

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.





Full Service Breakfast Menu for All Schools (K-12)

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										
<p>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.</p>	<p>1 Whole Grain Maple Pancakes All Natural Yogurt Cup</p> <p>Fresh Pear 100% Apple Juice</p>	<p>2 Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Chilled Peach Cup 100% Orange Juice</p>	<p>3 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Hard Boiled Egg</p> <p>Fresh Apple 100% Mixed Berry</p>	<p>4 Southwest Breakfast Taco w/ Eggs, Vegetables, Green Chile Sauce in a Whole Wheat Tortilla</p> <p>Fresh Banana 100% Apple Juice</p>										
<p>7 Chicken Sausage on a Whole Wheat Biscuit</p> <p>Fresh Pear 100% Apple Juice</p>	<p>8 Whole Grain French Toast Sticks w/ Turkey Sausage Link</p> <p>Chilled Peach Cup 100% Mixed Berry Juice</p>	<p>9 Egg & Cheddar Sandwich on a Whole Wheat Bagel</p> <p>Fresh Apple 100% Orange Juice</p>	<p>10 Fresh Baked Whole Grain Peach Muffin Square Low-Fat String Cheese</p> <p>Fresh Banana 100% Apple Juice</p>	<p>11 Cheesy Grits Hard Boiled Egg</p> <p>Chilled Peach Cup 100% Mixed Berry Juice</p>										
<p>14 Turkey Sausage, Egg & Cheese Omelette in a Multigrain Pita</p> <p>Chilled Peach Cup 100% Mixed Berry Juice</p>	<p>15 Whole Grain Maple Pancakes All Natural Yogurt Cup</p> <p>Fresh Pear 100% Apple Juice</p>	<p>16 Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Fresh Apple 100% Orange Juice</p>	<p>17 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Hard Boiled Egg</p> <p>Chilled Peach Cup 100% Mixed Berry Juice</p>	<p>18 Homemade Scrambled Eggs Topped w/ Cheddar Cheese Whole Wheat Biscuit</p> <p>Fresh Banana 100% Apple Juice</p>										
<p>21 No School</p>	<p>22 Whole Grain French Toast Sticks w/ Turkey Sausage Link</p> <p>Chilled Peach Cup 100% Apple Juice</p>	<p>23 Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Fresh Pear 100% Orange Juice</p>	<p>24 Fresh Baked Whole Wheat Blueberry Muffin Square All Natural Yogurt Cup</p> <p>Fresh Banana 100% Mixed Berry Juice</p>	<p>25 Southwest Breakfast Taco w/ Eggs, Vegetables, Green Chile Sauce in a Whole Wheat Tortilla</p> <p>Fresh Apple 100% Orange Juice</p>										
<p>28 Memorial Day</p>	<p>29 Chicken Sausage on a Whole Wheat Biscuit</p> <p>Fresh Apple 100% Mixed Berry Juice</p>	<p>30 Whole Grain Maple Pancakes All Natural Yogurt Cup</p> <p>Chilled Peach Cup 100% Apple Juice</p>	<p>31 Egg & Cheddar Sandwich on a Whole Wheat Bagel</p> <p>Fresh Banana 100% Orange Juice</p>											
<p>Daily Cold Breakfast Menu Choices</p> <p><i>All cold breakfast menu choices are offered w/ Low Fat String Cheese, Fruit, Juice, & 1% or Skim White Milk</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 20%;">Mondays:</td> <td style="width: 20%;">Tuesdays:</td> <td style="width: 20%;">Wednesdays:</td> <td style="width: 20%;">Thursdays:</td> <td style="width: 20%;">Fridays:</td> </tr> <tr> <td>Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch</td> <td>Whole Wheat Bagel with Reduced Fat Cream Cheese</td> <td>Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch</td> <td>Whole Wheat Bagel with Reduced Fat Cream Cheese</td> <td>Whole Grain Blueberry or Apple Cinnamon Muffin, or Banana Bread Loaf</td> </tr> </table>					Mondays:	Tuesdays:	Wednesdays:	Thursdays:	Fridays:	Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch	Whole Wheat Bagel with Reduced Fat Cream Cheese	Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch	Whole Wheat Bagel with Reduced Fat Cream Cheese	Whole Grain Blueberry or Apple Cinnamon Muffin, or Banana Bread Loaf
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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: Full Service Breakfast

Chartwells-Thompson School Dining Services

Grades: K-12

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
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
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
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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													5.00%	

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
Turk Bacon, Egg, Cheese Muffin	1 each	223	115	448	3	2.25	179.8	180	0	14.78	27	7	1.99	0
Cereal Assortment	1 bowl	83	0	135	2	6.3	113.3	333	11.27	1.33	17.67	1.67	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
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													7.10%	

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
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
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
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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 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													8.20%	

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
Southwest Breakfast Taco	1 each	211	187	416	2.28	1.72	145.3	448	3.53	10.81	17.51	11.14	5.21	0
Muffin Assortment	1 each	147	22	82	2.67	0.84	40	100	2.8	4	27.67	2.5	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													11.60%	

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
Cereal Assortment	1 bowl	83	0	135	2	6.3	113.3	333	11.27	1.33	17.67	1.67	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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 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%	

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
Whole Grain French Toast Stick	3 each	211	100	281	2.01	1.45	20.1	100	0	8.03	27.09	8.03	1.51	0
Turkey Sausage Link, 1 oz	1 oz	61	31	122	0	0.5	11.8	42	0.5	6.24	0.16	4.05	1.1	0
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
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 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													8.60%	

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
Egg & Cheddar WW Bagel	1 each	300	110	423	3	1.98	160	250	0	11.5	35	8.5	3.5	0
Cereal Assortment	1 bowl	83	0	135	2	6.3	113.3	333	11.27	1.33	17.67	1.67	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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 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													8.10%	

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
Peach Muffin Squares	1 muffin	182	29	108	3.37	1.05	41.3	137	3.59	4.61	29.22	6.09	0.95	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	2	0
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
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 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													9.10%	

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
Cheesy Grits	1 cup	290	19	191	0.58	1.71	133.1	667	0	7.76	29.8	15.15	5.5	0
Hard Boiled Egg	1 egg	90	240	70	0	0.72	20	300	0	7	1	6	2	0
Muffin Assortment	1 each	147	22	82	2.67	0.84	40	100	2.8	4	27.67	2.5	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													12.30%	

Mon- 5/14/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Turkey Sausage Omelet Pita	1 each	210	165	490	2	1.44	90	350	2.4	14	21	9	4	0
Cereal Assortment	1 bowl	83	0	135	2	6.3	113.3	333	11.27	1.33	17.67	1.67	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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 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													10.20%	

Tues- 5/15/2012		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
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
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
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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													5.00%	

Wed - 5/16/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Turkey Ham, 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
Cereal Assortment	1 bowl	83	0	135	2	6.3	113.3	333	11.27	1.33	17.67	1.67	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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 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													7.20%	

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
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
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
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													8.50%	

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
Scrambled Eggs w/ Cheddar	2 OZ	138	254	174	0	1.21	130	425	0	10.61	0.52	10.12	4.75	0
Whole Wheat Biscuit	1 each	190	0	670	1.89	1.28	38.2	2	0.23	4	23	9	5	0
Muffin Assortment	1 each	147	22	82	2.67	0.84	40	100	2.8	4	27.67	2.5	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 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													15.50%	

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
Whole Grain French Toast Stick	3 each	211	100	281	2.01	1.45	20.1	100	0	8.03	27.09	8.03	1.51	0
Turkey Sausage Link, 1 oz	1 oz	61	31	122	0	0.5	11.8	42	0.5	6.24	0.16	4.05	1.1	0
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
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
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													8.60%	

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
Cereal Assortment	1 bowl	83	0	135	2	6.3	113.3	333	11.27	1.33	17.67	1.67	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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
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													6.50%	

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
Blueberry Muffin Squares	1 muffin	180	29	108	3.38	1.03	41.1	101	3.36	4.57	28.68	6.12	0.95	0
Yogurt Cup, Stonyfield	4 oz	80	5	70	0	0	150.5	0	0	4.01	13.05	1	0.5	0
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
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 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													6.90%	

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
Southwest Breakfast Taco	1 each	211	187	416	2.28	1.72	145.3	448	3.53	10.81	17.51	11.14	5.21	0
Muffin Assortment	1 each	147	22	82	2.67	0.84	40	100	2.8	4	27.67	2.5	0	0
String Cheese	1 oz	60	10	210	0	0	200	200	0	8	1	2.5	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 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													11.80%	

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
Chicken Sausage Biscuit	1 Each	320	25	530	2	1.8	20	100	0	20	25	13	3	0
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
Yogurt Cup, Stonyfield	4 oz	80	5	70	0	0	150.5	0	0	4.01	13.05	1	0.5	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													7.80%	

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
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
Cereal Assortment	1 bowl	83	0	135	2	6.3	113.3	333	11.27	1.33	17.67	1.67	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
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													3.70%	

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
Egg & Cheddar WW Bagel	1 each	300	110	423	3	1.98	160	250	0	11.5	35	8.5	3.5	0
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
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
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													9.10%	