DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

EXTENDED YEAR
AUGUST 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	**2**	**3**	**4**	**5**
8 Whole Grain French Bread Cheese Pizza Local Kale Caesar Salad Local Roasted Yellow Squash Fresh Local Peach Skim or 1% Milk Parmesan Cream Dressing	**9** Crispy Chicken Tenders Whole Wheat Roll Local Sweet Potato Fries Buttered Green Peas Fresh Orange Wedges Skim or 1% Milk BBQ Sauce	**10** Turkey Bolognese over Whole Wheat Pasta Local Romaine Salad with Local Tomatoes Fresh Local Apple Skim or 1% Milk Italian Dressing	**11** Local Beef Tacos Cilantro Lime Rice Chili Black Beans Local Mexican Corn Fresh Banana Skim or 1% Milk	**12** Turkey Ham & Cheddar Melt on Whole Wheat Bread Roasted Cauliflower Local Herb Roasted Carrots Fresh Local Watermelon Skim or 1% Milk
15 All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Sweet Potato Fries Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**16** Cajun Catfish Brown Rice Local Braised Collard Greens Local Steamed Corn Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**17** Whole Wheat Baked Ziti Local Romaine Lettuce with Local Cucumbers Fresh Local Apple Skim or 1% Milk Italian Dressing	**18** Turkey Sloppy Joe Whole Wheat Bun Local Cheesy Broccoli Roasted Red Potatoes Fresh Banana Skim or 1% Milk	**19** Buffalo Chicken Tender Whole Wheat Roll Local Carrot Sticks Celery Sticks Fresh Local Watermelon Skim or 1% Milk House Ranch Dressing
22 Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Baked Potato Fries Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**23** Chicken Teriyaki Brown Rice Local Glazed Carrots Local Asian Broccoli Fresh Orange Wedges Skim or 1% Milk	**24** Whole Wheat Mac & Cheese Local Sautéed Green Beans Local Pizza Style Yellow Squash Fresh Local Apple Skim or 1% Milk	**25** Local Oven Fried Chicken Whole Wheat Roll Local Braised Collard Greens Local Steamed Corn Fresh Banana Skim or 1% Milk	**26** Turkey & Cheddar on a Whole Wheat Bun Local Romaine Lettuce with Local Tomatoes Fresh Local Watermelon Skim or 1% Milk Light Mayonnaise, Mustard & Italian Dressing
29 Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes Sautéed Peppers & Onions Fresh Local Peach Skim or 1% Milk All Natural Syrup & Ketchup	**30** Crispy Fish Sandwich on a Whole Wheat Bun Local Savory Sautéed Kale Local Mashed Sweet Potatoes Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**31** Local Peruvian Chicken Drum Spanish Rice Red Beans Local Steamed Broccoli Fresh Local Apple Skim or 1% Milk		

Welcome Back Students!

This school year **DC Central Kitchen** will be providing healthy and delicious meals in your cafeteria!

Check out some of the fresh, local fruit we are featuring this month such as **watermelon**, **cantaloupe** and **peaches**.

DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

EXTENDED YEAR
AUGUST VEGETARIAN LUNCH MENU

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d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
1	**2**	**3**	**4**	**5**
8 Sunbutter & Jelly Sandwich on Whole Wheat Bread	**9** Caesar Salad with Mozzarella Cheese Whole Wheat Roll Parmesan Cream Dressing	**10** Whole Wheat Mac & Cheese	**11** Sofritas Tofu Cilantro Lime Rice	**12** Gilled Cheese on Whole Wheat Bread
15 Veggie Burger on a Whole Wheat Bun	**16** Black Eyed Peas Brown Rice	**17** Powered Up Pasta with Chickpeas	**18** On the Go Sloppy Joe on a Whole Wheat Bun	**19** Cheese Quesadilla in a Whole Wheat Wrap
22 Veggie Burger on a Whole Wheat Bun	**23** Stir Fried Brown Rice with Egg	**24** Powered Up Pasta with Chickpeas	**25** Caesar Salad with Mozzarella Cheese Whole Wheat Roll Parmesan Cream Dressing	**26** Gilled Cheese on Whole Wheat Bread
29 Whole Grain Waffle Sticks Veggie Breakfast Sausage	**30** Sunbutter & Jelly Sandwich on Whole Wheat Bread	**31** Cheese Quesadilla in a Whole Wheat Wrap		

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This school year **DC Central Kitchen** will be providing healthy and delicious meals in your cafeteria!

Check out some of the fresh, local fruit we are featuring this month such as **watermelon**, **cantaloupe** and **peaches**.

DC Central Kitchen
Lunch Analysis
Grades K-8

Monday, 8/8/16

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)
Whole Grain French Bread Pizza	2 pizza	325	30	536	4.29	3.43	484	920	11.18	3.67	20.57	34.86	11.28	6.63	0
Kale Caesar Salad	1 C	61	12	227	1.84	0.87	227.5	5180	61.23	1.15	4.91	4.65	3.2	1.86	0
Roasted Yellow Squash	.25 C	26	0	71	0.61	0.33	13.3	83	10.46	1.57	0.6	2.4	1.79	0.3	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	0.03	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*
Parmesan Cream Dressing	1 oz	72	7	209	0.02	0.13	68	58	1.01	0.53	1.42	3.5	5.7	1.67	0
Totals		645	61	1152	9.01	5.21	1106.9	7209	93.79	32.19	37.08	71.89	24.7	12.03	0

Tuesday, 8/9/16

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)
Crispy Chicken Tenders	2 oz	118	49	250	0.68	1.1	31.5	278	2.61	1.06	20.38	7.23	0.75	0.18	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
Sweet Potato Fries	.5 C	109	0	195	3.23	0.72	33.5	14294	2.54	4.25	1.73	21	2.28	0.36	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*
Simply Heinz BBQ Sauce	1 oz	51	0	223	0	0.73	0	101	2.43	12.15	0	13.16	0	0	0
Totals		570	61	1106	13.26	4.53	457.3	16338	65.09	43.13	38.69	90.86	7.77	2.28	0

Wednesday, 8/10/16

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)
Turkey Bolognese	4 oz	165	60	391	1.42	2.19	37.2	597	12.38	2.88	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	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		648	73	741	12.39	4.56	383.1	5679	31.14	36.86	32.49	82.76	23.65	5.2	0

Thursday, 8/11/16

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 Fat¹ (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 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		765	62	707	15.55	6.51	426.2	2537	59.35	30.55	41	114.36	18.19	5.95	0

Friday, 8/12/16

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 Fat¹ (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
Roasted Cauliflower	.5 C	46	0	171	2.11	0.46	23.3	0	49.74	1.98	2.03	5.37	2.47	0.46	0
Herb Roasted Carrots	.25 C	33	0	109	1.59	0.19	19.1	9393	3.59	2.66	0.53	5.42	1.23	0.19	0
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	0.02	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		584	63	1428	10.3	4.51	960.4	11027	70.25	26.61	35.46	72.82	20.45	7.79	0
Weekly Averages		**642**	**64**	**1027**	**12**	**5**	**667**	**8558**	**64**	**34**	**37**	**87**	**19**	**7**	**0**
											23%	**54%**	**27%**	**9%**	**0%**

Monday, 8/15/16

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 Fat¹ (g)
All Beef Hotdog on a WW Bun	SERVINGS	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 Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	0.03	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		744	47	1235	18.37	5.65	456.3	8620	14.04	35.14	30.83	98.77	25.75	9.32	0

Tuesday, 8/16/16

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 Fat¹ (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	1 C	236	0	289	2.35	1.04	22.9	273	0.15	0.11	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	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		643	80	929	11.38	2.2	599.3	11347	106.01	24.06	37.8	88.79	16.98	4.35	0

Wednesday, 8/17/16

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 Fat¹ (g)
Whole Wheat Baked Ziti	1 C	280	15	243	5.33	2.82	235.2	736	12.19	2.1	13.82	40.64	6.21	3.12	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
Cucumber Coins	.25 C	6	0	1	0.18	0.1	5.9	39	1.03	0.62	0.24	1.34	0.04	0.01	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		571	27	381	11.02	4	580.7	5356	23.75	35.11	23.39	81.39	17.74	5.95	0

Thursday, 8/18/16

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 Fat¹ (g)
Turkey Sloppy Joe on WW Bun	1 sandwich	304	60	629	4.87	3.24	60.6	259	4.02	9.41	22.1	37.58	9.54	1.87	0.09
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
Roasted Red Potatoes	.25 C	42	0	78	0.81	0.35	5.1	3	3.97	0.01	0.89	7.45	1.16	0.18	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		654	82	1111	11.32	4.73	577.4	1532	105.24	38.2	39.9	91.06	19.09	6.04	0

Friday, 8/19/16

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 Fat¹ (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
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	0.02	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		441	65	1533	8.64	3.08	429	11434	45.92	26.26	34.72	54.84	11.11	3.25	0
Weekly Averages		**611**	**60**	**1038**	**12**	**4**	**529**	**7658**	**59**	**32**	**33**	**83**	**18**	**6**	**0**
											22%	**54%**	**27%**	**9%**	**0%**

Monday, 8/22/16

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 Fat¹ (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 Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	0.03	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		691	61	790	17.99	6.76	437.3	1644	20.94	32.47	41.07	96.4	17.78	5.28	0

Tuesday, 8/23/16

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)
Chicken Teriyaki	2 oz	110	48	529	0.3	0.84	9.5	20	7.6	2.56	20.16	4.6	1.18	0.18	0
Brown Rice	1 C	236	0	289	2.35	1.04	22.9	273	0.15	0.11	4.8	45.4	3.93	0.68	0
Glazed Carrots	.5 C	64	0	213	3.25	0.38	48.3	17618	6.22	5.01	1.08	12.77	1.47	0.22	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		593	61	1312	9.45	2.84	448	18907	107.54	29.98	36.88	89.59	11.15	2.94	0

Wednesday, 8/24/16

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)
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
Pizza Style Yellow Squash	.25 C	54	2	180	0.94	0.61	49.4	187	11.8	1.88	1.83	6.42	2.54	0.66	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		607	39	897	11.72	3.24	780.3	1269	31.21	37.56	28.25	88.94	16.61	7.55	0

Thursday, 8/25/16

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)
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, 8/26/16

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 & Cheese on a WW Bun	1 sandwich	297	53	828	4	1.76	222.5	304	0	3	23.02	30.92	11.56	5.06	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 Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	0.02	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*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	*N/A*	0	0	3	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*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		583	65	1148	6.46	3.14	567.7	6139	22.51	27.35	33.32	58.83	26.09	7.87	0
Weekly Averages		**624**	**53**	**559**	**4**	**2**	**252**	**1848**	**6**	**8**	**20**	**39**	**12**	**4**	**0**
											13%	**25%**	**17%**	**6%**	**0%**

Monday, 8/29/16

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)
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 Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	0.03	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		557	52	997	7.4	3.26	358.4	1310	56.36	32.68	26.28	85.11	14.77	3.91	0

Tuesday, 8/30/16

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)
Crispy Fish Sandwich	1 sandwich	380	73	612	4.82	2.66	79.5	284	0.07	3.9	31.33	39.52	12.12	1.61	0
Savory Sauteed Kale	.5 C	66	0	188	3.51	1.45	132.1	7813	95.26	3.25	3.76	11.03	1.91	0.28	0
Mashed Sweet Potatoes	.25 C	78	0	81	2.57	0.54	28.1	11745	1.99	5.07	1.31	18.44	0.05	0.02	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		670	86	1021	13.12	4.82	581.6	20529	147.17	33.52	45.49	92	16.55	3.47	0

Wednesday, 8/31/16

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)
Peruvian Chicken	2 oz	221	121	423	0.92	0.45	32.4	175	1.08	0.15	23.53	2.33	12.25	2.55	0
Spanish Rice	.75 C	212	0	378	2.71	1.38	24.6	602	29.21	1.64	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	0.42	8.67	24.4	2.65	0.4	0
Steamed Broccoli	.25 C	31	0	86	1.27	0.37	23	304	43.49	0.83	1.38	3.24	1.8	0.24	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		813	133	1071	15.22	5.17	433.2	1760	84.95	34.64	46.48	106.12	24.08	5.58	0

Thursday, 9/1/16

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 Meatballs & Sauce	8 meatballs	269	80	1109	1.42	3.64	100.1	671	12.38	4.21	28.5	15.3	14.12	4.12	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
Cucumber Coins	.25 C	6	0	1	0.18	0.1	5.9	39	1.03	0.62	0.24	1.34	0.04	0.01	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*
Honey Mustard Dressing	1 oz	25	0	82	0.04	0.08	2.9	0	0.48	2.12	0.16	3.02	1.42	0.17	0
Totals		702	92	1513	10.4	5.78	435	5214	25.98	34.61	44.5	92.66	22.92	6.48	0

Friday, 9/2/16

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)
BBQ Chicken Tenders	2 oz	121	48	175	0.32	0.95	13.3	329	3.99	8.36	19.23	10.93	0.48	0.06	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
Cole Slaw	.25 C	47	1	114	1.29	0.25	23.8	1184	15.71	2.85	0.72	5.74	2.45	0.44	0
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	0.02	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		480	66	810	9.29	3.4	443.8	12618	34.88	36.46	35.31	68.91	9.34	3.06	0
Weekly Averages		**644**	**86**	**1082**	**11**	**4**	**450**	**8286**	**70**	**34**	**40**	**89**	**18**	**5**	**0**
											25%	**55%**	**24%**	**6%**	**0%**