

Menu: Supper

Grades: K-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
Turkey Ham & Provolone Sub	1 Each	247	46	864	1.84	1.88	153.6	1550	7.69	17.96	17.33	9.96	3.86	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													11.40%	

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
Grilled Chicken Rotini Salad	2 cups	345	33	770	6.87	1.92	23	564	13.92	18.37	50	8.26	0.9	0
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.20%	

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
Pesto Pasta Salad w/ Chicken	2 cups	452	47	611	7.1	2.09	246.6	765	12.51	21.11	49.33	18.85	4.65	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													8.90%	

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
Turkey Ham & Swiss Sandwich	50 each	312	43	750	6.76	2	354.3	741	8.79	18.72	34.41	11.48	5.51	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													12.90%	

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
Chipotle Chicken Pasta Salad	2 cups	467	81	468	7.09	3.35	51	1371	10.78	31.36	49.86	16.78	2.19	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													5.30%	

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
Turkey & Cheddar Wrap	1 Each	265	53	583	2.45	1.68	234.4	1698	7.09	19.34	18.51	13.17	7.63	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													17.90%	

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
Turkey & Cheddar Sub	1 each	266	47	548	1.79	1.36	245.6	1682	6.98	18.78	16.94	11.88	6.38	0
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	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
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													14.80%	

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 Taco Bowl	1 each	337	43	549	5.29	2.26	260.5	5490	12.17	16.99	40.29	13.3	6.63	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	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													14.20%	

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
Mediterranean Turkey Wrap	1 each	285	42	766	2.63	1.67	157.2	1850	10.96	16.18	23.6	14.39	4.06	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													11.30%	

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 Caesar Salad w/ Roll	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
Pear, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													5.40%	

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
Sweet & Crunchy Chix Salad SW	1 sandwich	345	83	746	6.75	2.82	130.9	1067	1.34	32.5	37.89	8.17	1.34	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.90%	

Tues- 2/21/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Mandarin Chicken Pasta Salad	2 cups	371	33	334	7.3	2.3	30.2	3681	14.26	17.03	66.75	4.52	0.74	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													3.80%	

Wed - 2/22/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Turkey Ham & Provolone Sub	1 Each	247	46	864	1.84	1.88	153.6	1550	7.69	17.96	17.33	9.96	3.86	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													11.40%	

Thurs- 2/23/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Grilled Chicken Rotini Salad	2 cups	345	33	770	6.87	1.92	23	564	13.92	18.37	50	8.26	0.9	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.20%	

Fri- 2/24/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Turkey Club Sandwich	1 each	317	47	1101	7.72	2.65	147.8	5252	8.99	22.38	37.97	9.18	1.16	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.80%	

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
Farmstand Turkey Wrap	1 each	323	51	693	2.49	1.55	154	3211	5.85	18.67	25.71	16.49	5.28	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													11.50%	

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
Pesto Pasta Salad w/ Chicken	2 cups	452	47	611	7.1	2.09	246.6	765	12.51	21.11	49.33	18.85	4.65	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													8.90%	

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
Turkey Ham & Swiss Sandwich	50 each	312	43	750	6.76	2	354.3	741	8.79	18.72	34.41	11.48	5.51	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Mustard, 5 gm pc	1 each	4	0	63	0.05	0.1	4.2	0	0	0.24	0.32	0.22	0.01	0
Mayo, Light PC	1 packet	37	4	75	0	0	0	0	0	0	1.66	3.33	0.42	0
Saturated Fat % of Total Calories													12.90%	