DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

OCTOBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Philly Cheesesteak on a Whole Wheat Hoagie Local Mashed Sweet Potatoes Local Roasted Cauliflower Fresh Banana Skim or 1% Milk	**2** BBQ Chicken Tender Whole Wheat Roll Local Romaine Lettuce with Local Tomatoes Fresh Local Watermelon Skim or 1% Milk House Ranch Dressing
5 Whole Grain French Bread Cheese Pizza Local Kale Salad with Red Peppers Fresh Local Pear Skim or 1% Milk	**6** Chicken Curry Whole Wheat Roll Local Round Cabbage Curry Buttered Green Peas Fresh Orange Wedges Skim or 1% Milk	**7** Local Beef Tacos Spanish Rice Chili Black Beans Local Mexican Corn Fresh Local Apple Skim or 1% Milk	**8** Turkey Ham & Cheddar Melt on Whole Wheat Bread Local Herb Roasted Butternut Squash Sautéed Green Beans Fresh Banana Skim or 1% Milk	**9** **Professional Development Day** **No School**
12 **Columbus Day** **No School**	**13 Meatless Tuesday** Veg Out Chili Brown Rice Mexican Corn Local Steamed Broccoli Fresh Orange Wedges Skim or 1% Milk	**14 Parent & Teacher Lunch Day** Chicken Parmesan with Whole Wheat Pasta Local Romaine Lettuce with Tomatoes Fresh Local Apple Skim or 1% Milk Italian Dressing	**15** Cajun Catfish Whole Wheat Roll Local Collard Greens Local Herb Roasted Butternut Squash Fresh Banana Skim or 1% Milk Hot Sauce	**16** Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Mashed Sweet Potatoes Fresh Cantaloupe Wedge Skim or 1% Milk Ketchup & Mustard
19 **Parent Teacher Conference Day** **No School**	**20** All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Steamed Corn Fresh Orange Wedges Skim or 1% Milk Ketchup & Mustard	**21 Curacaoan Food Day** Galiña Stobá Stewed Chicken Brown Rice Kolo Stobá Local Stewed Cabbage Banana Stobá Plantains Fresh Local Apple Skim or 1% Milk	**22** Whole Wheat Mac & Cheese Local Braised Kale Baby Carrots Fresh Banana Skim or 1% Milk	**23** BBQ Chicken Tender Whole Wheat Roll Local Sweet Potato Fries Buttered Green Peas Fresh Cantaloupe Wedge Skim or 1% Milk
26 Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes with Sautéed Peppers & Onions Fresh Local Pear Skim or 1% Milk All Natural Syrup	**27** Crispy Fish Sandwich Whole Wheat Bun Local Braised Kale Local Mashed Cauliflower Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**28** Local Peruvian Chicken Drum Spanish Rice Chili Black Beans Local Cheesy Broccoli Fresh Local Apple Skim or 1% Milk	**29** Philly Cheesesteak on a Whole Wheat Hoagie Local Sweet Potato Fries Sautéed Green Beans Fresh Banana Skim or 1% Milk	**30 12:15 Dismissal** Turkey & Cheddar on a Whole Wheat Bun Local Romaine Lettuce with Local Tomatoes Fresh Cantaloupe Wedge Skim or 1% Milk Light Mayonnaise, Mustard & Honey Mustard Dressing

Growing Healthy Schools Month

October is Growing Healthy Schools Month where all across the city schools are celebrating the *DC Healthy Schools Act*. Local non-profits, farms, athletes and chefs will provide activities to engage students in conversations about **nutrition, the environment, recycling and being active**. Some fun activities include gardening, book reading, family engagement nights, brain-breaks and more!

For more information visit: http://osse.dc.gov/growing-healthy-schools-month

DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

OCTOBER VEGETARIAN ENTRÉE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Whole Grain French Bread Cheese Pizza	**2** BBQ Bites Whole Wheat Roll
5 Sunbutter & Jelly Sandwich on Whole Wheat Bread	**6** Curried Chickpeas Brown Rice	**7** Caesar Salad with Mozzarella Cheese Whole Wheat Roll	**8** Grilled Cheese on Whole Wheat Bread	**9** **Professional Development Day** **No School**
12 **Columbus Day** **No School**	**13 Meatless Tuesday** Cheese Quesadilla in a Whole Wheat Wrap	**14 Parent & Teacher Lunch Day** Whole Grain French Bread Cheese Pizza	**15** Egg Salad Whole Wheat Roll	**16** Veggie Burger on a Whole Wheat Bun
19 **Parent Teacher Conference Day** **No School**	**20** Veggie Burger on a Whole Wheat Bun	**21 Curacaoan Food Day** Bonchi Kora Kidney Beans Brown Rice	**22** Powered Up Pasta with Chickpeas	**23** BBQ Bites Whole Wheat Roll
26 Whole Grain Waffle Sticks Veggie Breakfast Sausage	**27** Egg Salad on a Whole Wheat Bun	**28** Caesar Salad with Mozzarella Cheese Whole Wheat Croutons	**29** Whole Grain French Bread Cheese Pizza	**30** Sunbutter & Jelly Sandwich on a Whole Wheat Bun

Growing Healthy Schools Month

October is Growing Healthy Schools Month where all across the city schools are celebrating the *DC Healthy Schools Act*. Local non-profits, farms, athletes and chefs will provide activities to engage students in conversations about **nutrition, the environment, recycling and being active**. Some fun activities include gardening, book reading, family engagement nights, brain-breaks and more!

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DC Central Kitchen

Lunch Analysis

Grades K-8

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	152	0	75	5.96	2.67	37.2	104	2.79	8.67	24.4	2.65	0.4	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		702	72	848	14.76	4.94	417	1673	84.41	34.71	104.96	17.96	4.29	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		**609**	**67**	**867**	**10**	**4**	**510**	**9187**	**81**	**35**	**86**	**16**	**5**	**0**
										23%	**56%**	**24%**	**7%**	**0%**

Monday, 10/5/15

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	4.29	3.43	484	920	11.18	20.57	33.86	10.78	6.12	0
Kale Salad	1.25 C	85	0	187	2.25	1.09	83.1	6657	123.8	2.98	8.89	4.98	0.66	*N/A*
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	0.64	27.11	0.25	0.04	*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		614	42	812	12.06	4.91	888.2	8100	142.63	32.41	82.03	18.38	8.36	0

Tuesday, 10/6/15

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 Curry	2 oz	102	24	156	0.76	0.89	20.4	12	0.28	9.65	2.11	6.24	1.25	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Round Cabbage Curry	.5 C	42	0	153	2.23	0.57	40.6	88	24.27	1.05	5.04	2.44	0.38	0
Buttered Green Peas	.25 C	46	0	121	2.14	0.74	10.5	980	8.57	2.49	6.49	1.27	0.18	*N/A*
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		456	36	792	10.34	3.98	503.3	1766	82.07	26.77	60.62	13.92	3.36	0

Wednesday, 10/7/15

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)
Beef Tacos	1 taco	203	49	217	1.48	2.36	28.4	841	15.94	16.3	9.27	10.74	3.45	0.48
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
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 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		846	62	953	18.22	7.23	443.3	3045	83.17	41.81	128.24	20.8	6.3	0

Thursday, 10/8/15

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)
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 Butternut Squash	.5 C	84	0	215	2.22	0.79	48.1	1683	15.5	1.34	11.33	4.65	0.71	0
Sauteed Green Beans	.25 C	25	0	71	1.03	0.35	17	54	5.06	0.73	3.09	1.16	0.17	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		660	63	1434	11.87	4.91	977.7	2583	34.15	35.15	88.22	22.68	8.1	0

Friday, 10/9/15

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)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**644**	**51**	**998**	**13**	**5**	**703**	**3874**	**86**	**34**	**90**	**19**	**7**	**0**
										21%	**56%**	**26%**	**9%**	**0%**

Monday, 10/12/15

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, 10/13/15

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)
Veg Out Chili	6 oz	228	0	523	13.63	4.11	90.5	671	18.43	13.15	42.07	1.86	0.34	0
Brown Rice	.75 C	177	0	216	1.76	0.78	17.2	204	0.11	3.6	34.05	2.95	0.51	0
Mexican Corn	.5 C	86	0	156	2.42	0.56	6.7	1104	34.26	2.81	18.82	1.34	0.19	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*
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		668	12	1089	21.3	5.98	479.1	2968	145.24	30.02	121.17	10.42	2.84	0

Wednesday, 10/14/15

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)
Chicken Parmesan	2 oz	250	62	720	3.55	4.12	252	1317	30.1	28.54	25.13	4.91	2.54	0
Whole Wheat Pasta	1 C	249	0	279	6.32	1.52	0.2	0	0	7.37	43.17	5.93	0.64	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*
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		795	74	1139	16.1	6.87	597.9	6399	48.86	45.77	110.05	22.45	6.01	0

Thursday, 10/15/15

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	2 oz	101	45	174	0.29	0.32	9.4	303	0.27	12.59	0.78	4.95	1.09	*N/A*
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
Herb Roasted Butternut Squash	.25 C	42	0	107	1.11	0.4	24.1	842	7.75	0.67	5.67	2.32	0.35	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*
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		519	57	846	12.54	3.02	652.4	11542	70.67	30.86	76.35	13.21	3.35	0

Friday, 10/16/15

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)
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
Mashed Sweet Potatoes	.25 C	78	0	81	2.57	0.54	27.8	11745	1.99	1.31	18.44	0.05	0.01	0
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	1.33	12.95	0.3	0.08	*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		584	15	758	18.65	5.25	455	18200	61.99	27.28	102.89	9.08	2.39	0
Weekly Averages		**642**	**40**	**958**	**17**	**5**	**546**	**9777**	**82**	**33**	**103**	**14**	**4**	**0**
										21%	**64%**	**19%**	**5%**	**0%**

Monday, 10/19/15

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, 10/20/15

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
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*
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		701	47	1059	17.58	4.47	449	1271	53.27	31.71	91.35	24.76	8.33	0

Wednesday, 10/21/15

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)
Galina Stoba Stewed Chicken	2 oz	192	121	427	0.76	0.66	20.1	231	9.14	23.39	3.51	8.23	1.96	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
Kolo Stoba Stewed Cabbage	.5 C	44	1	475	2.62	0.71	43.5	291	34.1	1.66	8.74	0.69	0.24	0
Banana Stoba Plantains	.25 C	81	0	103	2.01	0.48	14.5	2687	8.61	0.75	20.57	0.43	0.14	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		750	134	1403	12.11	3.18	416.9	4057	60.37	39.3	115.54	15.96	4.62	0

Thursday, 10/22/15

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)
Whole Wheat Mac & Cheese 1.5oz	1 C	303	25	465	4.18	1.58	378	389	0.04	16.14	38.51	9.05	4.95	0
Braised Kale	.5 C	54	0	170	2	1.17	130.8	7704	93.42	3.53	8.21	1.94	0.25	0
Baby Carrots	.25 C	12	0	27	1.02	0.32	11.2	4847	0.93	0.22	2.87	0.04	0.01	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		562	37	770	9.82	3.41	830	13483	103.17	29.22	84.83	13.73	6.85	0

Friday, 10/23/15

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)
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
Sweet Potato Fries	.5 C	109	0	195	3.23	0.72	33.5	14294	2.54	1.73	21	2.28	0.35	0
Buttered Green Peas	.25 C	46	0	121	2.14	0.74	10.5	980	8.57	2.49	6.49	1.27	0.18	*N/A*
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	1.33	12.95	0.3	0.08	*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		551	61	879	10.12	4.45	466.9	21446	73.37	37.57	87	8.22	2.21	0
Weekly Averages		**641**	**70**	**1028**	**12**	**4**	**541**	**10064**	**73**	**34**	**95**	**16**	**6**	**0**
										21%	**59%**	**22%**	**8%**	**0%**

Monday, 10/26/15

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 Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	0.64	27.11	0.25	0.04	*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		590	52	898	10.77	3.17	365.5	840	54.11	25.52	95.89	14.64	3.9	0

Tuesday, 10/27/15

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 - 2 oz	1 sandwich	316	49	571	4.82	2.5	68.8	235	0.07	23.54	37.52	9.23	1.24	0
Braised Kale	.5 C	54	0	170	2	1.17	130.8	7704	93.42	3.53	8.21	1.94	0.25	0
Mashed Cauliflower	.25 C	47	9	114	1.14	0.27	40.9	90	27.33	1.81	3.17	3.34	1.86	*N/A*
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		562	70	994	10.17	4.12	582.5	8715	170.66	37.97	71.91	16.98	4.9	0

Wednesday, 10/28/15

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)
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
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
Cheesy Broccoli	.25 C	50	5	148	1.29	0.38	100.4	358	43.49	3.7	3.45	2.82	1.15	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		800	138	1078	16.83	4.97	536.2	1985	84.94	49.92	102.39	22.9	6.19	0

Thursday, 10/29/15

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)
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
Sweet Potato Fries	.5 C	109	0	195	3.23	0.72	33.5	14294	2.54	1.73	21	2.28	0.35	0
Sauteed Green Beans	.25 C	25	0	71	1.03	0.35	17	54	5.06	0.73	3.09	1.16	0.17	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		703	61	933	10.42	4.22	688.6	15120	28.34	33.51	88.17	25.7	10.85	0

Friday, 10/30/15

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)
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 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*
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	1.33	12.95	0.3	0.08	*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*
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		520	62	1148	7.14	2.8	565.7	10603	68.8	32.35	60.77	18.34	6.88	0
Weekly Averages		**635**	**77**	**1010**	**11**	**4**	**548**	**7453**	**81**	**36**	**84**	**20**	**7**	**0**
										23%	**53%**	**28%**	**9%**	**0%**