	1/2 CUP	23	0	166	0.66	0.11	7.3	165	2.92	0.73	2.94	0.79	0.12	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Peach Cup	1/2 Cup	33	0	3	0.98	0.2	4.5	286	2.7	0.47	8.68	0.02	0	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Three Cheese Stromboli	6 slices	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Roma Herb Baked Potato Wedges	1/2 Cup	21	0	39	0.29	0.11	0	0	0.88	0.29	2.62	1.12	0.25	0
Carrot & Celery Sticks	1/2 cup	0	0	1	0.04	0.01	0.5	227	0.1	0.01	0.1	0	0	0
Mandarin Chicken Pasta Salad	2 cups	37	3	33	0.73	0.23	3	368	1.43	1.7	6.67	0.45	0.07	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	9	2	13	0.09	0.05	13.7	215	0.89	0.55	0.58	0.51	0.33	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	3	0	32	0.02	0	0.7	2	0.01	0.02	0.79	0.02	0.01	0
Mustard, 5 gm pc	1 each	2	0	38	0.03	0.06	2.5	0	0	0.14	0.19	0.13	0.01	0
Mayo, Light PC	1 packet	22	2	45	0	0	0	0	0	0	1	2	0.25	0
Ketchup, Red Gold	9 gm pack	4	0	55	0	0	0	87	0	0	1.16	0	0	0
Saturated Fat % of Total Calories													7.40%	

Thurs - 2/02/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Baked BBQ Chicken	1-2 pieces	169	70	431	0	0.84	14.7	0	0	13.2	12.13	6.6	2.2	0
Whole Wheat Biscuit	1 each	105	0	369	1.04	0.7	21	1	0.13	2.2	12.65	4.95	2.75	0
Country Collard Greens	1/2 cup	12	0	22	0.4	0.03	15.8	650	3.61	0.29	1.58	0.63	0.09	0
Baked Beans	1/2 cup	47	0	171	2.04	0.59	16.9	54	0	2.37	10.55	0.18	0.03	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Orange Wedges	1 orange	37	0	0	1.89	0.08	31.4	177	41.82	0.74	9.24	0.09	0.02	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Grilled Chicken Sandwich	1 Each	28	6	60	0.2	0.25	10	10	0	2.83	3.2	0.45	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Cheeseburger on a WW bun	1 each	30	4	48	0.2	0.32	10	5	0	1.9	3.3	1.2	0.4	0
Baked Beans	1/2 cup	21	0	78	0.93	0.27	7.7	24	0	1.08	4.79	0.08	0.02	0
Green Bean Salad	1/2 cup	2	0	7	0.13	0.04	1.9	34	0.41	0.07	0.33	0.12	0.02	0
Grilled Chicken Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	12	0	108	0.06	0.01	2.4	6	0.05	0.06	2.68	0.06	0.02	0
Mustard, 5 gm pc	1 each	0	0	3	0	0.01	0.2	0	0	0.01	0.02	0.01	0	0
Mayo, Light PC	1 packet	2	0	4	0	0	0	0	0	0	0.08	0.17	0.02	0
Saturated Fat % of Total Calories													11.20%	

Tues -2/7/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Chicken Hot Dog	1 each	142	32	359	1.1	3.8	83.6	101	11.54	7.14	17.6	4.94	1.06	0
Hot Dog Toppings	1 each	11	1	60	0.07	0.06	10.3	77	0.15	0.39	1.58	0.46	0.28	0
Roasted Corn & Carrots	1/2 Cup	34	0	15	1.06	0.16	8.3	3011	1.48	0.62	4.8	1.65	0.23	0
Baked Sweet Potato Fries	1/2 cup	42	0	3	0.83	0.1	5.6	1083	2	0.56	6.67	1.39	0.14	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Pineapple Cup	1/2 cup	40	0	1	0.6	0.29	10.8	29	5.64	0.27	10.17	0.09	0.01	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Grilled Chicken Sandwich	1 Each	28	6	60	0.2	0.25	10	10	0	2.83	3.2	0.45	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Fish Sandwich	1 each	38	6	55	0.32	0.32	11.8	254	0.2	2.39	4.87	1.01	0.1	0
Baked Sweet Potato Fries	1/2 cup	19	0	1	0.38	0.05	2.5	492	0.91	0.25	3.03	0.63	0.06	0
Cucumber Tomato Salad	4 oz	12	0	49	0.27	0.08	3.5	161	2.76	0.23	1.61	0.58	0.1	0
Mediterranean Turkey Wrap	1 each	28	4	77	0.26	0.17	15.7	185	1.1	1.62	2.36	1.44	0.41	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Mustard, 5 gm pc	1 each	0	0	6	0.01	0.01	0.4	0	0	0.02	0.03	0.02	0	0
Mayo, Light PC	1 packet	4	0	7	0	0	0	0	0	0	0.17	0.33	0.04	0
Saturated Fat % of Total Calories													8.10%	

Updated: 1/10/2012

Wed- 2/08/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Meatballs in spaghetti sauce	5 meatbal	122	21	323	0.99	1.2	49.6	2540	30.25	7.9	8.34	6.62	2.69	0
Rotini, WW Cooked	1 cup	110	0	10	3.3	0.83	6.7	0	0	3.85	22.55	0.83	0	0
SIDE Caesar Romaine Salad	1/2 Cup	33	1	75	0.52	0.28	11.2	818	0.37	0.89	4.48	1.28	0.38	0
Seasoned Green Beans	1/2 cup	14	0	2	0.78	0.23	12.7	144	1.06	0.39	1.67	0.76	0.11	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Apple, Fresh	1 each	62	0	1	2.86	0.14	7.2	64	5.48	0.31	16.46	0.2	0.04	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Three Cheese Stromboli	6 slices	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Roma Herb Baked Potato Wedges	1/2 Cup	21	0	39	0.29	0.11	0	0	0.88	0.29	2.62	1.12	0.25	0
Carrot & Celery Sticks	1/2 cup	0	0	1	0.04	0.01	0.5	227	0.1	0.01	0.1	0	0	0
Mandarin Chicken Pasta Salad	2 cups	37	3	33	0.73	0.23	3	368	1.43	1.7	6.67	0.45	0.07	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	9	2	13	0.09	0.05	13.7	215	0.89	0.55	0.58	0.51	0.33	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	3	0	32	0.02	0	0.7	2	0.01	0.02	0.79	0.02	0.01	0
Mustard, 5 gm pc	1 each	2	0	38	0.03	0.06	2.5	0	0	0.14	0.19	0.13	0.01	0
Mayo, Light PC	1 packet	22	2	45	0	0	0	0	0	0	1	2	0.25	0
Ketchup, Red Gold	9 gm pack	4	0	55	0	0	0	87	0	0	1.16	0	0	0
Saturated Fat % of Total Calories													10.30%	

Updated: 1/10/2012

Thurs - 2/9/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Chicken & Biscuits	1 each	210	45	558	1.69	1.59	26.2	1872	2.28	17.8	16.73	8.26	3.53	0
Mashed Potatoes	1/2 cup	22	0	95	0.24	0.09	4.9	0	1.17	0.49	3.89	0.61	0.12	0
Crunchy Spinach Salad	1/2 Cup	9	0	11	0.32	0.22	6.3	496	1.93	0.4	0.98	0.55	0.06	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Peach Cup	1/2 Cup	33	0	3	0.98	0.2	4.5	286	2.7	0.47	8.68	0.02	0	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Grilled Chicken Sandwich	1 Each	28	6	60	0.2	0.25	10	10	0	2.83	3.2	0.45	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Cheeseburger on a WW bun	1 each	30	4	48	0.2	0.32	10	5	0	1.9	3.3	1.2	0.4	0
Baked Beans	1/2 cup	21	0	78	0.93	0.27	7.7	24	0	1.08	4.79	0.08	0.02	0
Green Bean Salad	1/2 cup	2	0	7	0.13	0.04	1.9	34	0.41	0.07	0.33	0.12	0.02	0
Grilled Chicken Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	12	0	108	0.06	0.01	2.4	6	0.05	0.06	2.68	0.06	0.02	0
Mustard, 5 gm pc	1 each	0	0	3	0	0.01	0.2	0	0	0.01	0.02	0.01	0	0
Mayo, Light PC	1 packet	2	0	4	0	0	0	0	0	0	0.08	0.17	0.02	0
Saturated Fat % of Total Calories													10.90%	

Updated: 1/10/2012

Fri - 2/10/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fish Tacos	1 taco	159	27	250	1.87	1.19	38	449	13.16	10.71	14.64	7.03	1.31	0
Black beans (Marco's)	1/2 cup	66	0	118	2.59	1.06	18.8	24	0.28	2.82	8.24	2.59	0.35	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Orange Wedges	1 orange	37	0	0	1.89	0.08	31.4	177	41.82	0.74	9.24	0.09	0.02	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Chicken Nuggets	3 nuggets	12	3	30	0	0.03	0	0	0	1.33	0.8	0.4	0.04	0
Dinner roll, whole grain	1 Each	6	0	8	0.05	0.02	0	5	0.18	0.2	1.3	0	0	0
Honey Glazed Carrots	1/2 Cup	22	0	16	0.58	0.09	6.5	2417	0.44	0.14	3.87	0.75	0.13	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.04	0.02	0.6	162	0.13	0.03	0.08	0.01	0	0
ENTREE Cobb Salad w/ Roll	1 each	28	18	61	0.2	0.2	23.2	498	1.04	2.1	1.7	1.45	0.75	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	3	0	25	0.01	0	0.6	2	0.01	0.01	0.63	0.01	0	0
Mustard, 5 gm pc	1 each	1	0	9	0.01	0.02	0.6	0	0	0.04	0.05	0.03	0	0
Mayo, Light PC	1 packet	2	0	4	0	0	0	0	0	0	0.08	0.17	0.02	0
Ketchup, Red Gold	9 gm pack	1	0	10	0	0	0	16	0	0	0.21	0	0	0
Saturated Fat % of Total Calories													9.80%	

Updated: 1/10/2012

Mon - 2/13/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Chicken Primavera	1/2 cup	81	20	202	0.19	0.35	82.9	195	2.21	8.83	1.47	4.16	1.47	0
Spaghetti, WW Cooked	1 cup	110	0	10	3.3	0.83	6.7	0	0	3.85	22.55	0.83	0	0
Roasted Cauliflower	1/2 cup	14	0	8	0.58	0.12	6.3	0	13.3	0.57	1.54	0.8	0.12	0
Carrot Sticks	6-8 sticks	5	0	4	0.31	0.05	2.8	2947	0.97	0.11	1.06	0	0	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Pear, fresh	1 EACH	58	0	1	3.09	0.17	9	23	4.18	0.38	15.4	0.12	0.01	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Southwest Turkey Burger on Bun	1 each	3	1	7	0.03	0.03	2.2	30	0.07	0.25	0.34	0.12	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Mexican corn	1/2 cup	10	0	4	0.26	0.06	0.7	34	1.23	0.31	2.08	0.21	0.04	0
SIDE Caesar Romaine Salad	1/2 Cup	4	0	9	0.06	0.03	1.4	99	0.05	0.11	0.54	0.15	0.05	0
ENTREE Chicken Caesar Salad	1 Each	18	3	37	0.21	0.14	6.1	476	0.46	1.53	2.23	0.31	0.09	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	7	0	64	0.03	0.01	1.4	4	0.03	0.04	1.57	0.03	0.01	0
Mustard, 5 gm pc	1 each	1	0	13	0.01	0.02	0.8	0	0	0.05	0.06	0.04	0	0
Mayo, Light PC	1 packet	7	1	15	0	0	0	0	0	0	0.33	0.67	0.08	0
Ketchup, Red Gold	9 gm pack	1	0	10	0	0	0	16	0	0	0.21	0	0	0
Saturated Fat % of Total Calories													8.90%	

Updated: 1/10/2012

Tues- 2/14/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Spicy Chicken	2.8 oz	57	25	266	0	0.61	0	57	0	7.35	2.83	1.41	0.28	0
Brown Rice w/ Veggies (AS)	1/2 cup	27	0	153	1.64	0.39	0	548	3.29	1.1	6.02	0	0	0
Vegetable Stir Fry	1/2 CUP	23	0	166	0.66	0.11	7.3	165	2.92	0.73	2.94	0.79	0.12	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Apple, Fresh	1 each	62	0	1	2.86	0.14	7.2	64	5.48	0.31	16.46	0.2	0.04	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Grilled Chicken Sandwich	1 Each	28	6	60	0.2	0.25	10	10	0	2.83	3.2	0.45	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Fish Sandwich	1 each	38	6	55	0.32	0.32	11.8	254	0.2	2.39	4.87	1.01	0.1	0
Baked Sweet Potato Fries	1/2 cup	19	0	1	0.38	0.05	2.5	492	0.91	0.25	3.03	0.63	0.06	0
Cucumber Tomato Salad	4 oz	12	0	49	0.27	0.08	3.5	161	2.76	0.23	1.61	0.58	0.1	0
Mediterranean Turkey Wrap	1 each	28	4	77	0.26	0.17	15.7	185	1.1	1.62	2.36	1.44	0.41	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Mustard, 5 gm pc	1 each	0	0	6	0.01	0.01	0.4	0	0	0.02	0.03	0.02	0	0
Mayo, Light PC	1 packet	4	0	7	0	0	0	0	0	0	0.17	0.33	0.04	0
Saturated Fat % of Total Calories													7.70%	

Updated: 1/10/2012

Wed - 2/15/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cheese and Spinach Lasagna	1 piece	137	46	425	1.91	1.85	255.2	2912	6.23	10.64	11.18	6.04	3.36	0
Dinner roll, whole grain	1 Each	34	0	46	0.28	0.1	0	27	0.99	1.1	7.15	0	0	0
Roasted Butternut Squash	1/2 cup	13	0	1	0.29	0.11	5.5	262	2.35	0.18	1.66	0.74	0.11	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Peach Cup	1/2 Cup	33	0	3	0.98	0.2	4.5	286	2.7	0.47	8.68	0.02	0	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Three Cheese Stromboli	6 slices	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Roma Herb Baked Potato Wedges	1/2 Cup	21	0	39	0.29	0.11	0	0	0.88	0.29	2.62	1.12	0.25	0
Carrot & Celery Sticks	1/2 cup	0	0	1	0.04	0.01	0.5	227	0.1	0.01	0.1	0	0	0
Mandarin Chicken Pasta Salad	2 cups	37	3	33	0.73	0.23	3	368	1.43	1.7	6.67	0.45	0.07	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
ENTREE Garden Salad w/ Cheese	1.5 cups	9	2	13	0.09	0.05	13.7	215	0.89	0.55	0.58	0.51	0.33	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	3	0	32	0.02	0	0.7	2	0.01	0.02	0.79	0.02	0.01	0
Mustard, 5 gm pc	1 each	2	0	38	0.03	0.06	2.5	0	0	0.14	0.19	0.13	0.01	0
Mayo, Light PC	1 packet	22	2	45	0	0	0	0	0	0	1	2	0.25	0
Ketchup, Red Gold	9 gm pack	4	0	55	0	0	0	87	0	0	1.16	0	0	0
Saturated Fat % of Total Calories													12.80%	

Updated: 1/10/2012

Thurs - 2/16/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey Carnitas	1 taco	145	38	324	1.66	3.85	78.5	441	5.86	11.3	11.83	6.3	3.02	0
Santa Fe Brown Rice	1/2 cup	59	1	117	1.13	0.51	17.7	0	0	1.98	11.32	0.71	0.28	0
Pinto Beans (Marco's)	1/2 cup	62	0	145	1.76	0.59	13.2	0	0.79	2.42	7.26	2.42	0.33	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Pineapple Cup	1/2 cup	40	0	1	0.6	0.29	10.8	29	5.64	0.27	10.17	0.09	0.01	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Grilled Chicken Sandwich	1 Each	28	6	60	0.2	0.25	10	10	0	2.83	3.2	0.45	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Cheeseburger on a WW bun	1 each	30	4	48	0.2	0.32	10	5	0	1.9	3.3	1.2	0.4	0
Baked Beans	1/2 cup	21	0	78	0.93	0.27	7.7	24	0	1.08	4.79	0.08	0.02	0
Green Bean Salad	1/2 cup	2	0	7	0.13	0.04	1.9	34	0.41	0.07	0.33	0.12	0.02	0
Grilled Chicken Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	12	0	108	0.06	0.01	2.4	6	0.05	0.06	2.68	0.06	0.02	0
Mustard, 5 gm pc	1 each	0	0	3	0	0.01	0.2	0	0	0.01	0.02	0.01	0	0
Mayo, Light PC	1 packet	2	0	4	0	0	0	0	0	0	0.08	0.17	0.02	0
Saturated Fat % of Total Calories													10.20%	

Updated: 1/10/2012

Fri- 2/17/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cajun Seasoned Tilapia	2 oz	57	26	85	0	0.31	6.3	0	0	11.74	0	1.19	0.42	0
Broccoli Cheddar Brown Rice	1/2 cup	57	0	122	0.54	0.1	6.1	0	0	1.08	11.06	0.67	0.13	0
Garlicky Kale	1/2 cup	20	0	5	0.29	0.21	15.5	1700	13.39	0.48	1.59	1.52	0.22	0
Roasted Redskin Potatoes	1/2 cup	42	0	63	0.84	0.3	0	0	2.52	0.84	7.99	0.84	0	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Banana, Petite	1 each	54	0	1	1.58	0.16	3	39	5.27	0.66	13.84	0.2	0.07	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Chicken Nuggets	3 nuggets	12	3	30	0	0.03	0	0	0	1.33	0.8	0.4	0.04	0
Dinner roll, whole grain	1 Each	6	0	8	0.05	0.02	0	5	0.18	0.2	1.3	0	0	0
Honey Glazed Carrots	1/2 Cup	22	0	16	0.58	0.09	6.5	2417	0.44	0.14	3.87	0.75	0.13	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.04	0.02	0.6	162	0.13	0.03	0.08	0.01	0	0
ENTREE Cobb Salad w/ Roll	1 each	28	18	61	0.2	0.2	23.2	498	1.04	2.1	1.7	1.45	0.75	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	3	0	25	0.01	0	0.6	2	0.01	0.01	0.63	0.01	0	0
Mustard, 5 gm pc	1 each	1	0	9	0.01	0.02	0.6	0	0	0.04	0.05	0.03	0	0
Mayo, Light PC	1 packet	2	0	4	0	0	0	0	0	0	0.08	0.17	0.02	0
Ketchup, Red Gold	9 gm pack	1	0	10	0	0	0	16	0	0	0.21	0	0	0
Saturated Fat % of Total Calories													8.90%	

Updated: 1/10/2012

Tues- 2/21/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cheese Ravioli w/ Sauce	3 each	111	31	298	1.35	0.74	69.7	738	7.42	8.37	14.18	2.36	1.02	0
SIDE Caesar Romaine Salad	1/2 Cup	33	1	75	0.52	0.28	11.2	818	0.37	0.89	4.48	1.28	0.38	0
Roasted Cauliflower	1/2 cup	14	0	8	0.58	0.12	6.3	0	13.3	0.57	1.54	0.8	0.12	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Pineapple Cup	1/2 cup	40	0	1	0.6	0.29	10.8	29	5.64	0.27	10.17	0.09	0.01	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Grilled Chicken Sandwich	1 Each	28	6	60	0.2	0.25	10	10	0	2.83	3.2	0.45	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Fish Sandwich	1 each	38	6	55	0.32	0.32	11.8	254	0.2	2.39	4.87	1.01	0.1	0
Baked Sweet Potato Fries	1/2 cup	19	0	1	0.38	0.05	2.5	492	0.91	0.25	3.03	0.63	0.06	0
Cucumber Tomato Salad	4 oz	12	0	49	0.27	0.08	3.5	161	2.76	0.23	1.61	0.58	0.1	0
Mediterranean Turkey Wrap	1 each	28	4	77	0.26	0.17	15.7	185	1.1	1.62	2.36	1.44	0.41	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Mustard, 5 gm pc	1 each	0	0	6	0.01	0.01	0.4	0	0	0.02	0.03	0.02	0	0
Mayo, Light PC	1 packet	4	0	7	0	0	0	0	0	0	0.17	0.33	0.04	0
Saturated Fat % of Total Calories													8.90%	

Updated: 1/10/2012

Wed - 2/22/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cheesy Grits w/ Shrimp	1 each	189	34	442	0.77	1.44	135.1	385	5.36	8.06	21.73	7.94	3.76	0
Carrot Sticks	6-8 sticks	5	0	4	0.31	0.05	2.8	2947	0.97	0.11	1.06	0	0	0
Garlic Lemon Broccoli	1/2 cup	13	0	68	0.87	0.18	11.3	399	17.04	0.65	2.07	0.47	0.07	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Apple, Fresh	1 each	62	0	1	2.86	0.14	7.2	64	5.48	0.31	16.46	0.2	0.04	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Three Cheese Stromboli	6 slices	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Roma Herb Baked Potato Wedges	1/2 Cup	21	0	39	0.29	0.11	0	0	0.88	0.29	2.62	1.12	0.25	0
Carrot & Celery Sticks	1/2 cup	0	0	1	0.04	0.01	0.5	227	0.1	0.01	0.1	0	0	0
Mandarin Chicken Pasta Salad	2 cups	37	3	33	0.73	0.23	3	368	1.43	1.7	6.67	0.45	0.07	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	9	2	13	0.09	0.05	13.7	215	0.89	0.55	0.58	0.51	0.33	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	3	0	32	0.02	0	0.7	2	0.01	0.02	0.79	0.02	0.01	0
Mustard, 5 gm pc	1 each	2	0	38	0.03	0.06	2.5	0	0	0.14	0.19	0.13	0.01	0
Mayo, Light PC	1 packet	22	2	45	0	0	0	0	0	0	1	2	0.25	0
Ketchup, Red Gold	9 gm pack	4	0	55	0	0	0	87	0	0	1.16	0	0	0
Saturated Fat % of Total Calories													12.60%	

Updated: 1/10/2012

Thurs- 2/23/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Rotisserie Style Chicken	2 oz	142	70	133	0.07	0.64	18.2	12	0.19	13.24	0.4	9.08	2.64	0
Whole Wheat Biscuit	1 each	105	0	369	1.04	0.7	21	1	0.13	2.2	12.65	4.95	2.75	0
Stuffing	1/2 cup	89	0	336	0	0.41	18.7	0	0	1.63	10.58	4.33	0.66	0
Baked Beans	1/2 cup	47	0	171	2.04	0.59	16.9	54	0	2.37	10.55	0.18	0.03	0
Baked Sweet Potato Half	1/2 potat	21	0	13	0.72	0.15	7.2	3398	0.57	0.38	4.82	0.01	0	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Orange Wedges	1 orange	37	0	0	1.89	0.08	31.4	177	41.82	0.74	9.24	0.09	0.02	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Grilled Chicken Sandwich	1 Each	28	6	60	0.2	0.25	10	10	0	2.83	3.2	0.45	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Cheeseburger on a WW bun	1 each	30	4	48	0.2	0.32	10	5	0	1.9	3.3	1.2	0.4	0
Baked Beans	1/2 cup	21	0	78	0.93	0.27	7.7	24	0	1.08	4.79	0.08	0.02	0
Green Bean Salad	1/2 cup	2	0	7	0.13	0.04	1.9	34	0.41	0.07	0.33	0.12	0.02	0
Grilled Chicken Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	12	0	108	0.06	0.01	2.4	6	0.05	0.06	2.68	0.06	0.02	0
Mustard, 5 gm pc	1 each	0	0	3	0	0.01	0.2	0	0	0.01	0.02	0.01	0	0
Mayo, Light PC	1 packet	2	0	4	0	0	0	0	0	0	0.08	0.17	0.02	0
Saturated Fat % of Total Calories													11.30%	

Updated: 1/10/2012

Fri- 2/24/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Curry Chicken	2.8 oz	51	23	144	0.51	0.74	0	51	0	6.69	2.06	2.06	0.26	0
Brown Rice Pilaf	1/2 CUP	66	0	47	0.64	0.27	5.8	0	0.21	1.45	13.68	0.56	0.12	0
Seasoned Green Beans	1/2 cup	14	0	2	0.78	0.23	12.7	144	1.06	0.39	1.67	0.76	0.11	0
Roasted Corn & Carrots	1/2 Cup	34	0	15	1.06	0.16	8.3	3011	1.48	0.62	4.8	1.65	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Peach Cup	1/2 Cup	33	0	3	0.98	0.2	4.5	286	2.7	0.47	8.68	0.02	0	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Chicken Nuggets	3 nuggets	12	3	30	0	0.03	0	0	0	1.33	0.8	0.4	0.04	0
Dinner roll, whole grain	1 Each	6	0	8	0.05	0.02	0	5	0.18	0.2	1.3	0	0	0
Honey Glazed Carrots	1/2 Cup	22	0	16	0.58	0.09	6.5	2417	0.44	0.14	3.87	0.75	0.13	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.04	0.02	0.6	162	0.13	0.03	0.08	0.01	0	0
ENTREE Cobb Salad w/ Roll	1 each	28	18	61	0.2	0.2	23.2	498	1.04	2.1	1.7	1.45	0.75	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	3	0	25	0.01	0	0.6	2	0.01	0.01	0.63	0.01	0	0
Mustard, 5 gm pc	1 each	1	0	9	0.01	0.02	0.6	0	0	0.04	0.05	0.03	0	0
Mayo, Light PC	1 packet	2	0	4	0	0	0	0	0	0	0.08	0.17	0.02	0
Ketchup, Red Gold	9 gm pack	1	0	10	0	0	0	16	0	0	0.21	0	0	0
Saturated Fat % of Total Calories													9.30%	

Updated: 1/10/2012

Mon - 2/27/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Beef Tomato Florentine Pasta	1.5 cups	217	20	296	5.39	16.47	109.8	2863	13.27	13.13	29.97	5.86	2.18	0
SIDE Romaine & Tomato Salad	1/2 Cup	3	0	1	0.29	0.12	4.3	1068	0.89	0.17	0.51	0.04	0.01	0
Seasoned Green Beans	1/2 cup	14	0	2	0.78	0.23	12.7	144	1.06	0.39	1.67	0.76	0.11	0
Pineapple Cup	1/2 cup	40	0	1	0.6	0.29	10.8	29	5.64	0.27	10.17	0.09	0.01	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Southwest Turkey Burger on Bun	1 each	34	6	70	0.31	0.3	21.6	296	0.73	2.53	3.39	1.19	0.45	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Mexican corn	1/2 cup	10	0	4	0.26	0.06	0.7	34	1.23	0.31	2.08	0.21	0.04	0
SIDE Caesar Romaine Salad	1/2 Cup	4	0	9	0.06	0.03	1.4	99	0.05	0.11	0.54	0.15	0.05	0
ENTREE Chicken Caesar Salad	1 Each	18	3	37	0.21	0.14	6.1	476	0.46	1.53	2.23	0.31	0.09	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	7	0	64	0.03	0.01	1.4	4	0.03	0.04	1.57	0.03	0.01	0
Mustard, 5 gm pc	1 each	1	0	13	0.01	0.02	0.8	0	0	0.05	0.06	0.04	0	0
Mayo, Light PC	1 packet	7	1	15	0	0	0	0	0	0	0.33	0.67	0.08	0
Ketchup, Red Gold	9 gm pack	1	0	10	0	0	0	16	0	0	0.21	0	0	0
Saturated Fat % of Total Calories													10.10%	

Updated: 1/10/2012

Tues- 2/28/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Red Chili w/ Buffalo Meat	1 cup	62	6	281	1.87	0.9	62.4	249	3.74	3.74	8.73	2.49	0.94	0
Shredded Cheddar Cheese	1 oz	12	5	30	0	0.06	31.2	47	0	1.09	0	1.4	0.94	0
Cornbread, Homemade	1 slice	81	16	57	1.09	0.43	17	45	1.78	1.47	11.82	3.43	0.52	0
Baked Sweet Potato Fries	1/2 cup	42	0	3	0.83	0.1	5.6	1083	2	0.56	6.67	1.39	0.14	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Pear, fresh	1 EACH	58	0	1	3.09	0.17	9	23	4.18	0.38	15.4	0.12	0.01	0
Apple, Fresh	1 each	15	0	0	0.72	0.04	1.8	16	1.37	0.08	4.12	0.05	0.01	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Grilled Chicken Sandwich	1 Each	28	6	60	0.2	0.25	10	10	0	2.83	3.2	0.45	0.05	0
Lettuce/Tomato/Chipotle Mayo	1 Each	14	1	26	0.1	0.04	1.3	157	0.73	0.08	0.74	1.23	0.13	0
Fish Sandwich	1 each	38	6	55	0.32	0.32	11.8	254	0.2	2.39	4.87	1.01	0.1	0
Baked Sweet Potato Fries	1/2 cup	19	0	1	0.38	0.05	2.5	492	0.91	0.25	3.03	0.63	0.06	0
Cucumber Tomato Salad	4 oz	12	0	49	0.27	0.08	3.5	161	2.76	0.23	1.61	0.58	0.1	0
Mediterranean Turkey Wrap	1 each	28	4	77	0.26	0.17	15.7	185	1.1	1.62	2.36	1.44	0.41	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	15	3	22	0.15	0.08	22.8	358	1.48	0.91	0.96	0.85	0.55	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Mustard, 5 gm pc	1 each	0	0	6	0.01	0.01	0.4	0	0	0.02	0.03	0.02	0	0
Mayo, Light PC	1 packet	4	0	7	0	0	0	0	0	0	0.17	0.33	0.04	0
Saturated Fat % of Total Calories													9.60%	

Updated: 1/10/2012

Wed - 2/29/2012 Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Teriyaki Chicken w/ Broccoli	1/2 cup	79	25	260	0.16	0.64	13.8	93	5.4	7.32	9.2	1.12	0.28	0
Lo Mein WG Noodles	1 cup	105	0	178	2.81	0.71	2.3	0	0.03	3.79	21.6	0.71	0	0
Vegetable Stir Fry	1/2 CUP	23	0	166	0.66	0.11	7.3	165	2.92	0.73	2.94	0.79	0.12	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.1	0.04	1.4	356	0.3	0.06	0.17	0.01	0	0
Apple, Fresh	1 each	62	0	1	2.86	0.14	7.2	64	5.48	0.31	16.46	0.2	0.04	0
Cheese Quesadilla w/ Salsa	1 each	19	2	52	0.13	0.17	25.6	39	0.35	0.99	2	0.77	0.43	0
Cheese Pizza, Homemade Round	slices	35	4	71	0.46	0.27	46.7	97	1.14	2.25	3.74	1.25	0.61	0
Three Cheese Stromboli	6 slices	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Roma Herb Baked Potato Wedges	1/2 Cup	21	0	39	0.29	0.11	0	0	0.88	0.29	2.62	1.12	0.25	0
Carrot & Celery Sticks	1/2 cup	0	0	1	0.04	0.01	0.5	227	0.1	0.01	0.1	0	0	0
Mandarin Chicken Pasta Salad	2 cups	37	3	33	0.73	0.23	3	368	1.43	1.7	6.67	0.45	0.07	0
Turkey & Cheddar Sub	1 each	13	2	27	0.09	0.07	12.3	84	0.35	0.94	0.85	0.59	0.32	0
Carrot Sticks	6-8 sticks	1	0	1	0.05	0.01	0.4	447	0.15	0.02	0.16	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	9	2	13	0.09	0.05	13.7	215	0.89	0.55	0.58	0.51	0.33	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	3	0	32	0.02	0	0.7	2	0.01	0.02	0.79	0.02	0.01	0
Mustard, 5 gm pc	1 each	2	0	38	0.03	0.06	2.5	0	0	0.14	0.19	0.13	0.01	0
Mayo, Light PC	1 packet	22	2	45	0	0	0	0	0	0	1	2	0.25	0
Ketchup, Red Gold	9 gm pack	4	0	55	0	0	0	87	0	0	1.16	0	0	0
Saturated Fat % of Total Calories													7.30%	