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!

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

DC Central Kitchen - DCPS

October Kelly Miller Cold Menu

Monday 9/28/15	Tuesday 9/29/15	Wednesday 9/30/15	Thursday 10/1/15	Friday 10/2/15
Chicken Caesar Salad (2 oz)	Chef Salad w/ Cheddar (2 oz)	Diced Turkey Ham (2 oz)	Buffalo Chicken Salad (2 oz)	Turkey Cobb Salad (2 oz)
over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)	over Spinach (.5 C)	over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)
Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)

Monday 10/5/15	Tuesday 10/6/15	Wednesday 10/7/15	Thursday 10/8/15	Friday 10/9/15
Chicken Caesar Salad (2 oz)	Chef Salad w/ Cheddar (2 oz)	Diced Turkey Ham (2 oz)	Buffalo Chicken Salad (2 oz)	**Professional Development Day**
over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)	over Spinach (.5 C)	over Romaine Lettuce (.5 C)	
Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	**No School**

	Meatless Tuesday	**Parent & Teacher Lunch Day**		
Monday 10/12/15	Tuesday 10/13/15	Wednesday 10/14/15	Thursday 10/15/15	Friday 10/16/15
Columbus Day	Chef Salad w/ Cheddar (2 oz)	Diced Turkey Ham (2 oz)	Buffalo Chicken Salad (2 oz)	Turkey Cobb Salad (2 oz)
	over Mixed Greens (.5 C)	over Spinach (.5 C)	over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)
No School	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)

		Curacaoan Food Day		
Monday 10/19/15	Tuesday 10/20/15	Wednesday 10/21/15	Thursday 10/22/15	Friday 10/23/15
Parent Teacher Conference Day	Chef Salad w/ Cheddar (2 oz)	Diced Turkey Ham (2 oz)	Buffalo Chicken Salad (2 oz)	Turkey Cobb Salad (2 oz)
	over Mixed Greens (.5 C)	over Spinach (.5 C)	over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)
No School	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)

				12:15 Dismissal
Monday 10/26/15	Tuesday 10/27/15	Wednesday 10/28/15	Thursday 10/29/15	Friday 10/30/15
Chicken Caesar Salad (2 oz)	Chef Salad w/ Cheddar (2 oz)	Diced Turkey Ham (2 oz)	Buffalo Chicken Salad (2 oz)	Turkey Cobb Salad (2 oz)
over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)	over Spinach (.5 C)	over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)
Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)

DC Central Kitchen

Weekly Salad Bar Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chopped Deli Turkey	Cubed Chicken	Tuna Salad	Cubed Chicken	Diced Turkey Ham
Sliced Hard Boiled Eggs	Black Beans	Sliced Hard Boiled Eggs	Black Beans	Sliced Hard Boiled Eggs
Shredded Cheese	Shredded Cheese	Shredded Cheese	Shredded Cheese	Shredded Cheese
Alternate Protein Option 1	Alternate Protein Option 1	Alternate Protein Option 1	Alternate Protein Option 1	Alternate Protein Option 1
Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce
Fresh Spinach	Mixed Greens	Fresh Spinach	Mixed Greens	Fresh Spinach
Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes
Cucumber Rounds	Cucumber Rounds	Cucumber Rounds	Cucumber Rounds	Cucumber Rounds
Shredded Carrots	Shredded Carrots	Shredded Carrots	Shredded Carrots	Shredded Carrots
Fresh Corn	Broccoli Crowns	Fresh Corn	Broccoli Crowns	Fresh Corn
Chickpeas	Hummus	Chickpeas	Hummus	Chickpeas
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Whole Wheat Croutons	Whole Wheat Pita	Whole Wheat Croutons	Whole Wheat Pita	Whole Wheat Croutons
Salad Dressing 1	Salad Dressing 1	Salad Dressing 1	Salad Dressing 1	Salad Dressing 1
Salad Dressing 2	Salad Dressing 2	Salad Dressing 2	Salad Dressing 2	Salad Dressing 2
Skim or 1% Milk	Skim or 1% Milk	Skim or 1% Milk	Skim or 1% Milk	Skim or 1% Milk

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%**