

# 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.






## Education Campus (K-8) Lunch Menu

## May 2012

The cost of a paid student meal is **\$1.35**. Per the **Healthy Schools Act**, there is **no charge for reduced meals**. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 1-2 vegetable side dishes, 1 fruit side dish, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>All Natural Chicken Nuggets w/ BBQ Dipping Sauce Whole Wheat Dinner Roll</p> <p>Fresh Carrot Sticks w/ Light Ranch Dressing Roasted Cauliflower</p> <p>Chilled Peach Cup</p>	<p>2</p> <p>Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce</p> <p>Romaine &amp; Tomato Side Salad w/ Light Dressing</p> <p>Fresh Apple</p>	<p>3</p> <p>Homestyle Roast Turkey w/ Gravy and Whole Wheat Biscuit</p> <p>Mashed Potatoes</p> <p>Garlicky Kale</p> <p>Chilled Pineapple Cup</p>	<p>4</p> <p>Cajun Seasoned Tilapia</p> <p>Broccoli &amp; Cheddar Brown Rice Pilaf</p> <p>Seasoned Green Beans</p> <p>Fresh Orange Wedges</p>
<p>7</p> <p>All Natural Chicken Hot Dog on a Whole Wheat Bun</p> <p>Local Radish Slaw</p> <p>Baked Sweet Potato Fries</p> <p>Fresh Apple</p>	<p>8</p> <p>Teriyaki Chicken &amp; Broccoli Stir-Fry Brown Rice w/ Veggies</p> <p>California Stir Fry w/ Broccoli, Carrots, Cauliflower &amp; Celery Crescents</p> <p>Chilled Pineapple Cup</p>	<p>9</p> <p>Rotisserie Style Bone-In Chicken w/ Whole Wheat Biscuit</p> <p>Seasoned Broccoli Roasted Local Zucchini &amp; Yellow Squash</p> <p>Fresh Pear</p>	<p>10</p> <p>Crispy Panko Breaded Fish Sandwich on a Whole Wheat Roll w/ Romaine &amp; Homemade Tartar Sauce</p> <p>Fresh Carrot Sticks w/ Light Ranch Dressing</p> <p>Chilled Peach Cup</p>	<p>11</p> <p><b>Panamanian Day!</b></p> <p>Beef Empanadas</p> <p>Spicy Red Beans</p> <p>Pineapple Coleslaw</p> <p>Sliced Melon</p>
<p>14</p> <p>BBQ Roasted Bone-In Chicken w/ Whole Wheat Biscuit</p> <p>Garlicky Kale</p> <p>Baked Beans</p> <p>Fresh Pear</p>	<p>15</p> <p>Red Chili w/ Beef &amp; Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread</p> <p>Fresh Carrot Sticks w/ Light Ranch Dressing Chilled Peach Cup</p>	<p>16</p> <p>Homemade Cheese &amp; Spinach Lasagna</p> <p>Whole Wheat Dinner Roll</p> <p>Caesar Romaine Side Salad w/ Croutons &amp; Parmesan Cheese</p> <p>Chilled Pineapple Cup</p>	<p>17</p> <p>Buffalo Chicken Whole Wheat Flatbread</p> <p>Locally Grown Celery Sticks w/ Light Ranch Dressing</p> <p>Seasoned Black Beans</p> <p>Fresh Apple</p>	<p>18</p> <p>All Natural Beef Meatball Marinara w/ Whole Wheat Spaghetti &amp; Melted Mozzarella Cheese Garlic Lemon Roasted Local Broccoli Seasoned Corn</p> <p>Fresh Orange Wedges</p>
<p>21</p> <p>No School</p>	<p>22</p> <p>Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese</p> <p>Locally Grown Spinach Salad Garlic &amp; Herb Vegetable Medley</p> <p>Fresh Apple</p>	<p>23</p> <p><b>Strawberries &amp; Salad Greens!</b></p> <p>Rotisserie Style Bone-In Chicken w/ Whole Wheat Biscuit</p> <p>Roasted Corn on the Cob Side Salad w/ Local Greens</p> <p>Local Strawberries</p>	<p>24</p> <p>Crispy Fish Tacos w/ Green Chile Sauce in Whole Grain Flour Tortillas Local Shredded Red Cabbage &amp; Cilantro Lime Pico de Gallo for Taco Topping Baked Sweet Potato Fries</p> <p>Chilled Pineapple Cup</p>	<p>25</p> <p>Baked Tomato Beef Florentine Whole Wheat Pasta</p> <p>Roasted Local Zucchini &amp; Yellow Squash</p> <p>Seasoned Green Beans</p> <p>Fresh Banana</p>
<p>28</p> <p>Memorial Day</p>	<p>29</p> <p>All Natural Chicken Nuggets w/ BBQ Dipping Sauce Whole Wheat Dinner Roll</p> <p>Fresh Carrot Sticks w/ Light Dressing</p> <p>Chilled Peach Cup</p>	<p>30</p> <p>Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine &amp; Tomato</p> <p>Local Cucumber &amp; Tomato Salad</p> <p>Fresh Apple</p>	<p>31</p> <p>Roast Turkey w/ Gravy Whole Wheat Biscuit</p> <p>Roasted Redskin Potatoes</p> <p>Locally Grown Arugula Salad w/ Parmesan &amp; Tomatoes</p> <p>Fresh Orange Wedges</p>	<p>Students will enjoy locally grown green lettuce and strawberries on May 23. Visit <a href="http://dcfarmtoschool.org">dcfarmtoschool.org</a> for more information and learn how you can get involved in Strawberries &amp; Salad Greens!</p>
<p><b>Alternate Hot Sandwich Choices (for Grades 6-8)</b></p> <p>Available Daily: Southwest Whole Wheat Cheese Quesadilla Served w/ Salsa &amp; Daily Vegetables</p>				
<p><b>Mondays:</b></p> <p>Southwest Turkey Burger w/ Cheddar Cheese &amp; Ancho Chili Sauce on a Whole Wheat Bun w/ Romaine &amp; Tomato</p>	<p><b>Tuesdays:</b></p> <p>Spicy Buffalo Chicken Whole Wheat Wrap</p>	<p><b>Wednesdays:</b></p> <p>Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce &amp; Romaine Lettuce</p>	<p><b>Thursdays:</b></p> <p>Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine &amp; Tomato</p>	<p><b>Fridays:</b></p> <p>Charbroiled Beef &amp; Cheddar Cheeseburger on a Whole Wheat Roll w/ Romaine &amp; Tomato</p>
<p><b>Alternate Cold Menu Choices</b></p> <p>Available Daily: Garden Salad w/ Cheese &amp; Light Salad Dressing, Whole Wheat Roll</p>				
<p><b>Mondays:</b></p> <p>Turkey Ham &amp; Cheddar Sandwich on Whole Wheat Bread w/ Carrot Sticks &amp; Light Salad Dressing</p>	<p><b>Tuesdays:</b></p> <p>Grilled Chicken Caesar Salad w/ Romaine Lettuce, Whole Wheat Dinner Roll, Light Salad Dressing</p>	<p><b>Wednesdays:</b></p> <p>Grilled Chicken Rotini Pasta Salad w/ Broccoli, Tomatoes, Carrots, Onion, w/ Light Italian Dressing</p>	<p><b>Thursdays:</b></p> <p>Turkey &amp; Provolone Cheese Sandwich on a Whole Wheat Hoagie Roll w/ Cucumber Slices &amp; Light Salad Dressing</p>	<p><b>Fridays:</b></p> <p>Cobb Salad w/ Diced Turkey Ham, Hard Boiled Egg, Cheddar Cheese, Fresh Veggies, Whole Wheat Dinner Roll, Light Salad Dressing</p>

Menu: Lunch

Grades: K-8

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
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
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
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
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
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
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	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
BBQ sauce - Kraft	2 Tbsp	47	0	291	0	0.28	0	0	0	0	11.02	0	0	0
Saturated Fat % of Total Calories													7.20%	

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
Grilled Cheese on WW	1 each	258	1	624	6.45	1.69	134.1	1617	13.5	6.77	32.89	11.44	1.77	0
Fish Sandwich on WW Bun	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
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
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
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
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
Saturated Fat % of Total Calories													7.00%	

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
Turkey w/ Gravy ES	3 oz	234	51	1253	0	0.96	0	235	0	26.02	10.56	8.54	1.17	0
Whole Wheat Biscuit	1 each	190	0	670	1.89	1.28	38.2	2	0.23	4	23	9	5	0
Grilled Chicken on WW Bun	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
Turkey & Cheese WW Sub	1 Each	354	59	1733	1.79	1.28	520.2	2256	6.86	25.3	25.71	14.83	8.3	0
Cucumber Coins	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02	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
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
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
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 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
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
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													10.70%	

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
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
Cheeseburger BID	1 each	352	53	730	2	3.45	177.5	196	0	23.12	34.75	15.25	5.75	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
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
ENTREE Cobb Salad w/ Roll	1 each	264	167	507	2.03	1.79	232.2	4981	10.38	17.97	16.97	13.7	7.47	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
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
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 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
Saturated Fat % of Total Calories													9.80%	

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 Hot Dog on WW Bun	1 each	258	59	653	2	6.9	152	184	20.98	12.97	31.99	8.97	1.93	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
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
Turkey Ham & Cheddar Sandwich	1 each	296	57	1066	6	2.32	227.7	172	1.33	20.67	30.6	10.33	4.09	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
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
Local Radish Slaw	1/2 Cup	74	7	138	0.9	0.18	14.3	19	10.7	0.42	5.8	5.49	0.7	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	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%	

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
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
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
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
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
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
California 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
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 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
Saturated Fat % of Total Calories													6.70%	

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
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
Fish Sandwich on WW Bun	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
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
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
Seasoned Broccoli	1/2 cup	47	0	204	2.58	0.53	31.4	1208	50.62	1.86	5.63	2.5	0.38	0
Roasted Zucchini & Squash	1/2 cup	49	0	3	0.69	0.24	10.2	127	11.08	0.78	2.11	4.51	0.67	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 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
Saturated Fat % of Total Calories													12.60%	

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
Fish Sandwich on WW Bun	1 each	378	57	553	3.18	3.18	118.5	2538	2	23.91	48.68	10.08	1.01	0
Grilled Chicken on WW Bun	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
Turkey & Cheese WW Sub	1 Each	354	59	1733	1.79	1.28	520.2	2256	6.86	25.3	25.71	14.83	8.3	0
Cucumber Coins	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02	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
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	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 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
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
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													6.50%	

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
Beef Empanada - ELEMENTARY	1/2 each	267	21	554	4.17	15.46	80.1	140	6.89	14.28	30.03	10.49	3.47	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
ENTREE Cobb Salad w/ Roll	1 each	264	167	507	2.03	1.79	232.2	4981	10.38	17.97	16.97	13.7	7.47	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
Spicy Red Beans	1/2 cup	110	0	531	8.33	1.83	34.2	124	1.64	6.79	20.17	0.47	0.07	0
Pineapple Coleslaw	1/2 Cup	103	8	324	1.4	0.44	33.3	1033	20.19	0.69	11.64	6.09	0.76	0
Honeydew Wedge	1 wedge	45	0	23	1	0.21	7.5	63	22.5	0.68	11.36	0.18	0.05	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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	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
Saturated Fat % of Total Calories													9.30%	

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
Baked BBQ Chicken	1-2 pieces	308	127	783	0	1.53	26.7	0	0	24	22.05	12	4	0
Whole Wheat Biscuit	1 each	190	0	670	1.89	1.28	38.2	2	0.23	4	23	9	5	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
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
Turkey Ham & Cheddar Sandwich	1 each	296	57	1066	6	2.32	227.7	172	1.33	20.67	30.6	10.33	4.09	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
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
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
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 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													10.70%	

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
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
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
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
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
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
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	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	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
Saturated Fat % of Total Calories													9.50%	

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
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
Fish Sandwich on WW Bun	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
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
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
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
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	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
Saturated Fat % of Total Calories													11.50%	

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
Buffalo Chicken Flatbread	1 slice	210	46	812	0.87	1.41	237.1	1187	9.19	18.82	15.51	7.87	3.48	0
Grilled Chicken on WW Bun	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
Turkey & Cheese WW Sub	1 Each	354	59	1733	1.79	1.28	520.2	2256	6.86	25.3	25.71	14.83	8.3	0
Cucumber Coins	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02	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
Celery Sticks	1/2 cup	4	0	25	0.51	0.06	12.7	143	0.98	0.22	0.95	0	0	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
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	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													9.50%	

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
Spaghetti WW w/ Meatballs	5 meatba	430	38	606	8.05	3.75	102.7	4617	55	21.65	57.87	13.6	4.89	0
Cheeseburger BID	1 each	352	53	730	2	3.45	177.5	196	0	23.12	34.75	15.25	5.75	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
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
ENTREE Cobb Salad w/ Roll	1 each	264	167	507	2.03	1.79	232.2	4981	10.38	17.97	16.97	13.7	7.47	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
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
Seasoned Corn	1/2 cup	92	0	2	1.99	0.35	3.5	179	5.28	2.5	17.19	2.81	0.4	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 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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	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
Saturated Fat % of Total Calories													10.00%	

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
Cheese WW 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
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
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
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
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
Garlic & Herb Vegetable Medley	1/2 cup	75	0	39	3.48	0.93	25.3	4248	8.9	2.91	11.84	2.63	0.4	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
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
Ketchup, Red Gold	9 gm pack	8	0	101	0	0	0	159	0	0	2.12	0	0	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
Saturated Fat % of Total Calories													8.10%	

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
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
Fish Sandwich on WW Bun	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
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
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
Corn on the Cob	cobette	99	0	5	2.86	0.65	2.6	247	5.2	3.33	23.81	0.78	0.13	0
Side Salad w/ Local Greens	1/2 cup	10	0	4	0.6	0.18	8.9	571	5.08	0.53	1.88	0.05	0.01	0
Strawberries, Fresh	1/2 cup	23	0	1	1.44	0.3	11.5	9	42.34	0.48	5.53	0.22	0.01	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
Saturated Fat % of Total Calories													8.70%	

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
Fish Tacos on WW Tortillas	1 taco	287	48	337	3.18	2.29	72.4	816	23.93	19.81	26.9	12.64	2.55	0
Grilled Chicken on WW Bun	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
Turkey & Cheese WW Sub	1 Each	354	59	1733	1.79	1.28	520.2	2256	6.86	25.3	25.71	14.83	8.3	0
Cucumber Coins	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02	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
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
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 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
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
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													8.00%	

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
Baked Tomato Florentine Pasta	1.5 cups	400	36	462	9.52	3.53	533.7	6754	25.99	23.95	54.24	11.21	5.77	0
Cheeseburger BID	1 each	352	53	730	2	3.45	177.5	196	0	23.12	34.75	15.25	5.75	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
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
ENTREE Cobb Salad w/ Roll	1 each	264	167	507	2.03	1.79	232.2	4981	10.38	17.97	16.97	13.7	7.47	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
Roasted Zucchini & Squash	1/2 cup	49	0	3	0.69	0.24	10.2	127	11.08	0.78	2.11	4.51	0.67	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
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 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
Saturated Fat % of Total Calories													12.20%	

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 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
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
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
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
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	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	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
Saturated Fat % of Total Calories													7.20%	

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
Grilled Chicken on WW Bun	1 Each	281	61	604	2	2.53	100.3	96	0	28.27	32.01	4.53	0.51	0
Fish Sandwich on WW Bun	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
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
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
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
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	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
Saturated Fat % of Total Calories													5.40%	

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
Turkey w/ Gravy ES	3 oz	234	51	1253	0	0.96	0	235	0	26.02	10.56	8.54	1.17	0
Whole Wheat Biscuit	1 each	190	0	670	1.89	1.28	38.2	2	0.23	4	23	9	5	0
Grilled Chicken on WW Bun	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
Turkey & Cheese WW Sub	1 Each	354	59	1733	1.79	1.28	520.2	2256	6.86	25.3	25.71	14.83	8.3	0
Cucumber Coins	1/2 cup	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02	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
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
Arugula Salad w/ Parmesan	1/2 cup	14	2	34	0.32	0.22	42.2	391	3.31	1.17	0.95	0.67	0.36	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 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
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
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%	