DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

NOVEMBER EARLY CHILDHOOD LUNCH MENU

Did you know—If you see a menu item in green, it's local, if you see it in blue, the meal has international influence and if you see it in orange it is a Fresh Feature Friday winner!

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Ham & Cheddar Melt on Whole Wheat Bread Local Herb Roasted Butternut Squash Buttered Green Peas Fresh Orange Wedges Skim or 1% Milk	**2** Local Beef Soft Tacos on a Whole Wheat Tortilla Chili Black Beans Local Mexican Corn Fresh Local Apple Skim or 1% Milk	**3 Bahrain's Food Day** Local Chicken Machboos with Brown Rice Roasted Zucchini with Tomatoes Fresh Banana Skim or 1% Milk	**4** **Parent Teacher Conference Day** **No School**
7 Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Baked Potato Fries Fresh Local Pear Skim or 1% Milk Ketchup & Mustard	**8** Chopped Orange Chicken Brown Rice Local Asian Style Carrots Local Asian Broccoli Fresh Orange Wedges Skim or 1% Milk	**9** Whole Wheat Mac & Cheese Local Sautéed Green Beans Local Roasted Butternut Squash Fresh Local Apple Skim or 1% Milk	**10** Local Oven Fried Chicken Whole Grain Cornbread Muffin Local Braised Collard Greens Local Steamed Corn Fresh Banana Skim or 1% Milk	**11** **Veterans Day** **No School**
14 All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Sweet Potato Fries Fresh Local Pear Skim or 1% Milk Ketchup & Mustard	**15** Cajun Catfish Brown Rice Local Collard Greens Local Steamed Corn Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**16** Chopped Chicken Parmesan over Whole Grain Pasta Local Romain Lettuce with Tomatoes Fresh Local Apple Skim or 1% Milk Italian Dressing	**17 Thanksgiving Meal** Roasted Turkey Whole Grain Cornbread Muffin Local Cheesy Broccoli Local Mashed Potatoes Fresh Banana Skim or 1% Milk Brown Gravy	**18** Chopped Buffalo Chicken Tender Whole Wheat Roll Celery Sticks Roasted Carrots Fresh Cantaloupe Wedge Skim or 1% Milk House Ranch Dressing
21 Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes Sautéed Peppers & Onions Fresh Local Pear Skim or 1% Milk All Natural Syrup & Ketchup	**22** Chicken & Cheese Quesadilla in a Whole Wheat Tortilla Chili Black Beans Tomato Salsa Fresh Orange Wedges Skim or 1% Milk	**23** Crispy Fish Sandwich on a Whole Wheat Bun Local Braised Kale Local Sweet Potato Fries Fresh Local Apple Skim or 1% Milk Hot Sauce	**24** **Thanksgiving Day** **No School**	**25** **Thanksgiving Day** **No School**
28 Whole Grain Flatbread Cheese Pizza Local Kale Salad with Red Peppers Fresh Local Pear Skim or 1% Milk	**29** Local Curried Chicken Drum Whole Wheat Roll Local Southern Cabbage Buttered Green Peas Fresh Orange Wedges Skim or 1% Milk	**30** Local Beef Tacos Cilantro Lime Rice Chili Black Beans Local Mexican Corn Fresh Local Apple Skim or 1% Milk		

Bahrain's Food Day

Join us in celebrating Bahrain's Food Day on November 3rd by exploring traditional Bahraini food for breakfast, lunch, and supper! Bahrain is a beautiful country formed from 33 islands in the Middle East. Because the land is mostly desert, Bahrainis rely on importing foods instead of growing their own food. Traditional Bahraini cuisine includes fish, rice, dates, tomatoes, and cucumbers!

DC Central Kitchen

Lunch Analysis

Grades K-8

Monday, 10/31/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
WG Flatbread Cheese Pizza	2 slices	365	30	596	4.29	2.35	444	920	11.18	3.67	20.57	36.86	14.28	7.13	0
Kale Salad	1.25 C	85	0	187	3.07	1.09	83.1	6657	123.8	3.24	2.98	8.89	4.98	0.67	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		654	42	892	12.88	3.83	848.2	8100	142.63	36.95	32.41	85.03	21.88	9.38	0

Tuesday, 11/1/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Ham & Cheddar Melt	1 sandwich	358	51	1040	6	3.43	602.5	304	4.8	*N/A*	23.76	38.55	14.16	5.58	0
Herb Roasted Butternut Squash	.5 C	84	0	215	2.22	0.79	48.1	1683	15.5	0.03	1.34	11.33	4.65	0.71	0
Buttered Green Peas	.25 C	46	0	121	2.14	0.74	10.5	980	8.57	2.38	2.49	6.49	1.27	0.18	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		634	63	1483	12.57	5.13	1003	3652	77.82	23.7	36.67	79.36	22.56	8.02	0

Wednesday, 11/2/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Tacos in WW Tortilla	1 taco	280	49	520	4.82	3.62	78.4	841	15.94	0.88	19.64	23.27	11.91	4.12	0.48
Chili Black Beans	.5 C	191	0	163	8.44	2.92	71	475	12.52	0.76	11.19	33.4	2.01	0.38	0
Mexican Corn	.25 C	43	0	76	1.21	0.28	3.3	552	17.13	1.54	1.4	9.41	0.67	0.1	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	18.91	0.47	25.13	0.31	0.05	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		711	62	869	18.84	7.11	468.7	2443	53.96	34.78	40.93	103.39	17.26	6.19	0

Thursday, 11/3/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Chicken Machboos	1 each	114	49	29	0.64	0.92	13	133	2.78	0.04	19.19	1.35	3.63	0.52	0
Chicken Machboos Rice	.5 C	120	0	145	1.06	0.44	16.8	2	1.09	0.15	2.33	22.65	2.2	0.38	0
Bahrain Zucchini & Tomatoes	.75 C	49	0	220	1.81	0.56	27.9	746	25.43	4.06	1.78	5.99	2.61	0.43	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		491	61	503	6.58	2.3	368.6	1435	39.57	31.36	32.81	69.12	11.2	3	0

Friday, 11/4/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**623**	**57**	**937**	**13**	**5**	**672**	**3908**	**78**	**32**	**36**	**84**	**18**	**7**	**0**
											23%	**54%**	**26%**	**10%**	**0%**

Monday, 11/7/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Burger on WW Bun	1 burger	274	49	290	4.15	3.19	30.7	102	0.06	3.04	21.07	29.53	9.52	2.96	0.48
BBQ Baked Beans	.5 C	189	0	150	10.5	2.69	85.5	505	1.68	3.74	9.37	29.79	4.37	0.57	0
Baked Potato Fries	.25 C	48	0	73	1.09	0.43	7	69	9.31	0.41	1.04	8.6	1.16	0.18	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	0	2	0	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Totals		734	61	792	21.26	6.7	444.3	1200	18.69	37.24	40.35	109.2	17.66	5.29	0

Tuesday, 11/8/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Orange Glazed Chicken	2 oz	165	48	335	0.6	0.87	25	9	9.21	1.7	19.68	16.03	2.49	0.35	0
Brown Rice	.5 C	118	0	144	1.18	0.52	11.5	136	0.07	0.06	2.4	22.7	1.96	0.34	0
Asian Style Carrots	.5 C	91	0	347	3.38	0.51	43.7	18853	10.68	6.41	1.86	12.93	4.13	0.6	0
Asian Broccoli	.25 C	37	0	174	1.34	0.42	25.4	311	44.63	1.01	1.75	3.84	2.11	0.3	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		557	61	1108	8.72	2.49	447.4	19994	113.53	30.47	34.77	78.48	13.17	3.16	0

Wednesday, 11/9/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Mac & Cheese 1.5oz	1 C	303	25	465	4.18	1.58	378	389	0.04	4.08	16.14	38.51	9.05	4.95	0.07
Sauteed Green Beans	.5 C	53	0	143	2.23	0.76	36.9	116	11	0.01	1.58	6.7	2.34	0.34	0
Roasted Butternut Squash	.25 C	36	0	72	1.06	0.36	23	837	7.53	0	0.63	5.46	1.77	0.27	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	18.91	0.47	25.13	0.31	0.05	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		590	37	789	11.85	2.99	753.9	1919	26.94	35.69	27.04	87.98	15.84	7.16	0

Thursday, 11/10/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Oven Fried Chicken	1 drum	229	121	333	1.39	1.31	41.2	592	0.42	0.99	24.45	11.55	8.33	2.05	0
Whole Wheat Roll 1.5 oz	1.5 oz	100	0	210	5	1.08	40	0	0	2	5	20	1	0	0
Braised Collard Greens	.5 C	64	0	170	5.51	0.34	218.7	9853	52.96	1.47	3.77	10.63	1.73	0.25	0
Steamed Corn	.25 C	46	0	71	0.87	0.17	1.7	81	2.65	1.03	1.25	8.57	1.41	0.22	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		646	133	892	15.83	3.28	612.6	11079	66.3	32.62	43.98	89.88	15.23	4.2	0

Friday, 11/11/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**646**	**133**	**892**	**16**	**3**	**613**	**11079**	**66**	**33**	**44**	**90**	**15**	**4**	**0**
											27%	**56%**	**21%**	**6%**	**0%**

Monday, 11/14/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
All Beef Hotdog on a WW Bun	1 each	320	35	710	4	2.16	40	0	1.2	4	11	30	17.5	7	0
BBQ Baked Beans	.5 C	189	0	150	10.5	2.69	85.5	505	1.68	3.74	9.37	29.79	4.37	0.57	0
Sweet Potato Fries	.25 C	55	0	98	1.61	0.36	16.7	7147	1.27	2.12	0.87	10.5	1.14	0.18	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	0	2	0	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Totals		787	47	1237	21.64	5.6	463.3	8175	11.8	39.91	30.1	111.57	25.62	9.33	0

Tuesday, 11/15/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Cajun Catfish	3 oz	151	67	260	0.44	0.49	14.1	454	0.41	0.13	18.88	1.17	7.43	1.63	0.06
Brown Rice	.5 C	118	0	144	1.18	0.52	11.5	136	0.07	0.06	2.4	22.7	1.96	0.34	0
Braised Collard Greens	.5 C	64	0	170	5.51	0.34	218.7	9853	52.96	1.47	3.77	10.63	1.73	0.25	0
Steamed Corn	.25 C	46	0	71	0.87	0.17	1.7	81	2.65	1.03	1.25	8.57	1.41	0.22	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Hot Sauce PC	1 pack	0	0	32	0	0.01	0.1	2	0.9	0.02	0.01	0.02	0	0	*N/A*
Totals		525	80	785	10.2	1.68	587.9	11211	105.93	24	35.4	66.09	15.02	4	0

Wednesday, 11/16/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Chicken Parmesan	2 oz	250	62	720	3.55	4.12	252	1317	30.1	6.06	28.54	25.13	4.91	2.56	0
Whole Wheat Pasta	.75 C	187	0	209	4.74	1.14	0.1	0	0	0	5.53	32.38	4.45	0.48	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.54	0.56	1.49	0.14	0.02	0
Tomatoes	.25 C	11	0	3	0.72	0.16	6	501	8.23	1.58	0.53	2.34	0.12	0.02	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	18.91	0.47	25.13	0.31	0.05	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Italian Dressing	1 oz	81	0	24	0.19	0.34	8.8	54	0.34	0.26	0.07	0.61	8.68	1.2	0
Totals		733	74	1070	14.52	6.49	597.8	6399	48.86	40.04	43.92	99.25	20.97	5.87	0

Thursday, 11/17/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Roasted Turkey	3 oz	88	35	562	0.26	0.86	10	23	0.23	0.01	18.18	1.67	1.6	0.1	0
WG Cornbread Muffin 3 oz	1 each	240	25	150	2	1.08	40	100	0	15	4	38	8	1	0
Cheesy Broccoli	.5 C	101	10	295	2.57	0.76	200.8	716	86.99	1.66	7.39	6.91	5.64	2.31	0
Mashed Potatoes	.25 C	60	3	152	1.32	0.3	13.6	33	4.97	0.88	1.14	8.94	2.3	0.76	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Brown Gravy	1 oz	30	6	183	0.08	0.11	3.2	69	0.29	0.06	0.39	1.88	2.34	1.42	0
Totals		726	91	1451	9.3	3.49	578.5	1495	102.74	44.73	40.62	96.52	22.63	7.26	0

Friday, 11/18/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Buffalo Chicken Strips	2 oz	123	48	982	0.36	0.8	7.4	162	29.58	0.51	19.1	1.48	4.62	0.67	0
Whole Wheat Roll 1.5 oz	1.5 oz	100	0	210	5	1.08	40	0	0	2	5	20	1	0	0
Baby Carrots	.5 C	25	0	55	2.03	0.63	22.3	9694	1.86	*N/A*	0.44	5.73	0.08	0.01	0
Celery Sticks	.25 C	6	0	30	0.6	0.07	15	168	1.16	0.5	0.26	1.11	0.06	0.02	0
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	12.48	1.33	12.95	0.3	0.08	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
House Ranch Dressing	1 oz	40	4	148	0.05	0.06	28.9	80	1.2	1.29	0.78	3.04	2.75	0.98	0
Totals		450	65	1557	9.47	3.05	432.8	15952	92.06	29.46	35.14	56.49	11.18	3.31	0
Weekly Averages		**644**	**71**	**1220**	**13**	**4**	**532**	**8646**	**72**	**36**	**37**	**86**	**19**	**6**	**0**
											23%	**53%**	**27%**	**8%**	**0%**

Monday, 11/21/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain Waffle	2 each	140	0	250	2	1.08	20	25	0	5	4	27	2	0	0
Turkey Sausage	2 oz	100	40	340	0	0.72	0	200	0	*N/A*	10	0	8	2	0
Hash Brown Potatoes	.5 C	90	0	146	2.19	0.86	12.9	2	20.11	0.85	2.16	18.16	1.19	0.19	0
Sauteed Peppers & Onions	.25 C	21	0	48	0.96	0.16	11.5	115	26.35	1.56	0.53	3.46	0.84	0.14	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	0	2	0	0	0
Totals		600	52	998	10.67	3.2	365.5	865	54.11	37.45	25.55	97.91	14.64	3.92	0

Tuesday, 11/22/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Chicken & Cheese Quesadilla	1 quesadilla	262	41	601	4.23	2	322	319	1.36	0.06	21.38	22.41	9.88	4.46	0
Chili Black Beans	.5 C	191	0	163	8.44	2.92	71	475	12.52	0.76	11.19	33.4	2.01	0.38	0
Tomato Salsa	.25 C	17	0	76	1.06	0.26	9.4	584	12.95	1.71	0.77	3.61	0.19	0.03	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		615	53	948	15.94	5.35	744.2	2062	75.78	23.82	42.44	82.4	14.55	6.42	0

Wednesday, 11/23/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Crispy Fish Sandwich - 2 oz	1 sandwich	326	49	591	4.82	2.5	68.8	235	0.07	3.9	23.54	39.52	9.73	1.24	0
Braised Kale	.5 C	54	0	170	3.23	1.17	130.8	7704	93.42	2.13	3.53	8.21	1.94	0.25	0
Sweet Potato Fries	.25 C	55	0	98	1.61	0.36	16.7	7147	1.27	2.12	0.87	10.5	1.14	0.18	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	18.91	0.47	25.13	0.31	0.05	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Hot Sauce PC	1 pack	0	0	32	0	0.01	0.1	2	0.9	0.02	0.01	0.02	0	0	*N/A*
Totals		632	61	999	14.03	4.33	532.4	15664	104.03	39.77	36.64	95.57	15.48	3.27	0

Thursday, 11/24/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Friday, 11/25/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**616**	**55**	**982**	**14**	**4**	**547**	**6197**	**78**	**34**	**35**	**92**	**15**	**5**	**0**
											23%	**60%**	**22%**	**7%**	**0%**

Monday, 11/28/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
WG Flatbread Cheese Pizza	2 slices	365	30	596	4.29	2.35	444	920	11.18	3.67	20.57	36.86	14.28	7.13	0
Kale Salad	1.25 C	85	0	187	3.07	1.09	83.1	6657	123.8	3.24	2.98	8.89	4.98	0.67	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		654	42	892	12.88	3.83	848.2	8100	142.63	36.95	32.41	85.03	21.88	9.38	0

Tuesday, 11/29/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Curried Chicken	2 oz	213	121	234	0.61	0.54	11.5	145	0.22	0.09	22.56	1.5	11.96	2.55	0
Whole Wheat Roll 1.5 oz	1.5 oz	100	0	210	5	1.08	40	0	0	2	5	20	1	0	0
Southern Cabbage	.5 C	37	0	196	1.85	0.37	29.1	105	24.75	2.5	1.01	5.22	1.7	0.25	0
Buttered Green Peas	.25 C	46	0	121	2.14	0.74	10.5	980	8.57	2.38	2.49	6.49	1.27	0.18	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		542	133	868	11.81	2.88	432.9	1916	82.49	28.26	40.14	56.19	18.41	4.54	0

Wednesday, 11/30/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Tacos	1 taco	203	49	210	1.48	2.36	28.4	841	15.94	0.88	16.3	9.27	10.74	3.45	0.48
Cilantro-Lime Brown Rice	.5 C	121	0	149	1.34	0.57	12.5	117	3.5	0.25	2.59	23.15	2.02	0.34	0
Chili Black Beans	.5 C	191	0	163	8.44	2.92	71	475	12.52	0.76	11.19	33.4	2.01	0.38	0
Mexican Corn	.25 C	43	0	76	1.21	0.28	3.3	552	17.13	1.54	1.4	9.41	0.67	0.1	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	18.91	0.47	25.13	0.31	0.05	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		755	62	707	16.85	6.42	431.2	2560	57.46	35.03	40.19	112.55	18.11	5.87	0

Thursday, 12/1/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Ham & Cheese on WW Brea	1 sandwich	318	51	960	4	1.99	322.5	304	0	*N/A*	19.76	34.55	13.16	5.58	0
Herb Roasted Butternut Squash	.5 C	84	0	215	2.22	0.79	48.1	1683	15.5	0.03	1.34	11.33	4.65	0.71	0
Roasted Cauliflower	.25 C	23	0	85	1.05	0.23	11.6	0	24.87	0.99	1.02	2.69	1.23	0.23	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		632	63	1369	10.34	3.39	693.2	2541	50.64	28.13	31.62	87.7	21.8	8.19	0

Friday, 12/2/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**646**	**75**	**959**	**13**	**4**	**601**	**3779**	**83**	**32**	**36**	**85**	**20**	**7**	**0**
											22%	**53%**	**28%**	**10%**	**0%**