

SIMPLY GOOD

by Chartwells

FRESH & LOCAL

THE BEST
LOCAL FOOD
IS WHAT'S GROWN
CLOSEST TO YOU.



LOCAL PRODUCE MAY 2012

STRAWBERRIES	WESTMORELAND BERRY	COLONIAL BEACH, VA
CUCUMBERS	PARKER FARMS	OAK GROVE, VA
LEAF LETTUCE	SPRING VALLEY FARMS	MARTINSBURG, WV
YELLOW SQUASH	PARKER FARMS	OAK GROVE, VA
ZUCCHINI	PARKER FARMS	OAK GROVE, VA
SPINACH	PETRANGLO FARMS	VINELAND, NJ

Local Feature: Lettuce!

Each May, DCPS hosts a local strawberries and salad greens day. The salad greens are grown especially for DCPS at Spring Valley Farms in West Virginia. Farmer Eli of Spring Valley Farms plants the lettuce in the spring so that it is ready for harvesting at the end of May. Students will enjoy local lettuce leaves in a tasty side salad on May 25.

Leaf Lettuce Nutrition

Leafy green lettuce is an excellent source of many important vitamins and minerals. One cup of salad greens provides an excellent source of vitamin K, vitamin A, folate and vitamin C. Vitamin K is important in the blood clotting process to help stop bleeding with cuts and scrapes. It also helps to build strong bones.





Breakfast in the Classroom Menu (K-8)

May 2012

All breakfasts are FREE. Full student breakfast includes choice of entrée (consisting of a meat/meat alternate and grain/bread serving), 1 fruit side dish, 1 serving of 100% fruit juice, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dress up your breakfast: with fruit! Kids ages 5-12 need about 1 ½ - 2 cups of fruit every day. Breakfast is an easy place to add fruit to make sure you're getting enough.	1 Multigrain Cheerios Cereal Bowl All Natural Yogurt Cup Fresh Pear 100% Apple Juice	2 Turkey Egg & Cheddar Sandwich on a whole Wheat Bagel Chilled Peach Cup 100% Orange Juice	3 Whole Wheat Bagel with Reduced Fat Cream Cheese Spread Hard Boiled Egg Fresh Apple 100% Mixed Berry Juice	4 Whole Grain Maple Pancakes Low-Fat String Cheese Fresh Banana 100% Apple Juice
7 Chicken Sausage on a Whole Wheat Biscuit Fresh Pear 100% Apple Juice	8 Whole Grain Berry Berry Kix Cereal Bowl All Natural Yogurt Cup Chilled Peach Cup 100% Mixed Berry Juice	9 Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin Fresh Apple 100% Orange Juice	10 Whole Grain Apple Cinnamon Muffin Low-Fat String Cheese Fresh Banana 100% Apple Juice	11 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Hard Boiled Egg Chilled Peach Cup 100% Mixed Berry Juice
14 Turkey Sausage, Egg & Cheese Omelette in a Multigrain Pita Chilled Peach Cup 100% Mixed Berry Juice	15 Whole Wheat Bagel with Reduced Fat Cream Cheese Spread Hard Boiled Egg Fresh Pear 100% Apple Juice	16 Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin Fresh Apple 100% Orange Juice	17 All Natural Whole Grain Banana Bread Low-Fat String Cheese Chilled Peach Cup 100% Mixed Berry Juice	18 Whole Grain Maple Pancakes All Natural Yogurt Cup Fresh Banana 100% Apple Juice
21 No School	22 Whole Grain Cinnamon Toast Crunch Cereal Bowl All Natural Yogurt Cup Chilled Peach Cup 100% Apple Juice	23 Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin Fresh Pear 100% Orange Juice	24 Whole Grain Bluenanaberry Muffin Low-Fat String Cheese Fresh Banana 100% Mixed Berry Juice	25 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Hard Boiled Egg Fresh Apple 100% Orange Juice
28 Memorial Day	29 Chicken Sausage on a Whole Wheat Biscuit Fresh Apple 100% Mixed Berry Juice	30 Multigrain Cheerios Cereal Bowl All Natural Yogurt Cup Chilled Peach Cup 100% Apple Juice	31 Whole Wheat Bagel with Reduced Fat Cream Cheese Spread Hard Boiled Egg Fresh Banana 100% Orange Juice	
Daily Cold Breakfast Menu Choices <i>All cold breakfast menu choices are offered w/ Low Fat String Cheese, Fruit, Juice, & 1% or Skim White Milk</i>				
Mondays: Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch	Tuesdays: Whole Wheat Bagel with Reduced Fat Cream Cheese	Wednesdays: Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch	Thursdays: Whole Wheat Bagel with Reduced Fat Cream Cheese	Fridays: Whole Grain Blueberry or Apple Cinnamon Muffin, or Banana Bread Loaf

Breakfast at school includes 1 cup of fruit every day. At home, add banana or strawberry slices to your cereal, throw a handful of raisins into your oatmeal, or top yogurt with blueberries, peaches and granola for a healthy morning parfait!

Menu: Breakfast in the Classroom

Chartwells-Thompson School Dining Services

Grades: K-8

District of Columbia Public Schools

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

Tues - 5/01/2012															
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	
Multigrain Cheerios	1 bowl	70	0	105	2	10.8	60	300	9	2	15	1	0	0	
Yogurt Cup, Stonyfield	4 oz	80	5	70	0	0	150.5	0	0	4.01	13.05	1	0.5	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	
Apple Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	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	
Saturated Fat % of Total Calories													4.40%		

Wed- 5/02/2012															
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	
Egg & Cheddar WW Bagel	1 each	300	110	423	3	1.98	160	250	0	11.5	35	8.5	3.5	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	
Orange Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	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	
Saturated Fat % of Total Calories													7.80%		

Thurs - 5/03/2012															
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	
Wheat Bagel w/ Cream Cheese	2.8 oz	272	25	493	4.02	1.09	40.3	304	0	7.04	40.21	9.1	5.06	0	
Hard Boiled Egg	1 egg	90	240	70	0	0.72	20	300	0	7	1	6	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	
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	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	
Saturated Fat % of Total Calories													13.00%		

Fri- 5/04/2012

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
Maple Pancakes, bulk	2 pack	228	21	187	1.04	1.5	41.5	3738	0	6.23	45.69	3.12	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	2	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 Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	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
Saturated Fat % of Total Calories													5.70%	

Mon - 5/07/2012

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 Sausage Biscuit	1 Each	320	25	530	2	1.8	20	100	0	20	25	13	3	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 Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													6.80%	

Tues - 5/08/2012

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
Berry Kix Cereal	1 each	70	0	100	1	4.5	80	300	20	1	16	1	0	0
Yogurt Cup, Stonyfield	4 oz	80	5	70	0	0	150.5	0	0	4.01	13.05	1	0.5	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
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													4.50%	

Wed- 5/09/2012

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
Turk Bacon, Egg, Cheese Muffin	1 each	223	115	448	3	2.25	179.8	180	0	14.78	27	7	1.99	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
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	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
Saturated Fat % of Total Calories													6.60%	

Thurs- 5/10/2012

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
Applelicious Cinn Muffin	2 oz	140	25	85	2	0.72	40	100	0	4	27	3	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	2	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 Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													6.90%	

Fri - 5/11/2012

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
Cinnamon Oatmeal	1/2 cup	179	0	7	4.02	1.85	30.8	0	0	6.34	33.53	2.58	0.46	0
Hard Boiled Egg	1 egg	90	240	70	0	0.72	20	300	0	7	1	6	2	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
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													7.00%	

Mon- 5/14/2012

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
Egg & Cheese Pita Pocket	1 each	210	165	490	2	1.44	90	350	2.4	14	21	9	4	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
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													10.70%	

Tues- 5/15/2012

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
Wheat Bagel w/ Cream Cheese	2.8 oz	272	25	493	4.02	1.09	40.3	304	0	7.04	40.21	9.1	5.06	0
Hard Boiled Egg	1 egg	90	240	70	0	0.72	20	300	0	7	1	6	2	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 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
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Saturated Fat % of Total Calories													12.10%	

Wed - 5/16/2012

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
Turkey Ham, Egg, Chs WW Muffin	1 each	221	111	443	3	2.23	180.9	186	0.27	13.99	27.08	6.98	2.22	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
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
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Saturated Fat % of Total Calories													7.00%	

Thurs - 5/17/2012

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
Whole Grain Banana Bread	1 each	150	20	70	3	1.08	40	100	6	4	27	4.5	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	2	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
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
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Saturated Fat % of Total Calories													7.00%	

Fri - 5/18/2012

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
Maple Pancakes, bulk	2 pack	228	21	187	1.04	1.5	41.5	3738	0	6.23	45.69	3.12	0	0
Yogurt Cup, Stonyfield	4 oz	80	5	70	0	0	150.5	0	0	4.01	13.05	1	0.5	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 Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													3.20%	

Tues- 5/22/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cinnamon Toast Crunch	1 EACH	110	0	200	3	3.6	200	400	4.8	1	22	3	0	0
Yogurt Cup, Stonyfield	4 oz	80	5	70	0	0	150.5	0	0	4.01	13.05	1	0.5	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 Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													4.10%	

Wed - 5/23/2012

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
Turk Bacon, Egg, Cheese Muffin	1 each	223	115	448	3	2.25	179.8	180	0	14.78	27	7	1.99	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
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	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
Saturated Fat % of Total Calories													6.20%	

Thurs - 5/24/2012

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
Bluenanaberry Muffin	2 oz	150	20	90	3	0.72	40	100	2.4	4	29	0	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	2	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
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													6.70%	

Fri - 5/25/2012

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
Cinnamon Oatmeal	1/2 cup	179	0	7	4.02	1.85	30.8	0	0	6.34	33.53	2.58	0.46	0
Hard Boiled Egg	1 egg	90	240	70	0	0.72	20	300	0	7	1	6	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
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	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
Saturated Fat % of Total Calories													6.80%	

Tues- 5/29/2012

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 Sausage Omelet Pita	1 each	210	165	490	2	1.44	90	350	2.4	14	21	9	4	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
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	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
Saturated Fat % of Total Calories													10.70%	

Wed - 5/30/2012

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
Multigrain Cheerios	1 bowl	70	0	105	2	10.8	60	300	9	2	15	1	0	0
Yogurt Cup, Stonyfield	4 oz	80	5	70	0	0	150.5	0	0	4.01	13.05	1	0.5	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 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
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Saturated Fat % of Total Calories													4.50%	

Thurs - 5/31/2012

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
Wheat Bagel w/ Cream Cheese	2.8 oz	272	25	493	4.02	1.09	40.3	304	0	7.04	40.21	9.1	5.06	0
Hard Boiled Egg	1 egg	90	240	70	0	0.72	20	300	0	7	1	6	2	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
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
Milk,skim	1/2 pint	83	5	103	0	0.07	306.2	500	0	8.26	12.15	0.27	0.2	0
Saturated Fat % of Total Calories													12.40%	