

Menu: Lunch

Chartwells-Thompson School Dining Services

Grades: K-5

District of Columbia Public Schools

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	102	10	459	3.06	1.47	102.1	408	6.12	6.12	14.29	4.08	1.53	0
Shredded Cheddar Cheese	1 oz	20	8	48	0	0.09	51	77	0	1.79	0	2.3	1.53	0
Cornbread, Homemade	1 slice	132	26	93	1.78	0.71	27.8	74	2.91	2.4	19.35	5.61	0.85	0
Chicken Caesar Salad w/ Roll	1 Each	15	2	30	0.17	0.11	4.9	381	0.37	1.22	1.79	0.25	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
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 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	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													9.50%	

Wed - 1/04/2012	Portion	mg	mg	g	mg	mg	IU	mg	g	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 Cheese	1 each	421	47	842	5.81	1.93	488.8	1927	12.15	18.78	30.39	25.08	11.28	0
Grilled Chicken Rotini Salad	2 cups	28	3	62	0.55	0.15	1.8	45	1.11	1.47	4	0.66	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
Romaine & Tomato Side 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
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 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	13	0	117	0.06	0.01	2.6	7	0.05	0.07	2.9	0.06	0.02	0
Saturated Fat % of Total Calories													17.20%	

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
Chicken Nuggets	serving	112	28	272	0	0.29	0	0	0	12	7.2	3.6	0.4	0
BBQ sauce - Kraft	1 oz	21	0	131	0	0.13	0	0	0	0	4.96	0	0	0
Dinner roll, whole grain	1 Each	55	0	75	0.45	0.16	0	45	1.62	1.8	11.7	0	0	0
Turkey & Provolone Sub	1 Each	20	3	51	0.14	0.11	20.5	132	0.56	1.55	1.38	0.81	0.42	0
Cucumber Coins	1/2 cup	1	0	0	0.02	0.01	0.7	4	0.12	0.03	0.15	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
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
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
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
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	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Saturated Fat % of Total Calories													4.40%	

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
Chicken Florentine FlatbreadES	1/6 flatbr	175	40	281	0.84	1.28	217.9	1620	0.74	16.8	12.65	6.47	2.96	0
Cobb Salad w/ Roll	1 each	23	14	49	0.16	0.16	18.6	398	0.83	1.68	1.36	1.16	0.6	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
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
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 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	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													10.30%	

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
Rotisserie Style Chicken	2 oz	232	114	218	0.12	1.05	29.7	19	0.31	21.66	0.65	14.86	4.33	0
Pumpkin Muffin Squares/Bread	1 muffin	161	26	97	3.02	0.97	37.6	645	3.06	4.13	25.55	5.49	0.86	0
Turkey Ham & Cheddar Sandwich	1 each	24	5	85	0.48	0.19	18.2	14	0.11	1.65	2.45	0.83	0.33	0
Carrot Sticks	6-8 sticks	1	0	1	0.08	0.01	0.7	715	0.24	0.03	0.26	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
Country Collard Greens	1/2 cup	33	0	59	1.09	0.09	43.1	1773	9.85	0.78	4.31	1.72	0.25	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 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
Mayo, Light PC	1 packet	3	0	6	0	0	0	0	0	0	0.13	0.27	0.03	0
Mustard, 5 gm pc	1 each	0	0	5	0	0.01	0.3	0	0	0.02	0.03	0.02	0	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													9.80%	

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
Fish Sandwich	1 each	340	52	497	2.86	2.87	106.6	2284	1.8	21.52	43.82	9.07	0.91	0
Chicken Caesar Salad w/ Roll	1 Each	15	2	30	0.17	0.11	4.9	381	0.37	1.22	1.79	0.25	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Saturated Fat % of Total Calories													5.40%	

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	200	34	528	1.62	1.97	81.1	4156	49.5	12.92	13.65	10.83	4.4	0
Spaghetti, WW Cooked	1 cup	180	0	16	5.4	1.35	10.9	0	0	6.3	36.9	1.35	0	0
Grilled Chicken Rotini Salad	2 cups	28	3	62	0.55	0.15	1.8	45	1.11	1.47	4	0.66	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
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
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	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	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													8.80%	

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	343	74	914	2.77	2.59	42.9	3063	3.74	29.13	27.38	13.51	5.78	0
Turkey & Provolone Sub	1 Each	20	3	51	0.14	0.11	20.5	132	0.56	1.55	1.38	0.81	0.42	0
Cucumber Coins	1/2 cup	1	0	0	0.02	0.01	0.7	4	0.12	0.03	0.15	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
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	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Mustard, 5 gm pc	1 each	0	0	5	0	0.01	0.3	0	0	0.02	0.03	0.02	0	0
Mayo, Light PC	1 packet	3	0	6	0	0	0	0	0	0	0.13	0.27	0.03	0
Saturated Fat % of Total Calories													12.20%	

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
Cheese Pizza, Homemade Square	slices	358	33	813	5.36	3.29	422.7	357	5.96	22.39	42.16	11.89	5.62	0
Cobb Salad w/ Roll	1 each	23	14	49	0.16	0.16	18.6	398	0.83	1.68	1.36	1.16	0.6	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
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	62	0	0	3.14	0.13	52.4	295	69.69	1.23	15.39	0.16	0.03	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Saturated Fat % of Total Calories													12.10%	

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	232	53	588	1.8	6.21	136.8	166	18.88	11.68	28.79	8.08	1.73	0
Chicken Caesar Salad w/ Roll	1 Each	15	2	30	0.17	0.11	4.9	381	0.37	1.22	1.79	0.25	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
Romaine & Tomato Side 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
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 PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Ketchup, Red Gold	9 gm pack	7	0	91	0	0	0	143	0	0	1.91	0	0	0
Mustard, 5 gm pc	1 each	3	0	56	0.05	0.09	3.8	0	0	0.21	0.29	0.2	0.01	0
Saturated Fat % of Total Calories													5.50%	

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
Teriyaki Chicken w/ Broccoli	1/2 cup	129	40	426	0.26	1.04	22.7	152	8.83	11.98	15.06	1.84	0.45	0
Lo Mein WG Noodles	1 cup	181	0	293	4.62	1.22	4.9	0	5.43	6.24	37.59	1.18	0.01	0
Grilled Chicken Rotini Salad	2 cups	28	3	62	0.55	0.15	1.8	45	1.11	1.47	4	0.66	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
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 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	0	0	3	0	0	0.1	0	0	0	0.06	0	0	0
Saturated Fat % of Total Calories													3.60%	

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
Cheese and Spinach Lasagna	1 piece	225	75	695	3.12	3.04	417.6	4765	10.19	17.4	18.3	9.88	5.51	0
Dinner roll, whole grain	1 Each	55	0	75	0.45	0.16	0	45	1.62	1.8	11.7	0	0	0
Turkey & Provolone Sub	1 Each	20	3	51	0.14	0.11	20.5	132	0.56	1.55	1.38	0.81	0.42	0
Cucumber Coins	1/2 cup	1	0	0	0.02	0.01	0.7	4	0.12	0.03	0.15	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
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 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
Mustard, 5 gm pc	1 each	0	0	5	0	0.01	0.3	0	0	0.02	0.03	0.02	0	0
Mayo, Light PC	1 packet	3	0	6	0	0	0	0	0	0	0.13	0.27	0.03	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Saturated Fat % of Total Calories													13.60%	

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	94	42	138	0	0.51	10.3	0	0	19.22	0	1.95	0.69	0
Broccoli Cheddar Brown Rice	1/2 cup	93	0	200	0.88	0.16	10	0	0	1.77	18.1	1.1	0.22	0
Cobb Salad w/ Roll	1 each	23	14	49	0.16	0.16	18.6	398	0.83	1.68	1.36	1.16	0.6	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
Garlicky Kale	1/2 cup	1	0	0	0.01	0.01	0.5	52	0.41	0.01	0.05	0.05	0.01	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 PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Saturated Fat % of Total Calories													7.00%	

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	182	51	488	2.21	1.21	114	1208	12.15	13.7	23.2	3.87	1.66	0
Turkey Ham & Cheddar Sandwich	1 each	24	5	85	0.48	0.19	18.2	14	0.11	1.65	2.45	0.83	0.33	0
Carrot Sticks	6-8 sticks	1	0	1	0.08	0.01	0.7	715	0.24	0.03	0.26	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
Caesar Romaine Side 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	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 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	0	0	3	0	0	0.1	0	0	0	0.06	0	0	0
Saturated Fat % of Total Calories													8.50%	

Tues- 1/24/2012		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
Cheeseburger on a WW bun	1 each	210	28	336	1.4	2.27	70	38	0	13.3	23.1	8.4	2.8	0
Beef Burger on Bun	1 Each	60	8	96	0.4	0.65	20	11	0	3.8	6.6	2.4	0.8	0
Lettuce/Tomato Set Up	1 Each	9	0	3	0.71	0.21	7.5	1258	5.97	0.49	1.92	0.11	0.02	0
Chicken Caesar Salad w/ Roll	1 Each	15	2	30	0.17	0.11	4.9	381	0.37	1.22	1.79	0.25	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	0
MILK,1% Lowfat	HALF PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Ketchup, Red Gold	9 gm pack	7	0	91	0	0	0	143	0	0	1.91	0	0	0
Mustard, 5 gm pc	1 each	3	0	56	0.05	0.09	3.8	0	0	0.21	0.29	0.2	0.01	0
Saturated Fat % of Total Calories													9.60%	

Wed - 1/25/2012		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
Curry Chicken	2.8 oz	65	29	183	0.65	0.94	0	65	0	8.51	2.62	2.62	0.33	0
Fragrant Brown Rice	1/2 CUP	25	0	17	0.28	0.2	3.7	4	0.05	0.59	5.25	0.21	0.04	0
Grilled Chicken Rotini Salad	2 cups	28	3	62	0.55	0.15	1.8	45	1.11	1.47	4	0.66	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
Indonesian Steamed Vegetables	1/2 CUP	28	0	154	0.87	0.14	10.1	225	3.91	0.91	3.33	1	0.14	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
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
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
Saturated Fat % of Total Calories													5.00%	

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
Fish Tacos	1 taco	260	44	409	3.06	1.95	62.1	734	21.54	17.53	23.96	11.5	2.14	0
Turkey & Provolone Sub	1 Each	20	3	51	0.14	0.11	20.5	132	0.56	1.55	1.38	0.81	0.42	0
Cucumber Coins	1/2 cup	1	0	0	0.02	0.01	0.7	4	0.12	0.03	0.15	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	0
Pinto Beans (Marco's)	1/2 cup	168	0	396	4.8	1.62	36	0	2.16	6.6	19.81	6.6	0.9	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
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
Mustard, 5 gm pc	1 each	0	0	5	0	0.01	0.3	0	0	0.02	0.03	0.02	0	0
Mayo, Light PC	1 packet	3	0	6	0	0	0	0	0	0	0.13	0.27	0.03	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Saturated Fat % of Total Calories													7.30%	

Fri- 1/28/2012

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
Baked BBQ Chicken	1-2 pieces	277	114	704	0	1.37	24	0	0	21.6	19.84	10.8	3.6	0
Cornbread, Homemade	1 slice	132	26	93	1.78	0.71	27.8	74	2.91	2.4	19.35	5.61	0.85	0
Cobb Salad w/ Roll	1 each	23	14	49	0.16	0.16	18.6	398	0.83	1.68	1.36	1.16	0.6	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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
Roasted Redskin Potatoes	1/2 cup	115	0	172	2.29	0.83	0	0	6.88	2.29	21.78	2.29	0	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 PINT	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Salad dressing packets	1 each	1	0	13	0.01	0	0.3	1	0.01	0.01	0.31	0.01	0	0
Saturated Fat % of Total Calories													8.20%	

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
Grilled Chicken Sandwich	1 Each	253	55	544	1.8	2.28	90.2	87	0	25.45	28.81	4.08	0.46	0
Lettuce/Tomato Set Up	1 Each	9	0	3	0.71	0.21	7.5	1258	5.97	0.49	1.92	0.11	0.02	0
Turkey Ham & Cheddar Sandwich	1 each	24	5	85	0.48	0.19	18.2	14	0.11	1.65	2.45	0.83	0.33	0
Carrot Sticks	6-8 sticks	1	0	1	0.08	0.01	0.7	715	0.24	0.03	0.26	0	0	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	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	0	0	3	0	0	0.1	0	0	0	0.06	0	0	0
Saturated Fat % of Total Calories													4.10%	

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	102	10	459	3.06	1.47	102.1	408	6.12	6.12	14.29	4.08	1.53	0
Shredded Cheddar Cheese	1 oz	20	8	48	0	0.09	51	77	0	1.79	0	2.3	1.53	0
Cornbread, Homemade	1 slice	132	26	93	1.78	0.71	27.8	74	2.91	2.4	19.35	5.61	0.85	0
Chicken Caesar Salad w/ Roll	1 Each	15	2	30	0.17	0.11	4.9	381	0.37	1.22	1.79	0.25	0.07	0
Garden Salad w/ Cheese & Roll	1.5 cups	6	1	9	0.06	0.03	9.1	143	0.59	0.36	0.38	0.34	0.22	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	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 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	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													10.40%	