

Menu: Lunch

Grades: 9-12

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	65	20	213	0.13	0.52	11.3	76	4.42	5.99	7.53	0.92	0.23	0
Lo Mein WG Noodles	1 cup	86	0	146	2.3	0.58	1.9	0	0.03	3.1	17.67	0.58	0	0
Vegetable Stir Fry	1/2 CUP	19	0	136	0.54	0.09	5.9	135	2.39	0.6	2.4	0.65	0.1	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
Meat Lovers Pizza	slices	34	5	97	0.52	1.15	25.1	30	0.67	2.4	3.85	1.12	0.44	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
Chicken Hot Dog	1 each	26	6	65	0.2	0.69	15.2	18	2.1	1.3	3.2	0.9	0.19	0
Hot Dog Toppings	1 each	2	0	11	0.01	0.01	1.9	14	0.03	0.07	0.29	0.08	0.05	0
Meatball Sub on WW Roll	1 each	21	3	47	0.12	0.16	12.7	101	1.14	1.32	1.55	0.92	0.38	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Baked Sweet Potato Fries	1/2 cup	15	0	1	0.3	0.04	2	394	0.73	0.2	2.42	0.51	0.05	0
Green Bean Salad	1/2 cup	2	0	6	0.11	0.03	1.6	27	0.33	0.06	0.27	0.1	0.01	0
Mandarin Chicken Pasta Salad	2 cups	19	2	17	0.37	0.11	1.5	184	0.71	0.85	3.34	0.23	0.04	0
Turkey & Provolone Bagel	1 Each	18	2	40	0.19	0.1	13.3	82	0.35	1.02	1.91	0.56	0.26	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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
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													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	139	57	352	0	0.69	12	0	0	10.8	9.92	5.4	1.8	0
Whole Wheat Biscuit	1 each	86	0	302	0.85	0.58	17.2	1	0.1	1.8	10.35	4.05	2.25	0
Country Collard Greens	1/2 cup	10	0	18	0.33	0.03	12.9	532	2.96	0.24	1.29	0.52	0.08	0
Baked Beans	1/2 cup	38	0	140	1.67	0.49	13.8	44	0	1.94	8.63	0.15	0.03	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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 Spinach Calzone	slice	58	4	112	0.75	0.44	56	117	0.87	3.16	6.05	2.47	1.06	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
BBQ Shredded Beef Sandwich	1 Each	30	4	86	0.21	0.37	8.1	0	0.03	2.35	4.24	0.43	0.09	0
Grilled Chicken Sandwich	1 Each	23	5	48	0.16	0.2	8	8	0	2.26	2.56	0.36	0.04	0
Lettuce/Tomato/Chipotle Mayo	1 Each	11	1	21	0.08	0.03	1	125	0.58	0.06	0.59	0.98	0.11	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Cucumber Tomato Salad	1/2 cup	4	0	15	0.08	0.02	1	48	0.83	0.07	0.48	0.17	0.03	0
Baked Beans	1/2 cup	6	0	21	0.25	0.07	2	7	0	0.29	1.28	0.02	0	0
Grilled Chicken Rotini Salad	2 cups	17	2	38	0.34	0.1	1.2	28	0.7	0.92	2.5	0.41	0.05	0
Turkey Ham & Swiss Sandwich	50 each	16	2	38	0.34	0.1	17.7	37	0.44	0.94	1.72	0.57	0.28	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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													11.30%	

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	116	27	294	0.9	3.11	68.4	83	9.44	5.84	14.4	4.04	0.87	0
Hot Dog Toppings	1 each	9	1	49	0.06	0.05	8.4	63	0.12	0.32	1.3	0.38	0.23	0
Roasted Corn & Carrots	1/2 Cup	27	0	12	0.87	0.13	6.8	2463	1.21	0.51	3.92	1.35	0.19	0
Baked Sweet Potato Fries	1/2 cup	34	0	2	0.68	0.08	4.5	886	1.64	0.45	5.45	1.14	0.11	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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	1 each	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	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
Fish Sandwich	1 each	30	5	44	0.25	0.25	9.5	203	0.16	1.91	3.89	0.81	0.08	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	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
Chipotle Chicken Pasta Salad	2 cups	23	4	23	0.35	0.17	2.6	69	0.54	1.57	2.49	0.84	0.11	0
Mediterranean Turkey Wrap	1 each	14	2	38	0.13	0.08	7.9	93	0.55	0.81	1.18	0.72	0.2	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	9	0.01	0.02	0.6	0	0	0.04	0.05	0.03	0	0
Mayo, Light PC	1 packet	6	1	11	0	0	0	0	0	0	0.25	0.5	0.06	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													8.70%	

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 meatba	100	17	264	0.81	0.98	40.5	2078	24.75	6.46	6.82	5.42	2.2	0
Rotini, WW Cooked	1 cup	90	0	8	2.7	0.68	5.5	0	0	3.15	18.45	0.68	0	0
SIDE Caesar Romaine Salad	1/2 Cup	27	0	61	0.43	0.23	9.2	670	0.31	0.73	3.67	1.04	0.31	0
Seasoned Green Beans	1/2 cup	11	0	2	0.64	0.19	10.4	118	0.87	0.32	1.37	0.62	0.09	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
Meat Lovers Pizza	slices	34	5	97	0.52	1.15	25.1	30	0.67	2.4	3.85	1.12	0.44	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
Chicken Hot Dog	1 each	26	6	65	0.2	0.69	15.2	18	2.1	1.3	3.2	0.9	0.19	0
Hot Dog Toppings	1 each	2	0	11	0.01	0.01	1.9	14	0.03	0.07	0.29	0.08	0.05	0
Meatball Sub on WW Roll	1 each	21	3	47	0.12	0.16	12.7	101	1.14	1.32	1.55	0.92	0.38	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Baked Sweet Potato Fries	1/2 cup	15	0	1	0.3	0.04	2	394	0.73	0.2	2.42	0.51	0.05	0
Green Bean Salad	1/2 cup	2	0	6	0.11	0.03	1.6	27	0.33	0.06	0.27	0.1	0.01	0
Mandarin Chicken Pasta Salad	2 cups	19	2	17	0.37	0.11	1.5	184	0.71	0.85	3.34	0.23	0.04	0
Turkey & Provolone Bagel	1 Each	18	2	40	0.19	0.1	13.3	82	0.35	1.02	1.91	0.56	0.26	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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
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%	

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	172	37	457	1.39	1.3	21.5	1532	1.87	14.56	13.69	6.75	2.89	0
Mashed Potatoes	1/2 cup	18	0	78	0.2	0.07	4	0	0.96	0.4	3.19	0.5	0.1	0
Crunchy Spinach Salad	1/2 Cup	8	0	9	0.26	0.18	5.2	406	1.58	0.33	0.8	0.45	0.05	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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 Spinach Calzone	slice	58	4	112	0.75	0.44	56	117	0.87	3.16	6.05	2.47	1.06	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
BBQ Shredded Beef Sandwich	1 Each	30	4	86	0.21	0.37	8.1	0	0.03	2.35	4.24	0.43	0.09	0
Grilled Chicken Sandwich	1 Each	23	5	48	0.16	0.2	8	8	0	2.26	2.56	0.36	0.04	0
Lettuce/Tomato/Chipotle Mayo	1 Each	11	1	21	0.08	0.03	1	125	0.58	0.06	0.59	0.98	0.11	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Baked Beans	1/2 cup	17	0	62	0.74	0.22	6.1	20	0	0.86	3.84	0.07	0.01	0
Cucumber Tomato Salad	1/2 cup	1	0	5	0.03	0.01	0.3	16	0.28	0.02	0.16	0.06	0.01	0
Grilled Chicken Rotini Salad	2 cups	17	2	38	0.34	0.1	1.2	28	0.7	0.92	2.5	0.41	0.05	0
Turkey Ham & Swiss Sandwich	50 each	16	2	38	0.34	0.1	17.7	37	0.44	0.94	1.72	0.57	0.28	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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	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													10.90%	

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	130	22	204	1.53	0.98	31.1	367	10.77	8.76	11.98	5.75	1.07	0
Black beans (Marco's)	1/2 cup	54	0	96	2.12	0.87	15.4	19	0.23	2.31	6.74	2.12	0.29	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
Veggie Lovers Pizza	slices	38	4	98	0.67	0.36	48.1	99	4.06	2.41	4.41	1.25	0.62	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	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
TexMex Stuffed Chicken Burrito	1 each	38	6	75	0.39	0.37	20.9	182	0.35	1.99	4.55	1.29	0.66	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Honey Glazed Carrots	1/2 Cup	17	0	13	0.46	0.07	5.2	1934	0.35	0.11	3.1	0.6	0.1	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
ENTREE Cobb Salad w/ Roll	1 each	14	9	30	0.1	0.1	11.6	249	0.52	1.05	0.85	0.72	0.37	0
Southwest Chicken Fajita Wrap	1 each	17	4	46	0.19	0.13	2.9	207	0.75	0.98	1.27	0.96	0.18	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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
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													9.60%	

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	66	17	166	0.16	0.29	67.8	160	1.81	7.22	1.2	3.41	1.21	0
Spaghetti, WW Cooked	1 cup	90	0	8	2.7	0.68	5.5	0	0	3.15	18.45	0.68	0	0
Roasted Cauliflower	1/2 cup	11	0	7	0.47	0.1	5.1	0	10.88	0.46	1.26	0.65	0.1	0
Carrot Sticks	6-8 sticks	4	0	3	0.26	0.04	2.3	2411	0.8	0.09	0.87	0	0	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
BBQ Chicken Pizza	1 slice	38	7	108	0.48	0.32	25.1	21	0.58	2.62	4.44	1.09	0.41	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
Beef Burger on Bun	1 Each	30	4	48	0.2	0.32	10	5	0	1.9	3.3	1.2	0.4	0
Lettuce/Tomato Set Up	1 Each	1	0	0	0.08	0.02	0.8	140	0.66	0.05	0.21	0.01	0	0
Buffalo Chicken Wrap	1 each	15	4	68	0.23	0.14	5.3	101	1.47	1.09	1.56	0.53	0.18	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Roma Herb Baked Potato Wedges	1/2 Cup	17	0	31	0.23	0.08	0	0	0.7	0.23	2.1	0.9	0.2	0
Carrot & Celery Sticks	1/2 cup	0	0	1	0.03	0	0.4	181	0.08	0.01	0.08	0	0	0
Turkey Club Sandwich	1 each	16	2	55	0.39	0.13	7.4	263	0.45	1.12	1.9	0.46	0.06	0
ENTREE Chicken Caesar Salad	1 Each	9	1	19	0.11	0.07	3	238	0.23	0.76	1.12	0.16	0.04	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	2	0	19	0.01	0	0.4	1	0.01	0.01	0.47	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	6	1	11	0	0	0	0	0	0	0.25	0.5	0.06	0
Saturated Fat % of Total Calories													8.60%	

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	46	21	218	0	0.5	0	46	0	6.02	2.31	1.16	0.23	0
Brown Rice w/ Veggies (AS)	1/2 cup	22	0	125	1.34	0.32	0	448	2.69	0.9	4.93	0	0	0
Vegetable Stir Fry	1/2 CUP	19	0	136	0.54	0.09	5.9	135	2.39	0.6	2.4	0.65	0.1	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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	1 each	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	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
Fish Sandwich	1 each	30	5	44	0.25	0.25	9.5	203	0.16	1.91	3.89	0.81	0.08	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	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
Chipotle Chicken Pasta Salad	2 cups	23	4	23	0.35	0.17	2.6	69	0.54	1.57	2.49	0.84	0.11	0
Mediterranean Turkey Wrap	1 each	14	2	38	0.13	0.08	7.9	93	0.55	0.81	1.18	0.72	0.2	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	9	0.01	0.02	0.6	0	0	0.04	0.05	0.03	0	0
Mayo, Light PC	1 packet	6	1	11	0	0	0	0	0	0	0.25	0.5	0.06	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													8.50%	

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	112	37	347	1.56	1.52	208.8	2382	5.09	8.7	9.15	4.94	2.75	0
Dinner roll, whole grain	1 Each	27	0	37	0.23	0.08	0	22	0.81	0.9	5.85	0	0	0
Roasted Butternut Squash	1/2 cup	11	0	1	0.24	0.09	4.5	214	1.93	0.15	1.36	0.61	0.09	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
Meat Lovers Pizza	slices	34	5	97	0.52	1.15	25.1	30	0.67	2.4	3.85	1.12	0.44	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
Chicken Hot Dog	1 each	26	6	65	0.2	0.69	15.2	18	2.1	1.3	3.2	0.9	0.19	0
Hot Dog Toppings	1 each	2	0	11	0.01	0.01	1.9	14	0.03	0.07	0.29	0.08	0.05	0
Meatball Sub on WW Roll	1 each	21	3	47	0.12	0.16	12.7	101	1.14	1.32	1.55	0.92	0.38	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Baked Sweet Potato Fries	1/2 cup	15	0	1	0.3	0.04	2	394	0.73	0.2	2.42	0.51	0.05	0
Green Bean Salad	1/2 cup	2	0	6	0.11	0.03	1.6	27	0.33	0.06	0.27	0.1	0.01	0
Mandarin Chicken Pasta Salad	2 cups	19	2	17	0.37	0.11	1.5	184	0.71	0.85	3.34	0.23	0.04	0
Turkey & Provolone Bagel	1 Each	18	2	40	0.19	0.1	13.3	82	0.35	1.02	1.91	0.56	0.26	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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	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
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													11.90%	

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	119	31	265	1.36	3.15	64.2	361	4.79	9.24	9.68	5.16	2.47	0
Santa Fe Brown Rice	1/2 cup	49	1	96	0.93	0.42	14.5	0	0	1.62	9.26	0.58	0.23	0
Pinto Beans (Marco's)	1/2 cup	50	0	119	1.44	0.49	10.8	0	0.65	1.98	5.94	1.98	0.27	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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 Spinach Calzone	slice	58	4	112	0.75	0.44	56	117	0.87	3.16	6.05	2.47	1.06	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
BBQ Shredded Beef Sandwich	1 Each	30	4	86	0.21	0.37	8.1	0	0.03	2.35	4.24	0.43	0.09	0
Grilled Chicken Sandwich	1 Each	23	5	48	0.16	0.2	8	8	0	2.26	2.56	0.36	0.04	0
Lettuce/Tomato/Chipotle Mayo	1 Each	11	1	21	0.08	0.03	1	125	0.58	0.06	0.59	0.98	0.11	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Cucumber Tomato Salad	1/2 cup	4	0	15	0.08	0.02	1	48	0.83	0.07	0.48	0.17	0.03	0
Baked Beans	1/2 cup	6	0	21	0.25	0.07	2	7	0	0.29	1.28	0.02	0	0
Grilled Chicken Rotini Salad	2 cups	17	2	38	0.34	0.1	1.2	28	0.7	0.92	2.5	0.41	0.05	0
Turkey Ham & Swiss Sandwich	50 each	16	2	38	0.34	0.1	17.7	37	0.44	0.94	1.72	0.57	0.28	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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	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													10.50%	

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	47	21	69	0	0.25	5.1	0	0	9.61	0	0.97	0.35	0
Broccoli Cheddar Brown Rice	1/2 cup	46	0	100	0.44	0.08	5	0	0	0.88	9.05	0.55	0.11	0
Garlicky Kale	1/2 cup	17	0	4	0.23	0.17	12.6	1391	10.95	0.39	1.3	1.24	0.18	0
Roasted Redskin Potatoes	1/2 cup	34	0	52	0.69	0.25	0	0	2.06	0.69	6.53	0.69	0	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
Veggie Lovers Pizza	slices	38	4	98	0.67	0.36	48.1	99	4.06	2.41	4.41	1.25	0.62	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	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
TexMex Stuffed Chicken Burrito	1 each	38	6	75	0.39	0.37	20.9	182	0.35	1.99	4.55	1.29	0.66	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Honey Glazed Carrots	1/2 Cup	17	0	13	0.46	0.07	5.2	1934	0.35	0.11	3.1	0.6	0.1	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
ENTREE Cobb Salad w/ Roll	1 each	14	9	30	0.1	0.1	11.6	249	0.52	1.05	0.85	0.72	0.37	0
Southwest Chicken Fajita Wrap	1 each	17	4	46	0.19	0.13	2.9	207	0.75	0.98	1.27	0.96	0.18	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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
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%	

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	91	26	244	1.1	0.6	57	604	6.07	6.85	11.6	1.93	0.83	0
SIDE Caesar Romaine Salad	1/2 Cup	27	0	61	0.43	0.23	9.2	670	0.31	0.73	3.67	1.04	0.31	0
Roasted Cauliflower	1/2 cup	11	0	7	0.47	0.1	5.1	0	10.88	0.46	1.26	0.65	0.1	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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	1 each	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	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
Fish Sandwich	1 each	30	5	44	0.25	0.25	9.5	203	0.16	1.91	3.89	0.81	0.08	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	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
Chipotle Chicken Pasta Salad	2 cups	23	4	23	0.35	0.17	2.6	69	0.54	1.57	2.49	0.84	0.11	0
Mediterranean Turkey Wrap	1 each	14	2	38	0.13	0.08	7.9	93	0.55	0.81	1.18	0.72	0.2	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	9	0.01	0.02	0.6	0	0	0.04	0.05	0.03	0	0
Mayo, Light PC	1 packet	6	1	11	0	0	0	0	0	0	0.25	0.5	0.06	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													9.40%	

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	155	28	361	0.63	1.18	110.5	315	4.39	6.6	17.78	6.5	3.08	0
Carrot Sticks	6-8 sticks	4	0	3	0.26	0.04	2.3	2411	0.8	0.09	0.87	0	0	0
Garlic Lemon Broccoli	1/2 cup	11	0	55	0.71	0.15	9.3	326	13.95	0.53	1.69	0.38	0.06	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
Meat Lovers Pizza	slices	34	5	97	0.52	1.15	25.1	30	0.67	2.4	3.85	1.12	0.44	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
Chicken Hot Dog	1 each	26	6	65	0.2	0.69	15.2	18	2.1	1.3	3.2	0.9	0.19	0
Hot Dog Toppings	1 each	2	0	11	0.01	0.01	1.9	14	0.03	0.07	0.29	0.08	0.05	0
Meatball Sub on WW Roll	1 each	21	3	47	0.12	0.16	12.7	101	1.14	1.32	1.55	0.92	0.38	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Baked Sweet Potato Fries	1/2 cup	15	0	1	0.3	0.04	2	394	0.73	0.2	2.42	0.51	0.05	0
Green Bean Salad	1/2 cup	2	0	6	0.11	0.03	1.6	27	0.33	0.06	0.27	0.1	0.01	0
Mandarin Chicken Pasta Salad	2 cups	19	2	17	0.37	0.11	1.5	184	0.71	0.85	3.34	0.23	0.04	0
Turkey & Provolone Bagel	1 Each	18	2	40	0.19	0.1	13.3	82	0.35	1.02	1.91	0.56	0.26	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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
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													11.70%	

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	116	57	109	0.06	0.52	14.9	9	0.16	10.83	0.33	7.43	2.16	0
Whole Wheat Biscuit	1 each	86	0	302	0.85	0.58	17.2	1	0.1	1.8	10.35	4.05	2.25	0
Stuffing	1/2 cup	73	0	275	0	0.34	15.3	0	0	1.34	8.65	3.55	0.54	0
Baked Beans	1/2 cup	38	0	140	1.67	0.49	13.8	44	0	1.94	8.63	0.15	0.03	0
Baked Sweet Potato Half	1/2 potat	17	0	11	0.59	0.12	5.9	2780	0.47	0.31	3.94	0.01	0	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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 Spinach Calzone	slice	58	4	112	0.75	0.44	56	117	0.87	3.16	6.05	2.47	1.06	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
BBQ Shredded Beef Sandwich	1 Each	30	4	86	0.21	0.37	8.1	0	0.03	2.35	4.24	0.43	0.09	0
Grilled Chicken Sandwich	1 Each	23	5	48	0.16	0.2	8	8	0	2.26	2.56	0.36	0.04	0
Lettuce/Tomato/Chipotle Mayo	1 Each	11	1	21	0.08	0.03	1	125	0.58	0.06	0.59	0.98	0.11	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Baked Beans	1/2 cup	17	0	62	0.74	0.22	6.1	20	0	0.86	3.84	0.07	0.01	0
Cucumber Tomato Salad	1/2 cup	1	0	5	0.03	0.01	0.3	16	0.28	0.02	0.16	0.06	0.01	0
Grilled Chicken Rotini Salad	2 cups	17	2	38	0.34	0.1	1.2	28	0.7	0.92	2.5	0.41	0.05	0
Turkey & Swiss Sandwich	50 each	16	2	36	0.34	0.09	17.7	36	0.42	0.95	1.76	0.55	0.27	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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													11.20%	

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	42	19	118	0.42	0.61	0	42	0	5.47	1.68	1.68	0.21	0
Brown Rice Pilaf	1/2 CUP	54	0	38	0.52	0.22	4.7	0	0.17	1.18	11.19	0.46	0.1	0
Seasoned Green Beans	1/2 cup	11	0	2	0.64	0.19	10.4	118	0.87	0.32	1.37	0.62	0.09	0
Roasted Corn & Carrots	1/2 Cup	27	0	12	0.87	0.13	6.8	2463	1.21	0.51	3.92	1.35	0.19	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
Veggie Lovers Pizza	slices	38	4	98	0.67	0.36	48.1	99	4.06	2.41	4.41	1.25	0.62	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	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
TexMex Stuffed Chicken Burrito	1 each	38	6	75	0.39	0.37	20.9	182	0.35	1.99	4.55	1.29	0.66	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Honey Glazed Carrots	1/2 Cup	17	0	13	0.46	0.07	5.2	1934	0.35	0.11	3.1	0.6	0.1	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
ENTREE Cobb Salad w/ Roll	1 each	14	9	30	0.1	0.1	11.6	249	0.52	1.05	0.85	0.72	0.37	0
Southwest Chicken Fajita Wrap	1 each	17	4	46	0.19	0.13	2.9	207	0.75	0.98	1.27	0.96	0.18	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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
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													9.20%	

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	178	16	242	4.41	13.47	89.8	2342	10.86	10.74	24.52	4.79	1.78	0
SIDE Romaine & Tomato Salad	1/2 Cup	2	0	1	0.24	0.1	3.5	874	0.73	0.14	0.42	0.03	0	0
Seasoned Green Beans	1/2 cup	11	0	2	0.64	0.19	10.4	118	0.87	0.32	1.37	0.62	0.09	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 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
Veggie Lovers Pizza	slices	38	4	98	0.67	0.36	48.1	99	4.06	2.41	4.41	1.25	0.62	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
Cuban Turkey Sandwich	1 each	29	5	58	0.2	0.55	19.2	12	0.12	1.89	3.42	0.9	0.34	0
TexMex Stuffed Chicken Burrito	1 each	38	6	75	0.39	0.37	20.9	182	0.35	1.99	4.55	1.29	0.66	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Honey Glazed Carrots	1/2 Cup	17	0	13	0.46	0.07	5.2	1934	0.35	0.11	3.1	0.6	0.1	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
ENTREE Cobb Salad w/ Roll	1 each	14	9	30	0.1	0.1	11.6	249	0.52	1.05	0.85	0.72	0.37	0
Southwest Chicken Fajita Wrap	1 each	17	4	46	0.19	0.13	2.9	207	0.75	0.98	1.27	0.96	0.18	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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
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													10.50%	

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	51	5	230	1.53	0.73	51	204	3.06	3.06	7.14	2.04	0.77	0
Shredded Cheddar Cheese	1 oz	10	4	24	0	0.05	25.5	38	0	0.89	0	1.15	0.77	0
Cornbread, Homemade	1 slice	66	13	47	0.89	0.35	13.9	37	1.45	1.2	9.67	2.8	0.43	0
Baked Sweet Potato Fries	1/2 cup	34	0	2	0.68	0.08	4.5	886	1.64	0.45	5.45	1.14	0.11	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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	1 each	42	4	94	0.61	0.4	45.8	51	0.79	2.58	4.92	1.38	0.66	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	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
Fish Sandwich	1 each	30	5	44	0.25	0.25	9.5	203	0.16	1.91	3.89	0.81	0.08	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	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
Chipotle Chicken Pasta Salad	2 cups	23	4	23	0.35	0.17	2.6	69	0.54	1.57	2.49	0.84	0.11	0
Mediterranean Turkey Wrap	1 each	14	2	38	0.13	0.08	7.9	93	0.55	0.81	1.18	0.72	0.2	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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	9	0.01	0.02	0.6	0	0	0.04	0.05	0.03	0	0
Mayo, Light PC	1 packet	6	1	11	0	0	0	0	0	0	0.25	0.5	0.06	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%	

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	65	20	213	0.13	0.52	11.3	76	4.42	5.99	7.53	0.92	0.23	0
Lo Mein WG Noodles	1 cup	86	0	146	2.3	0.58	1.9	0	0.03	3.1	17.67	0.58	0	0
Vegetable Stir Fry	1/2 CUP	19	0	136	0.54	0.09	5.9	135	2.39	0.6	2.4	0.65	0.1	0
SIDE Romaine & Tomato Salad	1/2 Cup	1	0	0	0.08	0.03	1.2	291	0.24	0.05	0.14	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 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
Meat Lovers Pizza	slices	34	5	97	0.52	1.15	25.1	30	0.67	2.4	3.85	1.12	0.44	0
Cucumber Tomato Salad	4 oz	29	0	117	0.64	0.19	8.3	386	6.62	0.54	3.86	1.39	0.23	0
SIDE Romaine & Tomato Salad	1/2 Cup	0	0	0	0.03	0.02	0.5	129	0.11	0.02	0.06	0.01	0	0
Chicken Hot Dog	1 each	26	6	65	0.2	0.69	15.2	18	2.1	1.3	3.2	0.9	0.19	0
Hot Dog Toppings	1 each	2	0	11	0.01	0.01	1.9	14	0.03	0.07	0.29	0.08	0.05	0
Meatball Sub on WW Roll	1 each	21	3	47	0.12	0.16	12.7	101	1.14	1.32	1.55	0.92	0.38	0
Cheese Quesadilla w/ Salsa	1 each	8	1	21	0.05	0.07	10.3	16	0.14	0.39	0.8	0.31	0.17	0
Baked Sweet Potato Fries	1/2 cup	15	0	1	0.3	0.04	2	394	0.73	0.2	2.42	0.51	0.05	0
Green Bean Salad	1/2 cup	2	0	6	0.11	0.03	1.6	27	0.33	0.06	0.27	0.1	0.01	0
Mandarin Chicken Pasta Salad	2 cups	19	2	17	0.37	0.11	1.5	184	0.71	0.85	3.34	0.23	0.04	0
Turkey & Provolone Bagel	1 Each	18	2	40	0.19	0.1	13.3	82	0.35	1.02	1.91	0.56	0.26	0
Turkey & Cheddar Sub	1 each	8	1	16	0.05	0.04	7.4	50	0.21	0.56	0.51	0.36	0.19	0
Carrot Sticks	6-8 sticks	0	0	0	0.03	0	0.3	268	0.09	0.01	0.1	0	0	0
ENTREE Garden Salad w/ Cheese	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
MILK,1% Lowfat	HALF PIN	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	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
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													7.30%	