

Menu: Lunch

Grades: K-8

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
Grilled Cheese	1 each	304	34	608	4.19	1.39	353	1392	8.77	13.56	21.95	18.11	8.15	0
Fish Sandwich	1 each	57	9	83	0.48	0.48	17.8	381	0.3	3.59	7.3	1.51	0.15	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 Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	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
SIDE Romaine & Tomato Salad	1/2 Cup	7	0	3	0.78	0.34	11.6	2913	2.42	0.47	1.39	0.11	0.02	0
Peach Cup	1/2 Cup	50	0	5	1.46	0.3	6.8	429	4.05	0.71	13.02	0.03	0	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	6	0	0	0.1	0	0	0	0.16	0	0	0
Saturated Fat % of Total Calories													16.40%	

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
Chicken Nuggets	serving	81	20	196	0	0.21	0	0	0	8.67	5.2	2.6	0.29	0
BBQ sauce - Kraft	1 oz	15	0	95	0	0.09	0	0	0	0	3.58	0	0	0
Dinner roll, whole grain	1 Each	40	0	54	0.33	0.12	0	32	1.17	1.3	8.45	0	0	0
Grilled Chicken Sandwich	1 Each	42	9	91	0.3	0.38	15	14	0	4.24	4.8	0.68	0.08	0
Lettuce/Tomato/Chipotle Mayo	1 Each	21	1	40	0.16	0.07	2	235	1.09	0.12	1.11	1.84	0.2	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
Turkey & Provolone Sub	1 Each	25	4	63	0.18	0.13	25.6	165	0.7	1.94	1.73	1.01	0.53	0
Cucumber Coins	1/2 cup	1	0	0	0.03	0.01	0.8	5	0.15	0.03	0.19	0.01	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
Garlic Lemon Broccoli	1/2 cup	36	0	185	2.37	0.5	30.9	1088	46.49	1.77	5.64	1.28	0.2	0
Carrot Sticks	6-8 sticks	12	0	10	0.86	0.14	7.7	8038	2.66	0.29	2.9	0	0	0
Orange Wedges	1 orange	55	0	0	2.83	0.12	47.2	265	62.72	1.11	13.85	0.14	0.02	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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
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
Salad dressing packets	1 each	13	0	121	0.06	0.01	2.7	7	0.05	0.07	2.99	0.06	0.02	0
Saturated Fat % of Total Calories													6.70%	

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
Fish Sandwich	1 each	246	37	359	2.06	2.07	77	1649	1.3	15.54	31.64	6.55	0.66	0
Buffalo Chicken Wrap	1 each	29	8	127	0.43	0.26	10	189	2.75	2.04	2.92	1	0.33	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
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
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
Black beans (Marco's)	1/2 cup	180	0	321	7.06	2.89	51.3	64	0.77	7.7	22.47	7.06	0.96	0
Roma Herb Baked Potato Wedges	1/2 Cup	127	0	236	1.75	0.63	0.1	0	5.25	1.75	15.75	6.72	1.52	0
Pineapple Cup	1/2 cup	59	0	1	0.9	0.44	16.2	43	8.46	0.4	15.25	0.14	0.01	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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
Saturated Fat % of Total Calories													6.50%	

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	144	25	381	1.17	1.42	58.6	3001	35.75	9.33	9.86	7.82	3.18	0
Spaghetti, WW Cooked	1 cup	130	0	12	3.9	0.98	7.9	0	0	4.55	26.65	0.98	0	0
Fish Sandwich	1 each	57	9	83	0.48	0.48	17.8	381	0.3	3.59	7.3	1.51	0.15	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 Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	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
Seasoned Green Beans	1/2 cup	37	0	6	2.12	0.62	34.7	392	2.89	1.05	4.57	2.08	0.31	0
Crunchy Spinach Salad	1/2 Cup	26	0	30	0.88	0.59	17.2	1352	5.26	1.09	2.66	1.49	0.16	0
Apple, Fresh	1 each	70	0	1	3.22	0.16	8	72	6.17	0.35	18.52	0.23	0.04	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	13	0	121	0.06	0.01	2.7	7	0.05	0.07	2.99	0.06	0.02	0
Saturated Fat % of Total Calories													8.60%	

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	248	53	660	2	1.87	31	2212	2.7	21.04	19.77	9.76	4.17	0
Grilled Chicken Sandwich	1 Each	42	9	91	0.3	0.38	15	14	0	4.24	4.8	0.68	0.08	0
Lettuce/Tomato/Chipotle Mayo	1 Each	21	1	40	0.16	0.07	2	235	1.09	0.12	1.11	1.84	0.2	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
Turkey & Provolone Sub	1 Each	25	4	63	0.18	0.13	25.6	165	0.7	1.94	1.73	1.01	0.53	0
Cucumber Coins	1/2 cup	1	0	0	0.03	0.01	0.8	5	0.15	0.03	0.19	0.01	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
Roasted Butternut Squash	1/2 cup	35	0	2	0.8	0.31	15	714	6.42	0.5	4.53	2.03	0.3	0
Peach Cup	1/2 Cup	50	0	5	1.46	0.3	6.8	429	4.05	0.71	13.02	0.03	0	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	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													12.10%	

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
Cheese Pizza, Homemade Square	slices	259	24	587	3.87	2.38	305.3	258	4.31	16.17	30.45	8.58	4.06	0
Cheeseburger on a WW bun	1 each	45	6	72	0.3	0.49	15	8	0	2.85	4.95	1.8	0.6	0
Lettuce/Tomato Set Up	1 Each	2	0	0	0.12	0.04	1.3	210	1	0.08	0.32	0.02	0	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
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
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	12	0	10	0.86	0.14	7.7	8038	2.66	0.29	2.9	0	0	0
Roasted Cauliflower	1/2 cup	38	0	23	1.57	0.34	17.2	0	36.27	1.55	4.19	2.17	0.33	0
Orange Wedges	1 orange	55	0	0	2.83	0.12	47.2	265	62.72	1.11	13.85	0.14	0.02	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	13	0	121	0.06	0.01	2.7	7	0.05	0.07	2.99	0.06	0.02	0
Ketchup, Red Gold	9 gm pack	1	0	15	0	0	0	24	0	0	0.32	0	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
Saturated Fat % of Total Calories													12.30%	

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 Hot Dog	1 each	168	38	425	1.3	4.49	98.8	120	13.64	8.43	20.79	5.83	1.25	0
Southwest Turkey Burger on Bun	1 each	51	10	105	0.47	0.45	32.4	443	1.09	3.79	5.08	1.78	0.68	0
Lettuce/Tomato/Chipotle Mayo	1 Each	21	1	40	0.16	0.07	2	235	1.09	0.12	1.11	1.84	0.2	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
Turkey Ham & Cheddar Sandwich	1 each	30	6	107	0.6	0.23	22.8	17	0.13	2.07	3.06	1.03	0.41	0
Carrot Sticks	6-8 sticks	1	0	1	0.1	0.02	0.9	893	0.3	0.03	0.32	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
SIDE Romaine & Tomato Salad	1/2 Cup	7	0	3	0.78	0.34	11.6	2913	2.42	0.47	1.39	0.11	0.02	0
Baked Beans	1/2 cup	128	0	467	5.57	1.62	46.1	147	0	6.46	28.77	0.5	0.1	0
Pear, fresh	1 EACH	87	0	1	4.63	0.25	13.4	34	6.27	0.57	23.1	0.18	0.01	0
MILK,1% Lowfat	HALF PINT	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	13	0	121	0.06	0.01	2.7	7	0.05	0.07	2.99	0.06	0.02	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	0	0	1	0	0	0	2	0	0	0.02	0	0	0
Saturated Fat % of Total Calories													6.90%	

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
Cheese and Spinach Lasagna	1 piece	162	54	502	2.25	2.19	301.6	3441	7.36	12.57	13.22	7.14	3.98	0
Dinner roll, whole grain	1 Each	40	0	54	0.33	0.12	0	32	1.17	1.3	8.45	0	0	0
Buffalo Chicken Wrap	1 each	29	8	127	0.43	0.26	10	189	2.75	2.04	2.92	1	0.33	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
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
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
Garlic & Herb Vegetable Medley	1/2 cup	68	0	35	3.14	0.84	22.7	3823	8.01	2.62	10.65	2.37	0.36	0
Apple, Fresh	1 each	70	0	1	3.22	0.16	8	72	6.17	0.35	18.52	0.23	0.04	0
MILK,1% Lowfat	HALF PINT	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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
Ketchup, Red Gold	9 gm pack	5	0	65	0	0	0	103	0	0	1.38	0	0	0
Mustard, 5 gm pc	1 each	2	0	41	0.03	0.07	2.7	0	0	0.15	0.21	0.14	0.01	0
Saturated Fat % of Total Calories													12.00%	

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
Teriyaki Chicken w/ Broccoli	1/2 cup	93	29	308	0.19	0.75	16.4	110	6.38	8.65	10.87	1.33	0.33	0
Brown Rice w/ Veggies (AS)	1/2 cup	32	0	181	1.94	0.47	0	647	3.88	1.29	7.12	0	0	0
Fish Sandwich	1 each	57	9	83	0.48	0.48	17.8	381	0.3	3.59	7.3	1.51	0.15	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 Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	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
Vegetable Stir Fry	1/2 CUP	63	1	453	1.79	0.29	19.8	451	7.97	2	8.01	2.16	0.34	0
Peach Cup	1/2 Cup	50	0	5	1.46	0.3	6.8	429	4.05	0.71	13.02	0.03	0	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	6	0	0	0.1	0	0	0	0.16	0	0	0
Saturated Fat % of Total Calories													6.00%	

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
Chicken Florentine FlatbreadES	1/6 flatbr	126	29	203	0.61	0.92	157.4	1170	0.53	12.13	9.14	4.67	2.14	0
Grilled Chicken Sandwich	1 Each	42	9	91	0.3	0.38	15	14	0	4.24	4.8	0.68	0.08	0
Lettuce/Tomato/Chipotle Mayo	1 Each	21	1	40	0.16	0.07	2	235	1.09	0.12	1.11	1.84	0.2	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
Turkey & Provolone Sub	1 Each	25	4	63	0.18	0.13	25.6	165	0.7	1.94	1.73	1.01	0.53	0
Cucumber Coins	1/2 cup	1	0	0	0.03	0.01	0.8	5	0.15	0.03	0.19	0.01	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
Baked Sweet Potato Fries	1/2 cup	114	0	8	2.27	0.27	15.2	2954	5.45	1.52	18.18	3.79	0.38	0
Green Bean Salad	1/2 cup	44	0	135	2.37	0.65	34.9	611	7.41	1.29	5.97	2.14	0.32	0
Pineapple Cup	1/2 cup	59	0	1	0.9	0.44	16.2	43	8.46	0.4	15.25	0.14	0.01	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	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													9.30%	

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	68	30	100	0	0.37	7.4	0	0	13.88	0	1.41	0.5	0
Broccoli Cheddar Brown Rice	1/2 cup	67	0	145	0.64	0.12	7.2	0	0	1.28	13.07	0.8	0.16	0
Cheeseburger on a WW bun	1 each	45	6	72	0.3	0.49	15	8	0	2.85	4.95	1.8	0.6	0
Lettuce/Tomato Set Up	1 Each	2	0	0	0.12	0.04	1.3	210	1	0.08	0.32	0.02	0	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
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
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
Garlicky Kale	1/2 cup	56	0	13	0.78	0.56	42.2	4636	36.51	1.3	4.34	4.14	0.59	0
Banana, Petite	1 each	81	0	1	2.36	0.24	4.5	58	7.91	0.99	20.76	0.3	0.1	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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
Saturated Fat % of Total Calories													9.20%	

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
Cheeseburger on a WW bun	1 each	150	20	240	1	1.62	50	27	0	9.5	16.5	6	2	0
Beef Burger on Bun	1 Each	45	6	72	0.3	0.49	15	8	0	2.85	4.95	1.8	0.6	0
Lettuce/Tomato Set Up	1 Each	7	0	2	0.51	0.15	5.4	909	4.31	0.35	1.39	0.08	0.01	0
Buffalo Chicken Wrap	1 each	29	8	127	0.43	0.26	10	189	2.75	2.04	2.92	1	0.33	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
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
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
Baked Beans	1/2 cup	128	0	467	5.57	1.62	46.1	147	0	6.46	28.77	0.5	0.1	0
Carrot Sticks	6-8 sticks	12	0	10	0.86	0.14	7.7	8038	2.66	0.29	2.9	0	0	0
Pineapple Cup	1/2 cup	59	0	1	0.9	0.44	16.2	43	8.46	0.4	15.25	0.14	0.01	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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
Saturated Fat % of Total Calories													8.20%	

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
Cheese Ravioli w/ Sauce	3 each	131	37	352	1.59	0.87	82.3	872	8.77	9.89	16.76	2.79	1.2	0
Fish Sandwich	1 each	57	9	83	0.48	0.48	17.8	381	0.3	3.59	7.3	1.51	0.15	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 Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	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
Seasoned Green Beans	1/2 cup	37	0	6	2.12	0.62	34.7	392	2.89	1.05	4.57	2.08	0.31	0
SIDE Caesar Romaine Salad	1/2 Cup	89	2	204	1.43	0.76	30.6	2232	1.02	2.42	12.22	3.48	1.03	0
Apple, Fresh	1 each	70	0	1	3.22	0.16	8	72	6.17	0.35	18.52	0.23	0.04	0
MILK,1% Lowfat	HALF PINT	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	13	0	121	0.06	0.01	2.7	7	0.05	0.07	2.99	0.06	0.02	0
Mustard, 5 gm pc	1 each	2	0	41	0.03	0.07	2.7	0	0	0.15	0.21	0.14	0.01	0
Ketchup, Red Gold	9 gm pack	5	0	65	0	0	0	103	0	0	1.38	0	0	0
Saturated Fat % of Total Calories													7.90%	

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
Curry Chicken	2.8 oz	61	27	170	0.61	0.88	0	61	0	7.9	2.43	2.43	0.3	0
Brown Rice Pilaf	1/2 CUP	78	0	55	0.75	0.32	6.8	0	0.25	1.71	16.16	0.66	0.14	0
Grilled Chicken Sandwich	1 Each	42	9	91	0.3	0.38	15	14	0	4.24	4.8	0.68	0.08	0
Lettuce/Tomato/Chipotle Mayo	1 Each	21	1	40	0.16	0.07	2	235	1.09	0.12	1.11	1.84	0.2	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
Turkey & Provolone Sub	1 Each	25	4	63	0.18	0.13	25.6	165	0.7	1.94	1.73	1.01	0.53	0
Cucumber Coins	1/2 cup	1	0	0	0.03	0.01	0.8	5	0.15	0.03	0.19	0.01	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
Seasoned Green Beans	1/2 cup	37	0	6	2.12	0.62	34.7	392	2.89	1.05	4.57	2.08	0.31	0
Roasted Corn & Carrots	1/2 Cup	91	0	40	2.89	0.43	22.7	8211	4.04	1.69	13.08	4.5	0.64	0
Orange Wedges	1 orange	55	0	0	2.83	0.12	47.2	265	62.72	1.11	13.85	0.14	0.02	0
MILK,1% Lowfat	HALF PINT	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	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													7.30%	

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
Rotisserie Style Chicken	2 oz	168	82	157	0.09	0.76	21.5	14	0.23	15.64	0.47	10.73	3.13	0
Whole Wheat Biscuit	1 each	124	0	436	1.23	0.83	24.8	1	0.15	2.6	14.95	5.85	3.25	0
Stuffing	1/2 cup	106	0	397	0	0.49	22	0	0	1.93	12.5	5.12	0.78	0
Cheeseburger on a WW bun	1 each	45	6	72	0.3	0.49	15	8	0	2.85	4.95	1.8	0.6	0
Lettuce/Tomato Set Up	1 Each	2	0	0	0.12	0.04	1.3	210	1	0.08	0.32	0.02	0	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
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
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
Baked Sweet Potato Half	1/2 potato	56	0	36	1.96	0.4	19.6	9267	1.57	1.03	13.14	0.03	0.01	0
Peach Cup	1/2 Cup	50	0	5	1.46	0.3	6.8	429	4.05	0.71	13.02	0.03	0	0
MILK,1% Lowfat	HALF PINT	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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
Saturated Fat % of Total Calories													13.60%	

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
Grilled Chicken Sandwich	1 Each	183	39	393	1.3	1.64	65.2	63	0	18.38	20.81	2.95	0.33	0
Lettuce/Tomato Set Up	1 Each	7	0	2	0.51	0.15	5.4	909	4.31	0.35	1.39	0.08	0.01	0
Southwest Turkey Burger on Bun	1 each	51	10	105	0.47	0.45	32.4	443	1.09	3.79	5.08	1.78	0.68	0
Lettuce/Tomato/Chipotle Mayo	1 Each	21	1	40	0.16	0.07	2	235	1.09	0.12	1.11	1.84	0.2	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
Turkey Ham & Cheddar Sandwich	1 each	30	6	107	0.6	0.23	22.8	17	0.13	2.07	3.06	1.03	0.41	0
Carrot Sticks	6-8 sticks	1	0	1	0.1	0.02	0.9	893	0.3	0.03	0.32	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
Roasted Corn & Carrots	1/2 Cup	91	0	40	2.89	0.43	22.7	8211	4.04	1.69	13.08	4.5	0.64	0
Baked Beans	1/2 cup	128	0	467	5.57	1.62	46.1	147	0	6.46	28.77	0.5	0.1	0
Pineapple Cup	1/2 cup	59	0	1	0.9	0.44	16.2	43	8.46	0.4	15.25	0.14	0.01	0
MILK,1% Lowfat	HALF PINT	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	13	0	121	0.06	0.01	2.7	7	0.05	0.07	2.99	0.06	0.02	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													5.70%	

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	74	7	332	2.21	1.06	73.7	295	4.42	4.42	10.32	2.95	1.11	0
Shredded Cheddar Cheese	1 oz	15	6	35	0	0.07	36.9	55	0	1.29	0	1.66	1.11	0
Cornbread, Homemade	1 slice	95	19	68	1.28	0.51	20.1	53	2.1	1.74	13.97	4.05	0.62	0
Buffalo Chicken Wrap	1 each	29	8	127	0.43	0.26	10	189	2.75	2.04	2.92	1	0.33	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
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
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
Roma Herb Baked Potato Wedges	1/2 Cup	127	0	236	1.75	0.63	0.1	0	5.25	1.75	15.75	6.72	1.52	0
Pear, fresh	1 EACH	87	0	1	4.63	0.25	13.4	34	6.27	0.57	23.1	0.18	0.01	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	14	0	127	0.07	0.01	2.8	8	0.05	0.07	3.15	0.07	0.02	0
Saturated Fat % of Total Calories													10.70%	

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
Grilled Cheese	1 each	304	34	608	4.19	1.39	353	1392	8.77	13.56	21.95	18.11	8.15	0
Fish Sandwich	1 each	57	9	83	0.48	0.48	17.8	381	0.3	3.59	7.3	1.51	0.15	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 Rotini Salad	2 cups	34	3	77	0.69	0.19	2.3	56	1.39	1.84	5	0.83	0.09	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
SIDE Romaine & Tomato Salad	1/2 Cup	7	0	3	0.78	0.34	11.6	2913	2.42	0.47	1.39	0.11	0.02	0
Apple, Fresh	1 each	70	0	1	3.22	0.16	8	72	6.17	0.35	18.52	0.23	0.04	0
MILK,1% Lowfat	HALF PIN	83	11	101	0	0	225	375	0.9	6.75	9.75	1.87	1.12	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	6	0	0	0.1	0	0	0	0.16	0	0	0
Saturated Fat % of Total Calories													15.90%	