DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

JUNE 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 Local Oven Fried Chicken Whole Wheat Roll Local Sweet Potato Fries Fresh Braised Kale Fresh Local Apple Skim or 1% Milk	**2** Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes Sautéed Peppers & Onions Fresh Banana Skim or 1% Milk All Natural Syrup & Ketchup	**3** Turkey & Cheddar on a Whole Wheat Bun Local Spinach Salad with Local Cucumber Coins 100% Grape Juice Skim or 1% Milk Light Mayonnaise & Mustard House Ranch Dressing
6 All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Baked Potato Fries Fresh Cantaloupe Wedge Skim or 1% Milk Ketchup & Mustard	**7** Cajun Catfish Brown Rice Local Pizza Style Yellow Squash Local Braised Collard Greens Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**8 Strawberries & Salad Greens Day** Pulled BBQ Chicken on a Whole Wheat Bun Local Mixed Greens Salad with Tomatoes Fresh Local Strawberries Skim or 1% Milk Balsamic Dressing	**9** Whole Wheat Mac & Cheese Steamed Corn Sautéed Green Beans Fresh Banana Skim or 1% Milk	**10** Buffalo Chicken Tender with Whole Wheat Wrap Local Baby Carrots Celery Sticks 100% Grape Juice Skim or 1% Milk House Ranch Dressing
13 Whole Grain French Bread Cheese Pizza Local Kale Salad with Red Peppers Fresh Cantaloupe Wedge Skim or 1% Milk	**14** Chopped Peruvian Chicken Cilantro Lime Rice Chili Black Beans Mexican Corn Fresh Orange Wedges Skim or 1% Milk	**15** Local Beef Burger on a Whole Wheat Bun Local Sweet Potato Fries Cheesy Broccoli Fresh Local Apple Skim or 1% Milk Ketchup & Mustard	**16** Whole Wheat Pasta Salad with Chicken Local Romaine Salad with Local Cucumbers Fresh Banana Skim or 1% Milk Italian Dressing	**17** Turkey Ham & Cheddar Melt on a Whole Wheat Bun Celery Sticks Local Potato Salad 100% Grape Juice Skim or 1% Milk Light Mayonnaise & Mustard House Ranch Dressing

Have a safe, happy and healthy summer!

DC Central Kitchen

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

Strawberries & Salad Greens

Strawberries and Salad Greens Day

Let's celebrate the end of a fun spring and the beginning of summer by enjoying our farmer's hard work.

DC Schools will be serving fresh, local, seasonal strawberries and salad greens on **June 8th!**

DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

JUNE VEGETARIAN ENTREE MENU

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d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg Salad Whole Wheat Roll	**2** Whole Grain Waffle Sticks Veggie Breakfast Sausage	**3** Grilled Cheese on Whole Wheat Bread
6 Veggie Burger on a Whole Wheat Bun	**7** Black Eyed Peas Brown Rice	**8** **Strawberries & Salad Greens Day** Egg Salad Whole Wheat Bun	**9** Whole Wheat Baked Ziti With Mozzarella Cheese	**10** Cheese Quesadilla in a Whole Wheat Wrap
13 Sunbutter & Jelly Sandwich on Whole Wheat Bread	**14** Cheese Quesadilla in a Whole Wheat Wrap	**15** Veggie Burger on a Whole Wheat Bun	**16** Powered Up Pasta with Chickpeas	**17** Grilled Cheese on Whole Wheat Bread

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DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

JUNE SALAD MENU

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d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Diced Turkey Ham over Spinach Salad Whole Wheat Roll	**2** Buffalo Chicken Salad Over Romaine Lettuce Whole Wheat Roll	**3** Turkey Cobb Salad Over Mixed Greens Whole Wheat Roll
6 Chicken Caesar Salad Over Romaine Lettuce Whole Wheat Roll	**7** Chef Salad with Cheddar over Mixed Greens Whole Wheat Roll	**8** **Strawberries & Salad Greens Day** Diced Turkey Ham over Spinach Salad Whole Wheat Roll	**9** Buffalo Chicken Salad Over Romaine Lettuce Whole Wheat Roll	**10** Turkey Cobb Salad Over Mixed Greens Whole Wheat Roll
13 Chicken Caesar Salad Over Romaine Lettuce Whole Wheat Roll	**14** Chef Salad with Cheddar over Mixed Greens Whole Wheat Roll	**15** Diced Turkey Ham over Spinach Salad Whole Wheat Roll	**16** Buffalo Chicken Salad Over Romaine Lettuce Whole Wheat Roll	**17** Turkey Cobb Salad Over Mixed Greens Whole Wheat Roll

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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, 5/30/16

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)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Tuesday, 5/31/16

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)
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
Spanish Rice	.5 C	141	0	252	1.81	0.92	16.4	401	19.47	1.1	2.81	25.9	3.14	0.52	0
Chili Black Beans	.5 C	191	0	163	8.44	2.92	71	475	12.52	0.76	11.19	33.4	2.01	0.38	0
Tomato Salsa	.25 C	17	0	76	1.06	0.26	9.4	584	12.95	1.71	0.77	3.61	0.19	0.03	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	*N/A*
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		697	62	809	15	6.62	467	2985	109.83	25.74	40.16	95.16	18.55	5.94	0

Wednesday, 6/1/16

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)
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
Sweet Potato Fries	.5 C	109	0	195	3.23	0.72	33.5	14294	2.54	4.25	1.73	21	2.28	0.35	0
Braised Kale	.25 C	27	0	85	1.61	0.59	65.4	3852	46.71	1.07	1.76	4.11	0.97	0.12	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	*N/A*
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		662	133	932	15.6	3.99	496	19314	58.04	39.9	41.64	93.96	15.25	4.12	0

Thursday, 6/2/16

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)
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	2.29	0.82	12.9	2	20.11	0.81	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	1.56	0.53	3.46	0.84	0.14	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*
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		604	52	998	8.32	3.16	355.3	896	56.72	34.49	26.17	97.73	14.78	4.01	0

Friday, 6/3/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
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
Spinach Salad	1 C	16	0	56	1.57	1.94	70.7	6699	20.07	0.3	2.04	2.59	0.28	0.04	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
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	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*
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		581	70	1321	5.81	3.94	633	7600	22.3	17.89	34.31	71.06	19.99	7.64	0
Weekly Averages		**636**	**79**	**1015**	**11**	**4**	**488**	**7699**	**62**	**30**	**36**	**89**	**17**	**5**	**0**
											22%	**56%**	**24%**	**8%**	**0%**

Monday, 6/6/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
All Beef Hotdog on a WW Bun	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
Baked Potato Fries	.25 C	48	0	73	1.14	0.42	7	69	9.31	0.4	1.02	8.59	1.16	0.18	0
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	12.48	1.33	12.95	0.3	0.08	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
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		733	47	1236	17.07	5.67	451.8	6422	70.45	33.3	30.95	95.51	25.69	9.37	0

Tuesday, 6/7/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
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
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
Pizza Style Yellow Squash	.5 C	108	4	361	1.88	1.22	98.8	373	23.6	3.75	3.67	12.84	5.08	1.31	0
Braised Collard Greens	.25 C	32	0	85	2.75	0.17	109.4	4926	26.48	0.74	1.88	5.32	0.87	0.13	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	*N/A*
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	0
Totals		673	84	1134	9.64	3.08	587.1	6714	100.48	26.04	38.33	87.74	19.78	5.32	0

Wednesday, 6/8/16

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 Fat¹ (g)
Pulled BBQ Chicken on WW Bun	1 sandwich	256	24	472	4.4	2.32	39.5	405	1.5	11.38	15.67	40.19	6.13	0.94	0
Mixed Greens Salad	1 C	11	0	20	0.94	0.62	26.1	5374	6.68	0.57	0.99	2.08	0.11	0.01	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	*N/A*
Fresh Strawberries	.5 C	24	0	1	1.52	0.31	12.2	9	44.69	3.72	0.51	5.84	0.23	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*
Balsamic Dressing	1 oz	87	0	75	0.08	0.06	3.5	0	0	0	0.1	2.08	8.68	1.2	0
Totals		492	36	679	7.66	3.55	392.3	6767	61.1	29.93	26.01	64.7	17.63	3.72	0

Thursday, 6/9/16

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 Fat¹ (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
Steamed Corn	.5 C	92	0	142	1.74	0.35	3.4	161	5.3	2.07	2.5	17.14	2.83	0.42	0
Sauteed Green Beans	.25 C	27	0	71	1.12	0.38	18.5	58	5.5	0.01	0.79	3.35	1.17	0.17	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		629	37	786	10.11	2.69	710.7	1162	21.1	33.27	28.94	98.13	15.8	7.22	0

Friday, 6/10/16

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 Fat¹ (g)
Buffalo Chicken Wrap	1 wrap	256	48	1294	4.67	2.38	72.2	1446	30.17	0.51	23.29	22.97	8.17	1.68	0
Baby Carrots	.5 C	25	0	55	2.03	0.63	22.3	9694	1.86	0	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	*N/A*
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	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		509	65	1633	7.35	3.22	443.4	11867	34.38	14.98	32.99	66.02	13.42	4.23	0
Weekly Averages		**607**	**54**	**1094**	**10**	**4**	**517**	**6586**	**58**	**28**	**31**	**82**	**18**	**6**	**0**
											21%	**54%**	**27%**	**9%**	**0%**

Monday, 6/13/16

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 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	6.62	0
Kale Salad	1.25 C	85	0	187	3.07	1.09	83.1	6657	123.8	3.24	2.98	8.89	4.98	0.67	0
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	12.48	1.33	12.95	0.3	0.08	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		567	42	856	8.79	4.92	886.4	13424	193.24	32.08	33.11	68.88	18.93	8.91	0

Tuesday, 6/14/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Peruvian Chicken Strips	2 oz	130	48	358	0.92	0.95	32.4	175	3.57	0.15	19.98	2.33	4.84	0.7	0
Cilantro-Lime Brown Rice	.75 C	184	0	224	2.09	0.88	21.8	175	5.93	0.54	3.97	35.35	3.04	0.51	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
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	*N/A*
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		694	61	928	14.88	5.2	470.4	2061	88.1	24.28	45.64	103.48	13.03	3.24	0

Wednesday, 6/15/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
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
Sweet Potato Fries	.5 C	109	0	195	3.23	0.72	33.5	14294	2.54	4.25	1.73	21	2.28	0.35	0
Cheesy Broccoli	.25 C	50	5	148	1.29	0.38	100.4	358	43.49	0.83	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	18.91	0.47	25.13	0.31	0.05	*N/A*
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		651	66	913	13.03	4.58	480.5	15330	54.46	39.72	35.2	93.29	17.29	6.06	0

Thursday, 6/16/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
WW Pasta Salad w/ Chicken	1 C	219	48	240	3.25	1.71	23	376	8.19	1.19	22.94	24.23	3.06	0.32	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.54	0.56	1.49	0.14	0.01	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*
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		520	61	377	7.64	2.97	363.5	4974	21.65	29.72	33.32	66.8	14.67	3.22	0

Friday, 6/17/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Ham & Cheese on WW Bun	1 sandwich	298	51	920	4	1.99	222.5	304	0	3	19.76	31.55	13.16	5.58	0
Celery Sticks	.5 C	12	0	60	1.2	0.15	29.9	336	2.32	1	0.52	2.22	0.13	0.03	*N/A*
Potato Salad	.25 C	47	0	131	0.85	0.35	6	13	4.01	0.03	0.91	8.06	1.37	0.18	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	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*
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		619	67	1546	6.09	2.63	592.3	1211	7.53	18.01	30.18	78.05	22.77	8.31	0
Weekly Averages		**610**	**59**	**924**	**10**	**4**	**559**	**7400**	**73**	**29**	**35**	**82**	**17**	**6**	**0**
											23%	**54%**	**26%**	**9%**	**0%**