

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.



High School Lunch Menu, May 2012

Available Daily at Every Station:
Locally Grown Apples from the Mid-Atlantic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>The cost of a paid student meal is \$1.60 (no charge for reduced price students). Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 2 vegetable side dishes, 2 fruit side dishes, & choice of 1% or skim milk.</i>	1 Teriyaki Chicken & Broccoli Stir-Fry w/ Brown Rice California Stir Fry w/ Broccoli, Carrots, Cauliflower & Celery Crescents Chilled Peach Cup	2 Beef Meatball Marinara w/ Whole Wheat Pasta & Melted Mozzarella Cheese Roma Herb Baked Potato Wedges Seasoned Green Beans Fresh Apple	3 Homestyle Roast Turkey w/ Gravy Whole Wheat Biscuit Baked Beans Garlicky Kale Chilled Pineapple Cup	4 Lemon Pepper Panko Breaded Pollock Broccoli Cheddar Brown Rice Fresh Carrot Sticks w/ Light Dressing Fresh Orange Wedges
7 Basil Pesto Pasta Primavera w/ Chicken, Whole Wheat Spaghetti, & Fresh Diced Tomatoes Topped w/ Parmesan Cheese Roasted Sweet Potato Fries Seasoned Corn Fresh Apple	8 All Natural Chicken Hot Dog on a Whole Wheat Bun w/ Choice of Toppings including Ketchup, Mustard, Relish, White Onions Local Radish Slaw Romaine & Tomato Side Salad w/ Light Dressing Chilled Pineapple Cup	9 Homemade Cheese & Spinach Lasagna Whole Wheat Dinner Roll Roasted Local Zucchini & Yellow Squash Chilled Green Bean Salad Fresh Pear	10 BBQ Roasted Bone-in Chicken Whole Grain Homemade Cornbread Locally Grown Spinach Salad Roasted Cauliflower Chilled Peach Cup	11 Panamanian Day! Beef Empanadas Spicy Red Beans Pineapple Coleslaw Sliced Melon
14 Curry Chicken over Brown Rice Pilaf Roasted Corn & Carrots Seasoned Green Beans Fresh Pear	15 Spicy Asian Glazed Chicken Stir-Fried Brown Rice w/ Veggies Local Cucumber & Tomato Salad Lemon Garlic Roasted Broccoli Chilled Peach Cup	16 Baked Tomato Beef Florentine w/ Whole Wheat Pasta Locally Grown Arugula Salad w/ Parmesan & Tomatoes Chilled Pineapple Cup	17 Carnitas-Style Turkey Soft Tacos in Whole Grain Flour Tortillas Shredded Cheddar, Romaine Lettuce, & Diced Tomatoes for Taco Topping Santa Fe Brown Rice Pilaf Seasoned Pinto Beans Fresh Apple	18 Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Fresh Carrot Sticks w/ Light Ranch Dressing Roasted Cauliflower Fresh Orange Wedges
21 No School	22 Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Fresh Spinach Salad Garlic & Herb Vegetable Medley Fresh Apple	23 Strawberries & Salad Greens! Rotisserie-Style Bone-in w/ Whole Wheat Biscuit Roasted Corn on the Cob Side Salad w/ Local Greens Local Strawberries	24 All Natural Chicken Hot Dog on a Whole Wheat Bun w/ Choice of Toppings including Ketchup, Mustard, Relish, White Onions Savory Baked Beans Carrot Sticks w/ Low Fat Salad Dressing Chilled Pineapple Cup	25 Red Chili w/ Beef & Kidney Beans Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Local Cucumber & Tomato Salad Fresh Banana
28 Memorial Day	29 Teriyaki Chicken & Broccoli Stir-Fry w/ Brown Rice California Stir Fry w/ Broccoli, Carrots, Cauliflower & Celery Crescents Chilled Peach Cup	30 Beef Meatball Marinara w/ Whole Wheat Pasta & Melted Mozzarella Cheese Glazed Carrots Caesar Romaine Side Salad w/ Croutons & Parmesan Cheese Fresh Apple	31 Homestyle Roast Turkey w/ Gravy Whole Wheat Biscuit Roasted Redskin Potatoes Locally Grown Arugula Salad w/ Parmesan & Tomatoes Fresh Orange Wedges	

Grab a Stack
Available Daily (Vegetarian): Southwest Cheese Quesadilla w/ Salsa

Monday:
Charbroiled Cheddar Cheeseburger on a Whole Wheat Bun w/ Romaine & Tomato
OR
Spicy Buffalo Chicken Whole Wheat Wrap
Vegetable Sides: Roma Herb Potato Wedges, Fresh Carrot & Local Celery Sticks w/ Light Ranch Dressing

Tuesday:
Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce & Romaine Lettuce
OR
Southwest Turkey Burger w/ Cheddar Cheese & Southwest Mayo on a Whole Wheat Bun w/ Romaine & Tomato
Vegetable Sides: Tex Mex Corn, Caesar Romaine Side Salad

Wednesday:
All Natural Meatball Sub in a Whole Wheat Roll w/ Marinara Sauce & Mozzarella Cheese
OR
All Natural Chicken Hot Dog on a Whole Wheat Roll
Vegetable Sides: Sweet Potato Fries, Chilled Green Bean Salad

Thursday:
Shredded BBQ Beef Sandwich on a Whole Wheat Roll
OR
Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine & Tomato
Vegetable Sides: Savory Baked Beans, Local Cucumber Tomato Salad

Friday:
Tex-Mex Stuffed Whole Wheat Burrito w/ Fajita Chicken, Brown Rice, Shredded Cheddar, Romaine, & Salsa
OR
All Natural Breaded Chicken Bites w/ BBQ Dipping Sauce & Whole Wheat Roll
Vegetable Sides: Honey Glazed Carrots, Fresh Side Salad w/ Romaine, Tomato, Light Dressing

Crust N Stuff
Daily Vegetable Sides: Fresh Side Salad w/ Romaine & Tomatoes, Light Salad Dressing, Local Cucumber Tomato Salad

Monday: BBQ Chicken Pizza
Tuesday: Buffalo Chicken Stromboli
Wednesday: Three Cheese Stromboli
Thursday: Three Cheese & Spinach Calzone
Friday: Veggie Lover's Pizza
We only use whole wheat crusts and dough!

Deli Bar Choose from daily specialty sandwiches and salads or build your own.

Featured Sandwiches of the Day: See your cafeteria

Available Daily: Assorted Meats & Cheeses, Whole Wheat Bread, Rolls, & Wraps, Vegetable Toppings, Assorted Condiments, Dressings, & Spreads

Outtakes

Available Daily: Turkey & Cheddar Sub w/ Romaine & Tomato, Vegetarian Garden Salad w/ Assorted Cheeses & Whole Wheat Dinner Roll. All Sandwiches & Pasta Salads Offered w/ Carrot Sticks & Light Dressing

Monday:

Grilled Chicken Caesar Romaine Salad w/ Croutons & Whole Wheat Roll – OR – Turkey Club Sandwich w/ All Natural Turkey Bacon, Romaine, & Tomato on Whole Grain Bread

Tuesday:

Southwest Chipotle Chicken Pasta Salad w/ Whole Wheat Pasta w/ Spinach & Tomatoes – OR – Mediterranean Turkey, Mozzarella, & Spinach Whole Wheat Wrap w/ Light Basil Pesto Mayo

Wednesday:

Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage, & Mandarin Oranges –OR– Oven Roasted Turkey & Provolone Sandwich on a Whole Wheat Bagel w/ Romaine & Tomato

Thursday:

Grilled Chicken Whole Wheat Pasta Salad w/ Broccoli, Carrots, Tomatoes & Onions – OR -- Honey Mustard Turkey Ham & Swiss Sandwich on Whole Grain Bread w/ Romaine & Tomato

Friday:

Cobb Salad w/ Turkey Ham, Turkey Bacon, Hard Boiled Eggs, Tomato, Romaine, Honey Mustard Dressing, & Whole Wheat Roll – OR -- Southwest Chicken Fajita Whole Wheat Wrap w/ Chipotle Aioli & Romaine Lettuce

Menu: Lunch

Grades: 9-12

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

Tues - 5/01/2012	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
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
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
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
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, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Buffalo Chicken Stromboli	1 slice	378	44	969	5.73	3.68	202.2	1184	14.31	26.2	45.32	10.98	3.42	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
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
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	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
Chipotle Chicken Pasta Salad	2 cups	467	81	468	7.09	3.35	51	1371	10.78	31.36	49.86	16.78	2.19	0
Mediterranean Turkey Wrap	1 each	285	42	766	2.63	1.67	157.2	1850	10.96	16.18	23.6	14.39	4.06	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													7.10%	

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
Spaghetti WW w/ Meatballs	5 meatballs	430	38	606	8.05	3.75	102.7	4617	55	21.65	57.87	13.6	4.89	0
Rotini, WW Cooked	1 cup	200	0	18	6	1.5	12.1	0	0	7	41	1.5	0	0
Roma Herb Baked Potato Wedges	1/2 Cup	141	0	262	1.95	0.7	0.1	0	5.83	1.95	17.5	7.47	1.69	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
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
Three Cheese Stromboli	1 slices	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	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
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
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
Mandarin Chicken Pasta Salad	2 cups	371	33	334	7.3	2.3	30.2	3681	14.26	17.03	66.75	4.52	0.74	0
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													8.40%	

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 SEC	3 slices	134	40	885	0	0.14	0	78	0	20.92	3.52	3.87	0.39	0
Whole Wheat Biscuit	1 each	190	0	670	1.89	1.28	38.2	2	0.23	4	23	9	5	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
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
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
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	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
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	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
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
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
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
Turkey & Swiss Sandwich	50 each	311	37	716	6.76	1.83	354	729	8.48	19.01	35.2	10.92	5.31	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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													9.70%	

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
Lemon Pepper Pollock	3 oz	320	48	156	1.89	1.57	28	48	0	21.74	45.36	5.91	0.74	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
Carrot Sticks	6-8 sticks	14	0	11	0.95	0.16	8.6	8931	2.95	0.33	3.22	0	0	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
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
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
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	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
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	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
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
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													7.40%	

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 Primavera	1/2 cup	148	37	368	0.35	0.64	150.7	355	4.02	16.05	2.67	7.57	2.68	0
Spaghetti, WW Cooked	1 cup	200	0	18	6	1.5	12.1	0	0	7	41	1.5	0	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
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
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
BBQ Chicken Pizza	1 slice	378	69	1085	4.81	3.18	250.9	207	5.8	26.15	44.42	10.92	4.09	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
Beef Burger on Bun	1 Each	300	40	480	2	3.24	100	55	0	19	33	12	4	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
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
Roma Herb Baked Potato Wedges	1/2 Cup	141	0	262	1.95	0.7	0.1	0	5.83	1.95	17.5	7.47	1.69	0
Carrot & Celery Sticks	1/2 cup	9	0	18	0.73	0.11	10.6	4537	1.97	0.27	2.09	0	0	0
Turkey Club Sandwich	1 each	317	47	1101	7.72	2.65	147.8	5252	8.99	22.38	37.97	9.18	1.16	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
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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													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
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
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	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
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
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	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
Buffalo Chicken Stromboli	1 slice	378	44	969	5.73	3.68	202.2	1184	14.31	26.2	45.32	10.98	3.42	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
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
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	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
Chipotle Chicken Pasta Salad	2 cups	467	81	468	7.09	3.35	51	1371	10.78	31.36	49.86	16.78	2.19	0
Mediterranean Turkey Wrap	1 each	285	42	766	2.63	1.67	157.2	1850	10.96	16.18	23.6	14.39	4.06	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													8.10%	

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
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
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
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	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
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, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Three Cheese Stromboli	1 slices	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	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
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
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
Mandarin Chicken Pasta Salad	2 cups	371	33	334	7.3	2.3	30.2	3681	14.26	17.03	66.75	4.52	0.74	0
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													11.10%	

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
Baked BBQ Chicken	1-2 pieces	308	127	783	0	1.53	26.7	0	0	24	22.05	12	4	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
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
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
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
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, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	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
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
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
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
Turkey Ham & Swiss Sandwich	50 each	312	43	750	6.76	2	354.3	741	8.79	18.72	34.41	11.48	5.51	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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													9.20%	

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 - SECONDARY	1 each	534	41	1105	8.72	31.27	169.6	335	14.84	28.53	60.7	20.88	6.84	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
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
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	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
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	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
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
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													9.80%	

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
Curry Chicken	2.8 oz	94	42	262	0.93	1.35	0	94	0	12.16	3.74	3.74	0.47	0
Brown Rice Pilaf	1/2 CUP	120	0	85	1.16	0.49	10.5	0	0.38	2.63	24.87	1.01	0.21	0
Roasted Corn & Carrots	1/2 Cup	88	0	23	2.07	0.32	13.6	4637	3.42	1.5	11.12	5	0.71	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
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
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, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
BBQ Chicken Pizza	1 slice	378	69	1085	4.81	3.18	250.9	207	5.8	26.15	44.42	10.92	4.09	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
Beef Burger on Bun	1 Each	300	40	480	2	3.24	100	55	0	19	33	12	4	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
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
Roma Herb Baked Potato Wedges	1/2 Cup	141	0	262	1.95	0.7	0.1	0	5.83	1.95	17.5	7.47	1.69	0
Carrot & Celery Sticks	1/2 cup	9	0	18	0.73	0.11	10.6	4537	1.97	0.27	2.09	0	0	0
Turkey Club Sandwich	1 each	317	47	1101	7.72	2.65	147.8	5252	8.99	22.38	37.97	9.18	1.16	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
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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													7.40%	

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
Spicy Chicken	2.8 oz	103	46	483	0	1.11	0	103	0	13.37	5.14	2.57	0.51	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
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
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
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
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, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Buffalo Chicken Stromboli	1 slice	378	44	969	5.73	3.68	202.2	1184	14.31	26.2	45.32	10.98	3.42	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
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
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	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
Chipotle Chicken Pasta Salad	2 cups	467	81	468	7.09	3.35	51	1371	10.78	31.36	49.86	16.78	2.19	0
Mediterranean Turkey Wrap	1 each	285	42	766	2.63	1.67	157.2	1850	10.96	16.18	23.6	14.39	4.06	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													7.40%	

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
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
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
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
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	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
Three Cheese Stromboli	1 slices	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	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
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
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
Mandarin Chicken Pasta Salad	2 cups	371	33	334	7.3	2.3	30.2	3681	14.26	17.03	66.75	4.52	0.74	0
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													10.60%	

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
Turkey Carnitas	1 taco	247	64	541	2.61	6.27	136.7	632	7.59	18.66	20.08	10.92	5.34	0
Santa Fe Brown Rice	1/2 cup	108	3	213	2.06	0.93	32.3	0	0	3.6	20.58	1.29	0.51	0
Pinto Beans (Marco's)	1/2 cup	187	0	440	5.34	1.8	40	0	2.4	7.34	22.01	7.34	1	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
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	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
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
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
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
Turkey Ham & Swiss Sandwich	50 each	312	43	750	6.76	2	354.3	741	8.79	18.72	34.41	11.48	5.51	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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													10.00%	

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
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
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
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
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
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
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	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
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	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
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
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													9.00%	

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
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
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
Buffalo Chicken Stromboli	1 slice	378	44	969	5.73	3.68	202.2	1184	14.31	26.2	45.32	10.98	3.42	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
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
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	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
Chipotle Chicken Pasta Salad	2 cups	467	81	468	7.09	3.35	51	1371	10.78	31.36	49.86	16.78	2.19	0
Mediterranean Turkey Wrap	1 each	285	42	766	2.63	1.67	157.2	1850	10.96	16.18	23.6	14.39	4.06	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													7.90%	

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
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
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
Three Cheese Stromboli	1 slices	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	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
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
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
Mandarin Chicken Pasta Salad	2 cups	371	33	334	7.3	2.3	30.2	3681	14.26	17.03	66.75	4.52	0.74	0
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													11.60%	

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
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
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	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
Carrot Sticks	1/2 cup	4	0	25	0.51	0.06	12.7	143	0.98	0.22	0.95	0	0	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
Pineapple Cup	1/2 cup	66	0	1	1	0.49	18	48	9.4	0.45	16.95	0.15	0.01	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
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	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
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
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
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
Turkey & Swiss Sandwich	50 each	311	37	716	6.76	1.83	354	729	8.48	19.01	35.2	10.92	5.31	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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													8.20%	

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
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
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
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
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, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Veggie Lovers Pizza	slices	375	36	976	6.74	3.65	481.3	990	40.55	24.1	44.1	12.54	6.17	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
TexMex Stuffed Chicken Burrito	1 each	470	81	938	4.93	4.68	261.3	2275	4.41	24.82	56.86	16.12	8.25	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
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	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
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
Southwest Chicken Fajita Wrap	1 each	348	86	927	3.76	2.51	57	4131	15.04	19.51	25.31	19.19	3.67	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													9.70%	

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
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
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
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
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, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Buffalo Chicken Stromboli	1 slice	378	44	969	5.73	3.68	202.2	1184	14.31	26.2	45.32	10.98	3.42	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
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
Mexican corn	1/2 cup	84	0	35	2.19	0.5	5.6	280	10.24	2.57	17.37	1.78	0.3	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
Chipotle Chicken Pasta Salad	2 cups	467	81	468	7.09	3.35	51	1371	10.78	31.36	49.86	16.78	2.19	0
Mediterranean Turkey Wrap	1 each	285	42	766	2.63	1.67	157.2	1850	10.96	16.18	23.6	14.39	4.06	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													7.10%	

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
Spaghetti WW w/ Meatballs	5 meatballs	430	38	606	8.05	3.75	102.7	4617	55	21.65	57.87	13.6	4.89	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
Honey Glazed Carrots	1/2 Cup	145	0	110	3.84	0.59	43.1	16114	2.94	0.95	25.8	5	0.85	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
Three Cheese Stromboli	1 slices	417	38	943	6.13	4.02	458	505	7.93	25.84	49.24	13.85	6.61	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
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
Hot Dog Toppings	1 each	21	2	110	0.13	0.11	18.7	140	0.26	0.71	2.88	0.84	0.5	0
Meatball Sub on WW Roll	1 each	265	36	584	1.45	1.95	158.7	1260	14.3	16.56	19.43	11.49	4.77	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
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
Green Bean Salad	1/2 cup	48	0	150	2.63	0.72	38.8	679	8.23	1.43	6.64	2.38	0.35	0
Mandarin Chicken Pasta Salad	2 cups	371	33	334	7.3	2.3	30.2	3681	14.26	17.03	66.75	4.52	0.74	0
Turkey & Provolone Bagel	1 Each	368	38	796	3.79	2.05	265.7	1648	7	20.37	38.26	11.11	5.26	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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 packet	8	0	101	0	0	0	159	0	0	2.12	0	0	0
Saturated Fat % of Total Calories													9.30%	

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 SEC	3 slices	134	40	885	0	0.14	0	78	0	20.92	3.52	3.87	0.39	0
Whole Wheat Biscuit	1 each	190	0	670	1.89	1.28	38.2	2	0.23	4	23	9	5	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
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
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
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
Three Cheese Spinach Calzone	slice	582	45	1116	7.52	4.38	560	1166	8.73	31.59	60.49	24.71	10.58	0
Cucumber Tomato Salad	4 oz	238	0	979	5.36	1.55	69.3	3217	55.14	4.52	32.19	11.58	1.96	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
BBQ Shredded Beef Sandwich	1 Each	301	41	857	2.07	3.75	80.8	0	0.26	23.53	42.37	4.31	0.92	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
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
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
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
Turkey Ham & Swiss Sandwich	50 each	312	43	750	6.76	2	354.3	741	8.79	18.72	34.41	11.48	5.51	0
Turkey & Cheddar Sub	1 each	193	26	381	1.79	1.2	142.5	1540	6.86	12.86	16.28	6.73	3.26	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
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
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													10.00%	