

Menu: Lunch

Grades: 9-12

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

Tues -1/03/2012	Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g	g
Red Chili w/ Buffalo Meat	1 cup	113	11	510	3.4	1.63	113.4	454	6.8	6.8	15.88	4.54	1.7	0
Shredded Cheddar Cheese	1 oz	23	9	54	0	0.1	56.7	85	0	1.98	0	2.55	1.7	0
Cornbread, Homemade	1 slice	147	29	104	1.97	0.79	30.9	82	3.23	2.67	21.5	6.23	0.95	0
Baked Sweet Potato Fries	1/2 cup	126	0	8	2.53	0.3	16.8	3283	6.06	1.68	20.2	4.21	0.42	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Stromboli	1 each	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Southwest Turkey Burger on Bun	1 each	340	65	703	3.13	3.01	215.9	2956	7.29	25.27	33.85	11.87	4.51	0
Fish Sandwich	1 each	378	57	553	3.18	3.18	118.5	2538	2	23.91	48.68	10.08	1.01	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	0
SIDE Caesar Romaine Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
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
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
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories														9.70%

Wed - 1/04/2012

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	144	45	474	0.29	1.16	25.2	169	*9.81	13.31	16.73	2.04	0.5	0
Lo Mein WG Noodles	1 cup	191	0	324	5.11	1.29	4.2	0	0.06	6.9	39.28	1.28	0	0
Vegetable Stir Fry	1/2 CUP	70	1	503	1.99	0.32	22	501	8.86	2.22	8.9	2.4	0.37	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Meat Lovers Pizza	slices	343	45	971	5.22	11.46	251	298	6.74	24.02	38.5	11.25	4.39	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Chicken Hot Dog	1 each	258	59	653	2	6.9	152	184	20.98	12.97	31.99	8.97	1.93	0
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Baked Sweet Potato Fries	1/2 cup	126	0	8	2.53	0.3	16.8	3283	6.06	1.68	20.2	4.21	0.42	0
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
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
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													7.10%	

Thurs - 1/05/2012

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	258	127	242	0.13	1.16	33	21	0.35	24.06	0.73	16.51	4.81	0
Whole Wheat Biscuit	1 each	190	0	670	1.89	1.28	38.2	2	0.23	4	23	9	5	0
Country Collard Greens	1/2 cup	37	0	65	1.22	0.11	47.8	1970	10.95	0.87	4.79	1.91	0.28	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Orange Wedges	1 orange	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03	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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	0
Grilled Chicken Sandwich	1 Each	281	61	604	2	2.53	100.3	96	0	28.27	32.01	4.53	0.51	0
Lettuce/Tomato/Chipotle Mayo	1 Each	143	10	264	1.04	0.44	13.1	1565	7.29	0.79	7.39	12.28	1.32	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Cucumber Tomato Salad	1/2 cup	30	0	122	0.67	0.19	8.7	402	6.89	0.57	4.02	1.45	0.24	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
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
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
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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													12.10%	

Fri - 1/06/2012

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
Lemon Pepper Pollock	3 oz	320	48	156	1.89	1.57	28	48	0	21.74	45.36	5.91	0.74	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
Garlic Lemon Broccoli	1/2 cup	40	0	205	2.63	0.56	34.3	1208	51.65	1.96	6.26	1.42	0.22	0
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Chicken Nuggets	3 nuggets	124	31	302	0	0.32	0	0	0	13.33	8	4	0.44	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
ENTREE Cobb Salad w/ Roll	1 each	282	180	608	2.03	1.97	232.2	4981	10.38	21.01	16.97	14.46	7.47	0
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													7.80%	

Mon - 1/09/2012

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	148	37	368	0.35	0.64	150.7	355	4.02	16.05	2.67	7.57	2.68	0
Spaghetti, WW Cooked	1 cup	200	0	18	6	1.5	12.1	0	0	7	41	1.5	0	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
Roasted Cauliflower	1/2 cup	42	0	25	1.74	0.37	19.1	0	40.29	1.72	4.66	2.42	0.37	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
BBQ Chicken Pizza	1 slice	378	69	1085	4.81	3.18	250.9	207	5.8	26.15	44.42	10.92	4.09	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Beef Burger on Bun	1 Each	300	40	480	2	3.24	100	55	0	19	33	12	4	0
Lettuce/Tomato Set Up	1 Each	10	0	3	0.79	0.24	8.4	1398	6.63	0.54	2.14	0.13	0.02	0
Buffalo Chicken Wrap	1 each	191	52	846	2.83	1.74	66.4	1261	18.33	13.61	19.44	6.66	2.2	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Roma Herb Baked Potato Wedges	1/2 Cup	141	0	262	1.95	0.7	0.1	0	5.83	1.95	17.5	7.47	1.69	0
Carrot & Celery Sticks	1/2 cup	9	0	18	0.73	0.11	10.6	4537	1.97	0.27	2.09	0	0	0
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
ENTREE Chicken Caesar Salad	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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													8.60%	

Tues -1/10/2012

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
Spicy Chicken	2.8 oz	103	46	483	0	1.11	0	103	0	13.37	5.14	2.57	0.51	0
Brown Rice w/ Veggies (AS)	1/2 cup	50	0	279	2.99	0.72	0	996	5.97	1.99	10.95	0	0	0
Vegetable Stir Fry	1/2 CUP	70	1	503	1.99	0.32	22	501	8.86	2.22	8.9	2.4	0.37	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Stromboli	1 each	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Southwest Turkey Burger on Bun	1 each	340	65	703	3.13	3.01	215.9	2956	7.29	25.27	33.85	11.87	4.51	0
Fish Sandwich	1 each	378	57	553	3.18	3.18	118.5	2538	2	23.91	48.68	10.08	1.01	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	0
SIDE Caesar Romaine Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
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
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
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													8.00%	

Wed- 1/11/2012

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	222	38	587	1.8	2.19	90.1	4617	55	14.36	15.17	12.03	4.89	0
Rotini, WW Cooked	1 cup	200	0	18	6	1.5	12.1	0	0	7	41	1.5	0	0
SIDE Caesar Romaine Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
Seasoned Green Beans	1/2 cup	41	0	7	2.36	0.69	38.5	436	3.21	1.17	5.07	2.31	0.35	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Meat Lovers Pizza	slices	343	45	971	5.22	11.46	251	298	6.74	24.02	38.5	11.25	4.39	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Chicken Hot Dog	1 each	258	59	653	2	6.9	152	184	20.98	12.97	31.99	8.97	1.93	0
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Baked Sweet Potato Fries	1/2 cup	126	0	8	2.53	0.3	16.8	3283	6.06	1.68	20.2	4.21	0.42	0
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
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
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													9.80%	

Thurs - 1/12/2012

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	382	82	1015	3.08	2.88	47.7	3404	4.15	32.36	30.42	15.01	6.42	0
Mashed Potatoes	1/2 cup	66	0	288	0.74	0.27	14.7	0	3.54	1.48	11.8	1.84	0.37	0
Crunchy Spinach Salad	1/2 Cup	29	0	33	0.97	0.65	19.1	1503	5.85	1.21	2.96	1.65	0.18	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	0
Grilled Chicken Sandwich	1 Each	281	61	604	2	2.53	100.3	96	0	28.27	32.01	4.53	0.51	0
Lettuce/Tomato/Chipotle Mayo	1 Each	143	10	264	1.04	0.44	13.1	1565	7.29	0.79	7.39	12.28	1.32	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
Cucumber Tomato Salad	1/2 cup	30	0	122	0.67	0.19	8.7	402	6.89	0.57	4.02	1.45	0.24	0
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
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
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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													10.90%	

Fri - 1/13/2012

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
Fish Tacos	1 taco	289	48	454	3.4	2.17	69	816	23.93	19.47	26.62	12.78	2.38	0
Black beans (Marco's)	1/2 cup	200	0	357	7.84	3.21	57.1	71	0.86	8.56	24.96	7.84	1.07	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Orange Wedges	1 orange	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03	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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Chicken Nuggets	3 nuggets	124	31	302	0	0.32	0	0	0	13.33	8	4	0.44	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
ENTREE Cobb Salad w/ Roll	1 each	282	180	608	2.03	1.97	232.2	4981	10.38	21.01	16.97	14.46	7.47	0
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													9.60%	

Tues- 1/17/2012

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
Chicken Hot Dog	1 each	258	59	653	2	6.9	152	184	20.98	12.97	31.99	8.97	1.93	0
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Roasted Corn & Carrots	1/2 Cup	102	0	45	3.22	0.48	25.2	9123	4.49	1.88	14.53	5	0.71	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Stromboli	1 each	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Southwest Turkey Burger on Bun	1 each	340	65	703	3.13	3.01	215.9	2956	7.29	25.27	33.85	11.87	4.51	0
Fish Sandwich	1 each	378	57	553	3.18	3.18	118.5	2538	2	23.91	48.68	10.08	1.01	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	0
SIDE Caesar Romaine Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
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
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
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													8.00%	

Wed - 1/18/2012

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	250	83	772	3.47	3.37	463.9	5294	11.32	19.34	20.33	10.98	6.12	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
Roasted Butternut Squash	1/2 cup	39	0	2	0.89	0.35	16.6	793	7.13	0.56	5.04	2.25	0.33	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Meat Lovers Pizza	slices	343	45	971	5.22	11.46	251	298	6.74	24.02	38.5	11.25	4.39	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Chicken Hot Dog	1 each	258	59	653	2	6.9	152	184	20.98	12.97	31.99	8.97	1.93	0
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Baked Sweet Potato Fries	1/2 cup	126	0	8	2.53	0.3	16.8	3283	6.06	1.68	20.2	4.21	0.42	0
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
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
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													11.30%	

Thurs - 1/19/2012

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 & Waffles	1 each	431	127	568	4.16	2.66	129.9	21	0.42	28.11	36.26	19.71	4.81	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
Baked Sweet Potato Half	1/2 potat	62	0	40	2.18	0.44	21.8	10296	1.74	1.14	14.6	0.04	0.01	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	0
Grilled Chicken Sandwich	1 Each	281	61	604	2	2.53	100.3	96	0	28.27	32.01	4.53	0.51	0
Lettuce/Tomato/Chipotle Mayo	1 Each	143	10	264	1.04	0.44	13.1	1565	7.29	0.79	7.39	12.28	1.32	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Cucumber Tomato Salad	1/2 cup	30	0	122	0.67	0.19	8.7	402	6.89	0.57	4.02	1.45	0.24	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
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
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
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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													9.40%	

Fri- 1/20/2012

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	105	47	154	0	0.56	11.4	0	0	21.35	0	2.16	0.77	0
Broccoli Cheddar Brown Rice	1/2 cup	103	0	223	0.98	0.18	11.1	0	0	1.96	20.11	1.23	0.25	0
Garlicky Kale	1/2 cup	62	0	15	0.87	0.63	46.8	5151	40.56	1.44	4.82	4.6	0.66	0
Roasted Redskin Potatoes	1/2 cup	127	0	191	2.55	0.92	0	0	7.64	2.55	24.2	2.55	0	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Chicken Nuggets	3 nuggets	124	31	302	0	0.32	0	0	0	13.33	8	4	0.44	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
ENTREE Cobb Salad w/ Roll	1 each	282	180	608	2.03	1.97	232.2	4981	10.38	21.01	16.97	14.46	7.47	0
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													8.90%	

Mon - 1/23/2012

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
Cheese Ravioli w/ Sauce	3 each	202	57	542	2.45	1.34	126.7	1342	13.5	15.22	25.78	4.3	1.85	0
SIDE Caesar Romaine Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
Roasted Cauliflower	1/2 cup	42	0	25	1.74	0.37	19.1	0	40.29	1.72	4.66	2.42	0.37	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
BBQ Chicken Pizza	1 slice	378	69	1085	4.81	3.18	250.9	207	5.8	26.15	44.42	10.92	4.09	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Beef Burger on Bun	1 Each	300	40	480	2	3.24	100	55	0	19	33	12	4	0
Lettuce/Tomato Set Up	1 Each	10	0	3	0.79	0.24	8.4	1398	6.63	0.54	2.14	0.13	0.02	0
Buffalo Chicken Wrap	1 each	191	52	846	2.83	1.74	66.4	1261	18.33	13.61	19.44	6.66	2.2	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Roma Herb Baked Potato Wedges	1/2 Cup	141	0	262	1.95	0.7	0.1	0	5.83	1.95	17.5	7.47	1.69	0
Carrot & Celery Sticks	1/2 cup	9	0	18	0.73	0.11	10.6	4537	1.97	0.27	2.09	0	0	0
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
ENTREE Chicken Caesar Salad	1 Each	182	28	374	2.13	1.41	60.9	4762	4.64	15.28	22.34	3.13	0.89	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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													9.40%	

Tues- 1/24/2012

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
Cheesy Grits w/ Shrimp	1 each	344	62	803	1.39	2.62	245.6	700	9.75	14.66	39.52	14.44	6.84	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
Garlic Lemon Broccoli	1/2 cup	40	0	205	2.63	0.56	34.3	1208	51.65	1.96	6.26	1.42	0.22	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Stromboli	1 each	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Southwest Turkey Burger on Bun	1 each	340	65	703	3.13	3.01	215.9	2956	7.29	25.27	33.85	11.87	4.51	0
Fish Sandwich	1 each	378	57	553	3.18	3.18	118.5	2538	2	23.91	48.68	10.08	1.01	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	0
SIDE Caesar Romaine Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
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
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
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													11.20%	

Wed - 1/25/2012

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	94	42	262	0.93	1.35	0	94	0	12.16	3.74	3.74	0.47	0
Fragrant Brown Rice	1/2 CUP	126	0	87	*1.41	1.01	18.3	22	0.24	2.93	26.26	1.04	0.21	0
Indonesian Coleslaw	1/2 CUP	101	115	381	1.97	0.8	35	632	8.38	5.47	7.69	4.93	1.16	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Baked Plantains	1/2 cup	173	0	6	3.26	0.85	4.3	1597	26.08	1.84	45.2	0.52	0.2	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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Meat Lovers Pizza	slices	343	45	971	5.22	11.46	251	298	6.74	24.02	38.5	11.25	4.39	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Chicken Hot Dog	1 each	258	59	653	2	6.9	152	184	20.98	12.97	31.99	8.97	1.93	0
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Baked Sweet Potato Fries	1/2 cup	126	0	8	2.53	0.3	16.8	3283	6.06	1.68	20.2	4.21	0.42	0
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
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
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													7.70%	

Thurs- 1/26/2012

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	264	70	590	3.01	6.99	142.6	801	10.65	20.54	21.52	11.46	5.5	0
Santa Fe Brown Rice	1/2 cup	108	3	213	2.06	0.93	32.3	0	0	3.6	20.58	1.29	0.51	0
Pinto Beans (Marco's)	1/2 cup	187	0	440	5.34	1.8	40	0	2.4	7.34	22.01	7.34	1	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Orange Wedges	1 orange	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03	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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	0
Grilled Chicken Sandwich	1 Each	281	61	604	2	2.53	100.3	96	0	28.27	32.01	4.53	0.51	0
Lettuce/Tomato/Chipotle Mayo	1 Each	143	10	264	1.04	0.44	13.1	1565	7.29	0.79	7.39	12.28	1.32	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Baked Beans	1/2 cup	142	0	519	6.18	1.8	51.2	163	0	7.18	31.96	0.56	0.11	0
Cucumber Tomato Salad	1/2 cup	30	0	122	0.67	0.19	8.7	402	6.89	0.57	4.02	1.45	0.24	0
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
Turkey & Swiss Sandwich	50 each	311	37	716	6.76	1.83	354	729	8.48	19.01	35.2	10.92	5.31	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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													10.40%	

Fri- 1/28/2012

Menu Item	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
Baked BBQ Chicken	1-2 pieces	308	127	783	0	1.53	26.7	0	0	24	22.05	12	4	0
Pumpkin Muffin Squares/Bread	1 muffin	179	29	108	3.35	1.08	41.8	716	3.4	4.59	28.38	6.1	0.95	0
Country Collard Greens	1/2 cup	37	0	65	1.22	0.11	47.8	1970	10.95	0.87	4.79	1.91	0.28	0
Roasted Corn & Carrots	1/2 Cup	102	0	45	3.22	0.48	25.2	9123	4.49	1.88	14.53	5	0.71	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Chicken Nuggets	3 nuggets	124	31	302	0	0.32	0	0	0	13.33	8	4	0.44	0
Dinner roll, whole grain	1 Each	61	0	83	0.5	0.18	0	50	1.8	2	13	0	0	0
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
ENTREE Cobb Salad w/ Roll	1 each	282	180	608	2.03	1.97	232.2	4981	10.38	21.01	16.97	14.46	7.47	0
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													9.80%	

Mon - 1/30/2012

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	395	36	537	9.8	29.94	199.6	5205	24.12	23.88	54.49	10.65	3.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Seasoned Green Beans	1/2 cup	41	0	7	2.36	0.69	38.5	436	3.21	1.17	5.07	2.31	0.35	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Cuban Turkey Sandwich	1 each	287	50	581	2	5.48	192.1	118	1.22	18.94	34.19	8.98	3.43	0
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
ENTREE Cobb Salad w/ Roll	1 each	282	180	608	2.03	1.97	232.2	4981	10.38	21.01	16.97	14.46	7.47	0
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													10.50%	

Tues- 1/31/2012

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	113	11	510	3.4	1.63	113.4	454	6.8	6.8	15.88	4.54	1.7	0
Shredded Cheddar Cheese	1 oz	23	9	54	0	0.1	56.7	85	0	1.98	0	2.55	1.7	0
Cornbread, Homemade	1 slice	147	29	104	1.97	0.79	30.9	82	3.23	2.67	21.5	6.23	0.95	0
Baked Sweet Potato Fries	1/2 cup	126	0	8	2.53	0.3	16.8	3283	6.06	1.68	20.2	4.21	0.42	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	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
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
Cheese Pizza, Homemade Round	slices	347	36	712	4.64	2.7	466.8	967	11.4	22.51	37.41	12.5	6.13	0
Three Cheese Stromboli	1 each	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	0
SIDE Romaine & Tomato Salad	1/2 Cup	8	0	3	0.87	0.38	12.9	3236	2.69	0.53	1.55	0.13	0.02	0
Southwest Turkey Burger on Bun	1 each	340	65	703	3.13	3.01	215.9	2956	7.29	25.27	33.85	11.87	4.51	0
Fish Sandwich	1 each	378	57	553	3.18	3.18	118.5	2538	2	23.91	48.68	10.08	1.01	0
Cheese Quesadilla w/ Salsa	1 each	380	42	1036	2.55	3.49	512.5	783	7.01	19.74	40.03	15.43	8.62	0
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	0
SIDE Caesar Romaine Salad	1/2 Cup	99	2	226	1.59	0.84	34	2480	1.13	2.69	13.58	3.87	1.14	0
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
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
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
ENTREE Garden Salad w/ Cheese	1.5 cups	300	53	439	2.98	1.58	455.9	7155	29.54	18.22	19.21	17.05	10.97	0
MILK,1% Lowfat	HALF PIN	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													9.40%	