

**Middle School Lunch**

Thu - 10/01/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calc	IU Vit-A	Mq Vit-C	G Prot	G Carb	G Total Fat	G S-Fat	
Grilled Cheese w/Texas Toa	1 EACH	452	54	1404	2	2.98	432	544	0	20.56	46.9	19.72	11.16	
Tuna Salad Wrap w/Let & To	1/2 CUP	256	2	612	6.13	1.82	117.74	478	4.7	6.97	35.38	11.26	1.92	
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28	
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73	
CARROTS W/ RANCH DIP	1/2 CUP	200	15	328	3.29	1.01	36.29	15638	2.95	0.73	13.34	17.15	2.53	
Vegetable Soup	3/4 CUP	82	0	749	3.55	1.31	32.81	3746	16.03	4.21	15.84	1.09	0.38	
Crackers, Saltines	4 EACH	48	0	152	0.32	0.48	2.16	0	0	0.8	8	1.6	0.4	
Canned Peaches	1/2 CUP	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07	
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42	
Clodhoppers	1.27 OZ bag	165	0	130	2	0.72	40	0	0	2	27	5	4.5	

Fri - 10/02/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calc	IU Vit-A	Mq Vit-C	G Prot	G Carb	G Total Fat	G S-Fat	
Cheeseburger on Bun	1 EACH	375	34	916	3.14	3.56	288.25	615	0	25.78	32.76	15.6	4.22	
BBQ Chicken Fillet on Bun	1 EACH	298	42	825	*2.40	*2.10	*90.00	*261	*4.00	20.45	44.47	5.6	*0.02	
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28	
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73	
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01	
Shoestring French Fries	3 OZ	170	0	190	1	0.36	0	0	3.6	4	17	10	3	
Black Bean and Corn Salsa	1/2 CUP	121	0	362	2.7	1.06	19.26	18	1.95	3.87	13.86	0.49	0.1	
Nacho Scoops	.875 OZ	110	0	110	2	0.36	20	0	0	2	19	2.5	0	
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07	
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42	
CHOCOLATE CAKE	SERVINGS	317	0	326	1.12	1.14	13.11	42	0.03	2.47	52.71	11.39	1.83	

Mon - 10/05/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Hot Dog on Bun	1 EACH	310	45	760	1	1.8	100	0	24	10	28	17.5	5
Fish Fillet on Bun	1 EACH	380	50	490	2	2.16	80	0	3.6	19	45	11.5	2
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Canned Peaches	1/2 CUP	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0
Baked Beans	1/2 CUP	138	0	467	4.26	1.35	46.35	210	2.34	5.12	32.33	0.51	0.08
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Sherbet Fruit Cups	1 EACH	120	5	25	0	0	40	0	60	2	26	1.5	1

Tue - 10/06/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Big Daddy's Cheese Pizza	1 EACH	470	40	1060	3	3.6	400	500	0	24	55	18	9
Ham Egg and Cheese Bagel	1 EACH	377	162	1238	1.06	35.11	178.27	456	2.52	21.24	40.03	14.23	7.01
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
4 oz Orange Juice	4 OZ	56	0	29	0.25	0.12	11.2	97	48.39	0.67	13.68	0.29	0.01
Canned Corn	1/2 CUP	66	0	244	1.56	0.59	4.1	37	0.57	2.16	15.42	0.76	0.14
FRUITED JELLO	5 OZ	87	0	48	0.91	0.27	7.15	186	1.72	1.05	21.59	0.06	0.01
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Marshmallow Treat	1 EACH	100	0	130	0	0	0	0	0	0	18	2.5	1.5

Wed - 10/07/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Popcorn Chicken	3 OZ	184	45	605	0	*0.00	*0.00	*0	*0.00	14.61	11.69	10.71	0
Corn Muffin	1 EACH	220	15	210	0	1.08	20	0	0	3	42	6	1
Chicken and Cheese Sub	1/2 CUP	449	64	873	2.4	3.33	228.74	168	0.89	28.52	53.47	14.19	5.07
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Mashed Potatoes	1/2 CUP	102	15	172	0.84	0.17	33.6	166	10.19	1.88	11.35	5.39	3.35
Chicken Gravy	1/4 CUP	25	0	290	0	0	0	0	0	1	4	0.5	0
Creamy Coleslaw	1/2 CUP	31	0	12	1.74	0.4	30.46	66	24.62	0.96	7.06	0.19	0.03
Canned Pears	1/2 CUP	72	0	6	2.01	0.35	6.28	0	0.88	0.24	19.04	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Reduced Fat Ice Cream Cup	1 EACH	100	10	55	0	0	60	300	0	2	15	3.5	2

Thu - 10/08/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
NACHOS WITH GROUND B	SERVINGS	196	49	885	0.58	1.33	175.59	512	3.83	14.1	5.79	12.62	5.51
Nacho Scoops	.875 OZ	110	0	110	2	0.36	20	0	0	2	19	2.5	0
Turkey Salad Wrap:6-12	1/2 CUP	303	46	555	5.63	3.01	126.27	195	6.19	20.87	34.64	10.31	3.1
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
CARROTS W/ RANCH DIP	1/2 CUP	200	15	328	3.29	1.01	36.29	15638	2.95	0.73	13.34	17.15	2.53
Green Beans	1/2 CUP	14	0	177	1.3	0.61	18	294	3.2	0.78	3.04	0.07	0.02
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Sherbet Fruit Cups	1 EACH	120	5	25	0	0	40	0	60	2	26	1.5	1

Fri - 10/09/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Chicken Fillet on Bun	1 EACH	395	111	1093	2.7	3.37	98.9	96	0	22.83	46.17	12.29	2.3
Tuna Salad on Bun	1/2 CUP	266	2	512	3.13	2.18	97.74	478	4.7	6.98	39.37	8.76	0.92
Daily Cold Main Entree Optio	1 EACH	196	4	241	1.56	0.73	114.08	120	0.14	8.17	18.58	9.43	2.36
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Potato Wedges	1/2 CUP	122	0	40	1.9	1.59	12.16	0	17.86	3.74	27.5	0.25	0.06
Applesauce	1/2 CUP	51	0	2	1.34	0.28	4.88	35	1.22	0.21	13.75	0.12	0.01
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Oatmeal Cream Pie	1 EACH	170	0	190	0	0.72	0	0	0	1	26	7	2

Mon - 10/12/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0
Tue - 10/13/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Whole Grain MaxStix w/Dip	2 EACH	764	20	2202	11.85	5.06	631.75	1791	12.7	34.06	82.06	33.41	10.77
Beef and Cheese Steak Sub	1 EACH	610	82	1052	2.4	5.08	275.79	272	0	31.06	52.96	31.26	13.78
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Hot Apples	1/2 CUP	130	0	3	2.77	0.29	13.88	49	0.23	0.36	33.13	0.47	0.09
Canned Pears	1/2 CUP	72	0	6	2.01	0.35	6.28	0	0.88	0.24	19.04	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Reduced Fat Ice Cream Cup	1 EACH	100	10	55	0	0	60	300	0	2	15	3.5	2
Wed - 10/14/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Honey Glazed Chicken Nugg	6 EACH	196	50	467	*0.00	*0.00	*0.00	*0	*0.00	18	10.8	10.8	*0.00
Corn Muffin	1 EACH	220	15	210	0	1.08	20	0	0	3	42	6	1
Ham Eqq and Cheese on Bu	1 EACH	409	189	1792	2	22.59	263.38	486	0	30.29	33.5	17.36	7.79
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Green Peas	1/2 CUP	52	0	72	3.02	1.03	14.74	1379	12.06	3.5	9.13	0.27	0.04
Scalloped Potatoes	1/2 CUP	150	2	661	0.5	1.68	161	126	6.69	6.35	24.68	3.1	0.67
Canned Peaches	1/2 CUP	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
CHOCOLATE CHIP COOKI	1 EACH	285	28	194	0.85	1.24	19.92	258	0.01	3.05	38.11	14.01	3.9
Thu - 10/15/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Ham and Cheese Calzone	1 EACH	386	31	1333	2	4.09	4.92	25	0	22.67	60.7	5.33	0.8
Spaghetti Sauce Dip	2 OZ	62	0	281	1.93	0.37	15.88	696	6.35	1.03	9.03	2.7	0.39
Meatball Sub with Cheese	1 EACH	572	116	1670	5.06	5.5	379.95	975	6.97	30.85	64.17	22.23	8.54
Baked Cheetos	1 OZ	130	0	240	0	1.08	100	0	0	2	19	5	1
Daily Cold Main Entree Optio	1 EACH	196	4	241	1.56	0.73	114.08	120	0.14	8.17	18.58	9.43	2.36
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Canned Corn	1/2 CUP	66	0	244	1.56	0.59	4.1	37	0.57	2.16	15.42	0.76	0.14
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
FRUITED JELLO	5 OZ	87	0	48	0.91	0.27	7.15	186	1.72	1.05	21.59	0.06	0.01
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Fudge Round	1 EACH	150	0	85	0	1.08	0	0	0	1	23	6	2
Fri - 10/16/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Fish Fillet on Bun	1 EACH	380	50	490	2	2.16	80	0	3.6	19	45	11.5	2
School Made Pork BBQ	1 EACH	278	47	1375	2.16	2.66	91.43	143	1.62	21.19	37.11	5.03	1.21
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Creamy Coleslaw	1/2 CUP	31	0	12	1.74	0.4	30.46	66	24.62	0.96	7.06	0.19	0.03
Green Beans	1/2 CUP	14	0	177	1.3	0.61	18	294	3.2	0.78	3.04	0.07	0.02
Shoestring French Fries	3 OZ	170	0	190	1	0.36	0	0	3.6	4	17	10	3
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
CHOCOLATE CAKE	SERVINGS	317	0	326	1.12	1.14	13.11	42	0.03	2.47	52.71	11.39	1.83

Mon - 10/19/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Cheesy Garlic Flatbread	1 EACH	180	7	259	1.5	*0.00	*0.00	100	0	8.48	21.95	6.98	1.75
Macaroni & Cheese	1/2 CUP	394	70	1077	0.35	0.46	682.05	805	0.7	25.41	14.04	26.19	15.24
Sausage Patty	1 EACH	90	20	240	0	*0.00	*0.00	*0	*0.00	6	1	7	*0.00
Soft Pretzel	1 OZ	70	0	65	1	*0.00	*0.00	*0	*0.00	2	14	0.5	0
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Green Beans	1/2 CUP	14	0	177	1.3	0.61	18	294	3.2	0.78	3.04	0.07	0.02
Applesauce	1/2 CUP	51	0	2	1.34	0.28	4.88	35	1.22	0.21	13.75	0.12	0.01
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Spice Cake with Icing	1 EACH	204	17	192	0.46	0.71	30.05	355	0.15	2.47	31.18	7.69	1.52

Tue - 10/20/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
NAC MENU	SERVING	0	0	0	0	0	0	0	0	0	0	0	0
Reduced Fat Ice Cream Cup	1 EACH	100	10	55	0	0	60	300	0	2	15	3.5	2

Wed - 10/21/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Stuffed Baked Potato w/ Roll	1 EACH	647	65	2050	4.16	4.1	367.46	603	12.31	29.75	86.54	19.66	8.47
Chicken Fillet on Bun	1 EACH	395	111	1093	2.7	3.37	98.9	96	0	22.83	46.17	12.29	2.3
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Cooked Broccoli	1/2 CUP	26	0	10	2.76	0.56	30.36	930	36.89	2.85	4.92	0.11	0.02
Canned Peaches	1/2 CUP	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Reduced Fat Ice Cream Con	3 OZ	170	5	85	0	0	200	0	0	3	27	6	5

Thu - 10/22/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Spiral Noodles w/Meat Sauc	SERVINGS	266	44	729	3.05	2.64	45.34	275	5.58	19.72	19.64	12.23	4.57
School Made Roll: B-16	3 OZ	233	0	382	1.39	2.27	39.77	1	0.17	5.93	39.83	5.36	0.73
MANAGERS CHOICE	SERVING	0	0	0	0	0	0	0	0	0	0	0	0
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Green Beans	1/2 CUP	14	0	177	1.3	0.61	18	294	3.2	0.78	3.04	0.07	0.02
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Canned Pears	1/2 CUP	72	0	6	2.01	0.35	6.28	0	0.88	0.24	19.04	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Cry Baby Italian Ice	1 EACH	100	5	20	0	0	60	300	0	2	16	3	2

Fri - 10/23/2009	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Big Daddy's Cheese Pizza	1 EACH	470	40	1060	3	3.6	400	500	0	24	55	18	9
Ham Eqq and Cheese Bagel	1 EACH	377	162	1238	1.06	35.11	178.27	456	2.52	21.24	40.03	14.23	7.01
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
4 oz Orange Juice	4 OZ	56	0	29	0.25	0.12	11.2	97	48.39	0.67	13.68	0.29	0.01
Canned Corn	1/2 CUP	66	0	244	1.56	0.59	4.1	37	0.57	2.16	15.42	0.76	0.14
Canned Peaches	1/2 CUP	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Marshmallow Treat	1 EACH	100	0	130	0	0	0	0	0	0	18	2.5	1.5

Mon - 10/26/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Turkey Roast Dinner	2 OZ	88	30	386	0	0.92	2	0	0	12.08	1.74	3.28	1.08
School Made Roll: B-16	3 OZ	233	0	382	1.39	2.27	39.77	1	0.17	5.93	39.83	5.36	0.73
Tuna Salad Wrap w/Let & To	1/2 CUP	256	2	612	6.13	1.82	117.74	478	4.7	6.97	35.38	11.26	1.92
Daily Cold Main Entree Optio	1 EACH	196	4	241	1.56	0.73	114.08	120	0.14	8.17	18.58	9.43	2.36
Scalloped Potatoes	1/2 CUP	150	2	661	0.5	1.68	161	126	6.69	6.35	24.68	3.1	0.67
gravy turkey flavor instant mi	1/4 CUP	25	0	300	0	0	0	0	0	0	4	0.5	0
Canned Peaches	1/2 CUP	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Reduced Fat Ice Cream Cup	1 EACH	100	10	55	0	0	60	300	0	2	15	3.5	2

Tue - 10/27/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Twin Soft Shell Tacos w/Che	1 EACH	218	54	763	1	1.93	182.2	675	5.02	16.37	6.8	*9.11	6.85
Turkey and Vegetable Egg R	1 EACH	241	120	602	2.38	2.94	44.97	855	9.68	12.65	25.41	9.72	2.61
White Rice	1/2 CUP	97	0	3	0.5	1.46	6.6	0	0	1.8	20.71	0.41	0.01
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Green Beans	1/2 CUP	14	0	177	1.3	0.61	18	294	3.2	0.78	3.04	0.07	0.02
Canned Peas	1/2 CUP	72	0	6	2.01	0.35	6.28	0	0.88	0.24	19.04	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
Cry Baby Italian Ice	1 EACH	100	5	20	0	0	60	300	0	2	16	3	2

Wed - 10/28/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Chicken Stir Fry	2/3 CUP	231	65	829	1.47	0.27	31.01	4464	25.75	19.79	12.66	11.25	1.2
White Rice	1/2 CUP	97	0	3	0.5	1.46	6.6	0	0	1.8	20.71	0.41	0.01
Beef and Cheese Steak Sub	1 EACH	610	82	1052	2.4	5.08	275.79	272	0	31.06	52.96	31.26	13.78
Daily Cold Main Entree Optio	2 EACH	392	8	483	3.12	1.45	228.16	240	0.27	16.35	37.15	18.85	4.73
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Applesauce	1/2 CUP	51	0	2	1.34	0.28	4.88	35	1.22	0.21	13.75	0.12	0.01
Green Peas	1/2 CUP	52	0	72	3.02	1.03	14.74	1379	12.06	3.5	9.13	0.27	0.04
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Milk Variety	8 OZ	146	14	184	0	0	294.5	500	2.02	7.89	23.73	2.32	1.42
M & M Cookie Bars	1 EACH	217	22	148	0.56	0.87	21.09	189	0.04	2.35	27.64	10.94	3.09

Thu - 10/29/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Grilled Cheese w/Texas Toa	1 EACH	452	54	1404	2	2.98	432	544	0	20.56	46.9	19.72	11.16
TURKEY & CHEESE WRAP	1 EACH	270	38	543	5.67	2.48	196.48	502	6.8	18.32	29.08	10.51	4.8
Daily Cold Main Entree Optio	1 EACH	196	4	241	1.56	0.73	114.08	120	0.14	8.17	18.58	9.43	2.36
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
CARROTS W/ RANCH DIP	1/2 CUP	200	15	328	3.29	1.01	36.29	15638	2.95	0.73	13.34	17.15	2.53
Vegetable Soup	3/4 CUP	82	0	749	3.55	1.31	32.81	3746	16.03	4.21	15.84	1.09	0.38
Crackers, Saltines	5 EACH	60	0	190	0.4	0.6	2.7	0	0	1	10	2	0.5
Canned Peaches	1/2 CUP	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
Clodhoppers	1.27 OZ bag	165	0	130	2	0.72	40	0	0	2	27	5	4.5

Fri - 10/30/2009	Portion Size	Cals	Mq Cholst	Mq Sodm	G Fiber	Mq Iron	Mq Calcm	IU Vit-A	Mq Vit-C	G Protn	G Carb	G Total Fat	G S-Fat
Cheeseburger on Bun	1 EACH	375	34	916	3.14	3.56	288.25	615	0	25.78	32.76	15.6	4.22
BBQ Chicken Fillet on Bun	1 EACH	298	42	825	*2.40	*2.10	*90.00	*261	*4.00	20.45	44.47	5.6	*0.02
Daily Cold Main Entree Optio	1 EACH	196	4	241	1.56	0.73	114.08	120	0.14	8.17	18.58	9.43	2.36
Chef Salad	1 EACH	324	75	811	2.55	2.25	342.81	1423	19.81	22.79	16.75	18.93	10.28
Lettuce and Tomato Cup	4 oz let, 1 sl	9	0	5	0.67	0.2	8.48	347	3.55	0.5	1.85	0.09	0.01
Shoestring French Fries	3 OZ	170	0	190	1	0.36	0	0	3.6	4	17	10	3
Black Bean and Corn Salsa	1/2 CUP	121	0	362	2.7	1.06	19.26	18	1.95	3.87	13.86	0.49	0.1
Nacho Scoops	.875 OZ	110	0	110	2	0.36	20	0	0	2	19	2.5	0
Fresh Fruit Variety	1 EACH	71	0	1	2.54	0.19	12.11	93	16.07	0.81	18.18	0.24	0.07
CHOCOLATE CAKE	SERVINGS	317	0	326	1.12	1.14	13.11	42	0.03	2.47	52.71	11.39	1.83