DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

SEPTEMBER LUNCH MENU

Meet Your Farmer:
Local Broccoli and Cauliflower will come from **Public House Produce in Luray, Virginia**

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Crispy Fish Sandwich on a Whole Wheat Bun Local Garlic Kale Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**2** Local Peruvian Chicken Drum Spanish Rice Red Beans **Local Steamed Broccoli** Fresh Local Apple Skim or 1% Milk	**3** Philly Cheesesteak on a Whole Wheat Hoagie Local Mashed Sweet Potatoes **Local Roasted Cauliflower** Fresh Banana Skim or 1% Milk	**4** BBQ Chicken Tender Whole Wheat Roll Local Romaine Lettuce with Local Tomatoes Fresh Local Watermelon Skim or 1% Milk House Ranch Dressing
7 **Labor Day** **No School**	**8** Whole Grain French Bread Cheese Pizza Local Kale Caesar Salad Rosemary Roasted Potatoes Fresh Orange Wedges Skim or 1% Milk	**9** Turkey Bolognese over Whole Wheat Pasta Local Romaine Salad with Local Tomatoes Fresh Local Apple Skim or 1% Milk Honey Mustard Dressing	**10** Local Beef Tacos in a Whole Wheat Tortilla Chili Black Beans Local Mexican Corn Fresh Banana Skim or 1% Milk	**11** Turkey Ham & Cheddar Melt on Whole Wheat Bread Herb Roasted Carrots **Local Steamed Broccoli** Fresh Local Watermelon Skim or 1% Milk
14 All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Sweet Potato Fries Fresh Local Peach 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** Whole Wheat Baked Ziti Local Romaine Lettuce with Local Cucumbers Fresh Local Apple Skim or 1% Milk Balsamic Dressing	**17** Turkey Sloppy Joe Whole Wheat Bun **Local Cheesy Broccoli** Roasted Red Potatoes Fresh Banana Skim or 1% Milk	**18** Buffalo Chicken Tender Whole Wheat Roll Baby Carrots **Local Cauliflower Florets** Fresh Local Watermelon Skim or 1% Milk House Ranch Dressing
21 Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Baked Potato Fries Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**22** Chicken Teriyaki Brown Rice Glazed Carrots **Local Asian Broccoli** Fresh Orange Wedges Skim or 1% Milk	**23** Whole Wheat Mac & Cheese Local Roasted Zucchini & Local Stewed Tomatoes Fresh Local Apple Skim or 1% Milk	**24** Local Oven Fried Chicken Whole Wheat Roll Local Collard Greens Local Steamed Corn Fresh Banana Skim or 1% Milk	**25** Turkey & Cheddar on a Whole Wheat Bun Local Romaine Lettuce Fresh Local Watermelon Skim or 1% Milk Light Mayonnaise, Mustard & Italian Dressing
28 Whole Grain Waffle Sticks Turkey Sausage Hash Brown Potatoes with Sautéed Peppers & Onions Fresh Local Peach Skim or 1% Milk All Natural Syrup	**29** Crispy Fish Sandwich on a Whole Wheat Bun Local Garlic Kale Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**30** Local Peruvian Chicken Drum Spanish Rice Red Beans **Local Steamed Broccoli** Fresh Local Apple Skim or 1% Milk		

For more information on the DC Central Kitchen, please visit our website:
www.dccentralkitchen.org
For more information on your school's meal program, go to:
www.dcps.dc.gov

Did You Know!?

This school year **DC Central Kitchen** has found **local broccoli and cauliflower** to serve on your lunch menu. When something is local, that means it is grown close by. Local fruits and vegetables not only taste better but are also better for you!

Look for local broccoli and cauliflower on your menu this month highlighted in green!

DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

SEPTEMBER VEGETARIAN ENTRÉE MENU

Meet Your Farmer:

Local Broccoli and Cauliflower will come from **Public House Produce in Luray, Virginia**

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Egg Salad on a Whole Wheat Bun	**2** Cheese Quesadilla in a Whole Wheat Wrap	**3** Whole Grain French Bread Cheese Pizza	**4** BBQ Bites Whole Wheat Roll
7 **Labor Day** **No School**	**8** Sunbutter & Jelly Sandwich on Whole Wheat Bread	**9** Whole Wheat Baked Ziti with Mozzarella Cheese	**10** Cheese Quesadilla in a Whole Wheat Wrap	**11** Grilled Cheese on Whole Wheat Bread
14 Veggie Burger on a Whole Wheat Bun	**15** Black Eyed Peas Brown Rice	**16** Whole Wheat Mac and Cheese	**17** Egg Salad Whole Wheat Bun	**18** BBQ Bites Whole Wheat Roll
21 Veggie Burger on a Whole Wheat Bun	**22** Stir Fried Brown Rice with Egg	**23** Caesar Salad with Mozzarella Cheese Whole Wheat Roll	**24** Powered Up Pasta with Chickpeas	**25** Grilled Cheese on Whole Wheat Bread
28 Whole Grain Waffle Sticks Veggie Breakfast Sausage	**29** Egg Salad on a Whole Wheat Bun	**30** Cheese Quesadilla in a Whole Wheat Wrap		

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DC Central Kitchen

Lunch Analysis

Grades K-8

Monday, 8/31/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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	0	0	4	27	2	0	0
Turkey Sausage	2 oz	100	40	340	0	0.72	0	200	0	10	0	8	2	0
Hash Brown Potatoes	.5 C	90	0	146	2.29	0.82	12.9	2	20.11	2.13	18.14	1.19	0.19	0
Sauteed Peppers & Onions	.25 C	21	0	48	0.96	0.16	11.5	115	26.35	0.53	3.46	0.84	0.14	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	1.37	14.31	0.38	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Totals		547	52	897	7.51	3.23	358.4	1285	56.36	26.25	83.09	14.77	3.88	0

Tuesday, 9/1/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Crispy Fish Sandwich	1 sandwich	370	73	592	4.82	2.66	79.5	284	0.07	31.33	37.52	11.62	1.61	0
Garlic Kale	.75 C	89	0	254	2.38	1.75	177.7	11556	139.44	5.09	10.86	4.35	0.59	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.01	0.02	0	0	*N/A*
Totals		605	86	985	9.41	4.57	599.1	12526	189.35	45.51	71.39	18.45	3.75	0

Wednesday, 9/2/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Peruvian Chicken	2 oz	221	121	399	0.92	0.45	32.4	175	1.08	23.53	2.33	12.25	2.55	0
Spanish Rice	.5 C	141	0	252	1.81	0.92	16.4	401	19.47	2.81	25.9	3.14	0.52	0
Red Beans	.5 C	179	0	76	7.16	3.2	43.8	104	3.15	10.46	29.26	2.73	0.41	0
Steamed Broccoli	.25 C	31	0	86	1.27	0.37	23	304	43.49	1.38	3.24	1.8	0.24	*N/A*
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		769	133	922	15.53	5.24	431.6	1560	75.57	46.87	98.04	22.6	5.32	0

Thursday, 9/3/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Philly Cheesesteak Hoagie	1 sandwich	376	49	559	3.53	2.81	328	230	11.95	21.72	28.83	19.56	8.68	0
Mashed Sweet Potatoes	.5 C	156	0	162	5.15	1.08	55.7	23489	3.99	2.63	36.88	0.09	0.02	0
Roasted Cauliflower	.25 C	23	0	85	1.05	0.23	11.6	0	24.87	1.02	2.69	1.23	0.19	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		747	61	914	12.36	4.46	705.4	24263	49.6	34.69	103.64	23.59	10.54	0

Friday, 9/4/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
BBQ Chicken Tenders	2 oz	119	48	175	0.32	0.97	13.6	325	3.99	19.29	10.39	0.5	0.06	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.01	*N/A*
Tomatoes	.25 C	11	0	3	0.72	0.16	6	501	8.23	0.53	2.34	0.12	0.02	*N/A*
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	0.91	11.3	0.22	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.78	3.04	2.75	0.98	0
Totals		445	65	693	5.64	3.68	469	6186	27.36	34.79	64.73	7.59	2.63	0
Weekly Averages		**623**	**79**	**882**	**10**	**4**	**513**	**9164**	**80**	**38**	**84**	**17**	**5**	**0**
										24%	**54%**	**25%**	**8%**	**0%**

Monday, 9/7/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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

Tuesday, 9/8/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain French Bread Pizza	2 pizza	325	30	516	4.3	3.43	484.2	920	11.18	20.58	33.88	10.78	6.12	0
Kale Caesar Salad	1 C	61	12	227	1.02	0.87	227.5	5180	61.23	4.91	4.65	3.2	1.86	*N/A*
Rosemary Roasted Potatoes	.25 C	48	0	78	0.85	0.38	6	8	4.02	0.92	7.61	1.7	0.25	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Parmesan Cream Dressing	1 oz	72	7	209	0.02	0.13	68	58	1.01	1.42	3.5	5.7	1.67	0
Totals		652	61	1139	8.4	4.98	1127.5	6852	126.39	36.91	72.62	23.85	11.45	0

Wednesday, 9/9/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Bolognese	4 oz	165	60	391	1.42	2.19	37.2	597	12.38	17.11	8.63	7.58	1.89	0.09
Whole Wheat Pasta	.75 C	187	0	209	4.74	1.14	0.1	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	0.56	1.49	0.14	0.01	*N/A*
Tomatoes	.25 C	11	0	3	0.72	0.16	6	501	8.23	0.53	2.34	0.12	0.02	*N/A*
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Honey Mustard Dressing	1 oz	25	0	82	0.04	0.08	2.9	0	0.48	0.16	3.02	1.42	0.17	0
Totals		592	73	798	12.24	4.3	377.2	5625	31.28	32.58	85.18	16.39	4.16	0

Thursday, 9/10/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Tacos in WW Tortilla	1 taco	280	49	527	4.82	3.62	78.4	841	15.94	19.64	23.27	11.91	4.12	0.48
Chili Black Beans	.5 C	191	0	171	8.44	2.92	71	475	12.52	11.19	33.4	2.01	0.38	0
Mexican Corn	.25 C	43	0	78	1.21	0.28	3.3	552	17.13	1.4	9.41	0.67	0.1	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		706	62	884	17.1	7.15	462.8	2410	54.38	41.56	101.33	17.29	6.24	0

Friday, 9/11/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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	23.76	38.55	14.16	5.58	0
Herb Roasted Carrots	.5 C	66	0	217	3.18	0.38	38.2	18903	7.18	1.06	10.84	2.46	0.38	0
Steamed Broccoli	.25 C	31	0	86	1.27	0.37	23	304	43.49	1.38	3.24	1.8	0.24	*N/A*
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	0.91	11.3	0.22	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		601	63	1452	11.05	4.61	979.2	20840	67.6	35.33	76.1	21.01	7.74	0
Weekly Averages		**638**	**65**	**1068**	**12**	**5**	**737**	**8932**	**70**	**37**	**84**	**20**	**7**	**0**
										23%	**53%**	**28%**	**10%**	**0%**

Monday, 9/14/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
All Beef Hotdog on a WW Bun	1 hotdog	300	35	560	4	1.44	20	0	0	12	28	16.5	6	0
BBQ Baked Beans	.5 C	189	0	150	10.5	2.69	85.5	505	1.68	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	0.87	10.5	1.14	0.18	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	1.37	14.31	0.38	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	2	0	0	*N/A*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Totals		724	47	1085	18.37	4.93	436.3	8620	12.84	31.83	96.77	24.75	8.3	0

Tuesday, 9/15/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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	18.88	1.17	7.43	1.63	*N/A*
Brown Rice	1 C	236	0	289	2.35	1.04	22.9	273	0.15	4.8	45.4	3.93	0.68	0
Braised Collard Greens	.5 C	64	0	170	5.51	0.34	218.7	9853	52.96	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	1.25	8.57	1.41	0.21	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.01	0.02	0	0	*N/A*
Totals		643	80	929	11.38	2.2	599.3	11347	106.01	37.8	88.79	16.98	4.34	0

Wednesday, 9/16/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Baked Ziti	1 C	280	15	243	5.33	2.82	235.2	736	12.19	13.82	40.64	6.21	3.11	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.01	*N/A*
Cucumber Coins	.25 C	6	0	1	0.18	0.1	5.9	39	1.03	0.24	1.34	0.04	0.01	*N/A*
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Balsamic Dressing	1 oz	87	0	75	0.08	0.06	3.5	0	0	0.1	2.08	8.68	1.19	0
Totals		577	27	432	10.91	3.72	575.4	5302	23.41	23.41	82.86	17.74	5.92	0

Thursday, 9/17/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sloppy Joe on WW Bun	1 sandwich	294	60	644	4.87	3.26	60.3	255	3.99	22.14	35.55	9	1.86	0.09
Cheesy Broccoli	.5 C	101	10	295	2.57	0.76	200.8	716	86.99	7.39	6.91	5.64	2.3	0
Roasted Red Potatoes	.25 C	42	0	78	0.81	0.35	5.1	3	3.97	0.89	7.45	1.16	0.18	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		629	82	1126	10.88	4.7	576.2	1517	103.73	39.74	85.15	18.5	5.99	0

Friday, 9/18/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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	19.1	1.48	4.62	0.67	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Baby Carrots	.5 C	25	0	55	2.03	0.63	22.3	9694	1.86	0.44	5.73	0.08	0.01	0
Cauliflower Florets	.25 C	9	0	11	0.75	0.16	8.2	0	18.04	0.72	1.86	0.1	0.02	*N/A*
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	0.91	11.3	0.22	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.78	3.04	2.75	0.98	0
Totals		465	65	1560	6.78	3.7	472.3	11266	62.8	34.68	59.59	11.65	3.24	0
Weekly Averages		**608**	**60**	**1026**	**12**	**4**	**532**	**7610**	**62**	**33**	**83**	**18**	**6**	**0**
										22%	**54%**	**27%**	**8%**	**0%**

Monday, 9/21/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Burger on WW Bun	1 burger	141	3	224	4.15	1.62	22.4	102	0.06	7.04	27.53	2	0.19	0.03
BBQ Baked Beans	.5 C	189	0	150	10.5	2.69	85.5	505	1.68	9.37	29.79	4.37	0.57	0
Baked Potato Fries	.25 C	63	0	74	1.59	0.58	9.4	70	13.33	1.43	12.15	1.17	0.18	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	1.37	14.31	0.38	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	2	0	0	*N/A*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Totals		574	15	725	18.49	5.33	431.3	1645	24.96	27.44	97.96	10.29	2.5	0

Tuesday, 9/22/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Chicken Teriyaki	2 oz	109	48	492	0.3	0.84	9.5	20	7.6	20.16	4.6	1.18	0.17	0
Brown Rice	1 C	236	0	289	2.35	1.04	22.9	273	0.15	4.8	45.4	3.93	0.68	0
Glazed Carrots	.5 C	64	0	213	3.25	0.38	48.3	17729	6.22	1.08	12.77	1.47	0.22	0
Asian Broccoli	.25 C	37	0	165	1.34	0.42	25.4	311	44.63	1.75	3.84	2.11	0.3	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		592	61	1267	9.45	2.84	448	19018	107.54	36.88	89.59	11.15	2.93	0

Wednesday, 9/23/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Mac & Cheese 1.5oz	1 C	325	30	479	4.22	1.66	378.8	446	0.04	16.32	39.7	10.9	6.12	0
Roasted Zucchini & Tomatoes	.75 C	49	0	220	1.82	0.57	23.8	769	25.51	1.8	6	2.61	0.43	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		571	42	809	10.41	2.52	718.5	1791	33.91	26.82	83.02	16.2	8.14	0

Thursday, 9/24/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Oven Fried Chicken	1 drum	312	121	487	2.34	2.33	79.8	592	0.42	27.26	26.71	9.45	2.3	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Braised Collard Greens	.5 C	64	0	170	5.51	0.34	218.7	9853	52.96	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	1.25	8.57	1.41	0.21	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		734	133	1091	14.34	4.8	700.3	11068	64.82	46.1	105.16	16.79	4.42	0

Friday, 9/25/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey & Cheese on a WW Bun	1 sandwich	280	50	746	4	1.72	222.5	304	0	21.54	28.78	11	5.06	0
Romaine Salad	1.5 C	12	0	5	1.43	0.66	22.5	5926	2.72	0.84	2.24	0.2	0.02	*N/A*
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	0.91	11.3	0.22	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	0	0	3	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Italian Dressing	1 oz	81	0	24	0.19	0.34	8.8	54	0.34	0.07	0.61	8.68	1.2	0
Totals		560	62	1065	6.22	3.15	569.2	7614	15.19	31.59	55.1	25.47	7.83	0
Weekly Averages		**606**	**63**	**991**	**12**	**4**	**573**	**8227**	**49**	**34**	**86**	**16**	**5**	**0**
										22%	**57%**	**24%**	**8%**	**0%**

Monday, 9/28/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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	0	0	4	27	2	0	0
Turkey Sausage	2 oz	100	40	340	0	0.72	0	200	0	10	0	8	2	0
Hash Brown Potatoes	.5 C	90	0	146	2.29	0.82	12.9	2	20.11	2.13	18.14	1.19	0.19	0
Sauteed Peppers & Onions	.25 C	21	0	48	0.96	0.16	11.5	115	26.35	0.53	3.46	0.84	0.14	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	1.37	14.31	0.38	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Totals		547	52	897	7.51	3.23	358.4	1285	56.36	26.25	83.09	14.77	3.88	0

Tuesday, 9/29/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Crispy Fish Sandwich	1 sandwich	370	73	592	4.82	2.66	79.5	284	0.07	31.33	37.52	11.62	1.61	0
Garlic Kale	.75 C	89	0	254	2.38	1.75	177.7	11556	139.44	5.09	10.86	4.35	0.59	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.01	0.02	0	0	*N/A*
Totals		605	86	985	9.41	4.57	599.1	12526	189.35	45.51	71.39	18.45	3.75	0

Wednesday, 9/30/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Peruvian Chicken	2 oz.	110	60	199	0.46	0.23	16.2	87	0.54	11.77	1.17	6.13	1.28	0
Spanish Rice	.75 C	212	0	378	2.71	1.38	24.6	602	29.21	4.21	38.85	4.71	0.79	0
Red Beans	.5 C	179	0	76	7.16	3.2	43.8	104	3.15	10.46	29.26	2.73	0.41	0
Steamed Broccoli	.25 C	31	0	86	1.27	0.37	23	304	43.49	1.38	3.24	1.8	0.24	*N/A*
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		729	72	849	15.97	5.47	423.6	1673	84.77	36.5	109.82	18.04	4.31	0

Thursday, 10/1/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Philly Cheesesteak Hoagie	1 sandwich	376	49	559	3.53	2.81	328	230	11.95	21.72	28.83	19.56	8.68	0
Mashed Sweet Potatoes	.5 C	156	0	162	5.15	1.08	55.7	23489	3.99	2.63	36.88	0.09	0.02	0
Roasted Cauliflower	.25 C	23	0	85	1.05	0.23	11.6	0	24.87	1.02	2.69	1.23	0.19	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		747	61	914	12.36	4.46	705.4	24263	49.6	34.69	103.64	23.59	10.54	0

Friday, 10/2/15

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
BBQ Chicken Tenders	2 oz	119	48	175	0.32	0.97	13.6	325	3.99	19.29	10.39	0.5	0.06	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.01	*N/A*
Tomatoes	.25 C	11	0	3	0.72	0.16	6	501	8.23	0.53	2.34	0.12	0.02	*N/A*
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	0.91	11.3	0.22	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.78	3.04	2.75	0.98	0
Totals		445	65	693	5.64	3.68	469	6186	27.36	34.79	64.73	7.59	2.63	0
Weekly Averages		**615**	**67**	**868**	**10**	**4**	**511**	**9187**	**81**	**36**	**87**	**16**	**5**	**0**
										23%	**56%**	**24%**	**7%**	**0%**