DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

SUMMER 2016 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
6/27 All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Steamed Corn Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**6/28** Sweet & Sour Chicken Brown Rice Local Asian Broccoli Asian Style Carrots Fresh Orange Wedges Skim or 1% Milk	**6/29** Whole Wheat Baked Ziti with Mozzarella Cheese Local Pizza Style Yellow Squash Local Sautéed Green Beans Fresh Local Apple Skim or 1% Milk	**6/30** Crispy Fish Sandwich Whole Wheat Bun Local Sweet Potato Fries Buttered Green Peas Fresh Banana Skim or 1% Milk Hot Sauce	**7/1** Buffalo Chicken Tender Whole Wheat Roll Local Mixed Greens Salad with Local Cucumbers Fresh Local Watermelon Skim or 1% Milk House Ranch Dressing
7/4 **Fourth of July** **No School**	**7/5** Local Beef Tacos Spanish Rice Chili Black Beans Tomato Salsa Fresh Orange Wedges Skim or 1% Milk	**7/6** Pulled BBQ Chicken on a Whole Wheat Bun Local Mashed Sweet Potatoes Local Collard Greens Fresh Local Apple Skim or 1% Milk	**7/7** Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes Sautéed Peppers & Onions Fresh Banana Skim or 1% Milk All Natural Syrup & Ketchup	**7/8** Turkey & Cheddar on a Whole Wheat Bun Local Kale Caesar Salad with Local Cucumber Coins Fresh Local Watermelon Skim or 1% Milk Light Mayonnaise & Mustard Parmesan Cream Dressing
7/11 Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Sweet Potato Fries Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**7/12** Cajun Catfish Brown Rice Local Garlic Kale Local Yellow Squash Curry Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**7/13** Local Oven Fried Chicken Whole Grain Biscuit Local Sautéed Green Beans Local Steamed Corn Fresh Local Apple Skim or 1% Milk	**7/14** Whole Wheat Mac & Cheese Local Mixed Greens Salad with Local Tomatoes Fresh Banana Skim or 1% Milk Italian Dressing	**7/15** BBQ Chicken Tender Whole Wheat Roll Local Potato Salad Local Carrot Sticks Fresh Local Watermelon Skim or 1% Milk House Ranch Dressing
7/18 Whole Grain French Bread Cheese Pizza Local Kale Salad with Local Red Peppers Fresh Local Peach Skim or 1% Milk	**7/19** Turkey Ham & Cheddar Melt on Whole Wheat Bread Local Mashed Sweet Potatoes Local Southern Style Cabbage Fresh Orange Wedges Skim or 1% Milk	**7/20** Local Peruvian Chicken Drum Cilantro Lime Rice Red Beans Local Mexican Corn Fresh Local Apple Skim or 1% Milk	**7/21** Local Zesty Beef & Macaroni Bake Local Pizza Style Yellow Squash Buttered Green Peas Fresh Banana Skim or 1% Milk	**7/22** Curried Chicken Salad on a Whole Wheat Bun Local Spinach Salad with Local Cucumbers Fresh Local Watermelon Skim or 1% Milk Asian Dressing
7/25 All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Steamed Corn Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**7/26** Sweet & Sour Chicken Brown Rice Local Asian Broccoli Asian Style Carrots Fresh Orange Wedges Skim or 1% Milk	**7/27** Whole Wheat Baked Ziti with Mozzarella Cheese Local Pizza Style Yellow Squash Local Sautéed Green Beans Fresh Local Apple Skim or 1% Milk	**7/28** Crispy Fish Sandwich Whole Wheat Bun Local Sweet Potato Fries Buttered Green Peas Fresh Banana Skim or 1% Milk Hot Sauce	**7/29** Buffalo Chicken Tender Whole Wheat Roll Local Mixed Greens Salad with Local Cucumbers Fresh Local Watermelon Skim or 1% Milk House Ranch Dressing
8/1 Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes Sautéed Peppers & Onions Fresh Local Peach Skim or 1% Milk All Natural Syrup & Ketchup	**8/2** Turkey Meatballs & Sauce over Whole Wheat Pasta Local Kale Caesar Salad Local Roasted Cauliflower Fresh Orange Wedges Skim or 1% Milk Parmesan Cream Dressing	**8/3** Pulled BBQ Chicken on a Whole Wheat Bun Local Mashed Sweet Potatoes Local Collard Greens Fresh Local Apple Skim or 1% Milk	**8/4** Local Beef Tacos Spanish Rice Chili Black Beans Local Tomato Salsa Fresh Banana Skim or 1% Milk	**8/5** Turkey & Cheddar on a Whole Wheat Bun Local Carrot Sticks Celery Sticks Fresh Local Watermelon Skim or 1% Milk Light Mayonnaise & Mustard, Honey Mustard Dressing

DC Free Summer Meals Program
KIDS & TEENS EAT FREE
Administered by the DC Office of the State Superintendent of Education
USDA

DC Free Summer Meals Program

Nutritious **free** meals are available for children and teens 18 and younger at many locations throughout DC from June through August.

To find summer meals in your community:
Text FOOD to 877-877 or Call 1-866-3-HUNGRY
or visit dcsummermeals.dc.gov

DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

SUMMER 2016 VEGETARIAN LUNCH MENU

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d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
6/27 Veggie Burger on a Whole Wheat Bun	**6/28** Stir-Fried Brown Rice with Egg	**6/29** Whole Wheat Mac & Cheese	**6/30** Egg Salad on a Whole Wheat Bun	**7/1** Cheese Quesadilla in a Whole Wheat Wrap
7/4 **Fourth of July** **No School**	**7/5** Chipotle Sofritas Tacos Spanish Rice	**7/6** BBQ Tofu on a Whole Wheat Bun	**7/7** Whole Grain Waffle Sticks Veggie Breakfast Sausage	**7/8** Grilled Cheese on Whole Wheat Bread
7/11 Veggie Burger on a Whole Wheat Bun	**7/12** Black Eyed Peas Brown Rice	**7/13** Egg Salad on a Whole Wheat Bun	**7/14** Whole Wheat Baked Ziti with Mozzarella Cheese	**7/15** Cheese Quesadilla in a Whole Wheat Wrap
7/18 Sunbutter & Jelly Sandwich on Whole Wheat Bread	**7/19** Egg Salad on a Whole Wheat Bun	**7/20** Chipotle Sofritas Cilantro Lime Rice	**7/21** Powered Up Pasta with Chickpeas	**7/22** Grilled Cheese on Whole Wheat Bread
7/25 Veggie Burger on a Whole Wheat Bun	**7/26** Stir-Fried Brown Rice with Egg	**7/27** Whole Wheat Mac & Cheese	**7/28** Egg Salad on a Whole Wheat Bun	**7/29** Cheese Quesadilla in a Whole Wheat Wrap
8/1 Whole Grain Waffle Sticks Veggie Breakfast Sausage	**8/2** Powered Up Pasta with Chickpeas	**8/3** BBQ Tofu on a Whole Wheat Bun	**8/4** Chipotle Sofritas Tacos Spanish Rice	**8/5** Grilled Cheese on Whole Wheat Bread

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WE ARE DC USDA

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DC Central Kitchen
Lunch Analysis
Grades K-8

Monday, 6/27/16

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	1 each	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
Steamed Corn	.25 C	46	0	71	0.87	0.17	1.7	81	2.65	1.03	1.25	8.57	1.41	0.21	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	0.02	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*
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		736	47	1209	17.62	5.47	441.2	1553	15.43	34.05	31.21	96.85	26.02	9.34	0

Tuesday, 6/28/16

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)
Sweet & Sour Chicken	2 oz	122	48	425	0.18	0.7	8.8	115	3.44	8.94	19.15	11.89	0.04	0.01	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
Asian Broccoli	.5 C	74	0	348	2.69	0.85	50.9	622	89.26	2.02	3.49	7.67	4.21	0.6	0
Asian Style Carrots	.25 C	46	0	173	1.69	0.26	21.9	9427	5.34	3.21	0.93	6.47	2.07	0.3	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		624	61	1343	9.12	3.01	446.3	11121	147.14	35.56	37.46	94.42	12.73	3.15	0

Wednesday, 6/29/16

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 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	3.11	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
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 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		612	31	784	12.69	4.72	668.4	1744	49.67	37.46	26.97	94.14	15.13	6.19	0

Thursday, 6/30/16

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 Fat¹ (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
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
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
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*
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		743	86	1069	13.26	4.5	434.5	16113	22.35	37.66	45.06	106.16	18.43	3.81	0

Friday, 7/1/16

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 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
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
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 Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	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*
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		427	65	1470	7.13	3.1	423.8	6985	50.61	26.94	35.24	51.42	11.11	3.24	0
Weekly Averages		**628**	**58**	**1175**	**12**	**4**	**483**	**7503**	**57**	**34**	**35**	**89**	**17**	**5**	**0**
											22%	**56%**	**24%**	**7%**	**0%**

Monday, 7/4/16

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

Tuesday, 7/5/16

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
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, 7/6/16

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 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
Mashed Sweet Potatoes	.5 C	156	0	162	5.15	1.08	56.3	23489	3.99	10.13	2.63	36.88	0.09	0.02	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
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		641	36	829	16.67	3.86	521.1	29397	40.34	53.84	28.88	119.69	9.76	2.69	0

Thursday, 7/7/16

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 Fat¹ (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, 7/8/16

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)
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
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	*N/A*
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 Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	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*
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*
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		622	84	1555	6.64	3.3	839.4	6911	75.4	27.27	38.72	63.88	26.09	10.16	0
Weekly Averages		**641**	**59**	**1048**	**12**	**4**	**546**	**10047**	**71**	**35**	**33**	**94**	**17**	**6**	**0**
											21%	**59%**	**24%**	**8%**	**0%**

Monday, 7/11/16

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 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
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	0.02	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*
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		698	61	815	18.52	6.68	447	8722	12.9	34.18	40.9	98.3	17.77	5.26	0

Tuesday, 7/12/16

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)
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
Garlic Kale	.5 C	59	0	169	2.82	1.16	118.5	7704	92.96	1.76	3.39	7.24	2.9	0.39	0
Yellow Squash Curry	.25 C	57	1	249	1.78	0.69	88.2	516	17.01	5	2.88	9.06	1.51	0.28	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		650	80	1106	9.6	3.55	585.6	9634	160.37	28.31	39.05	85.88	18.25	4.55	0

Wednesday, 7/13/16

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)
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 Grain Biscuit	2 oz	170	0	400	2	0.72	80	0	0	*N/A*	4	22	8	4	0
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
Steamed Corn	.25 C	46	0	71	0.87	0.17	1.7	81	2.65	1.03	1.25	8.57	1.41	0.21	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		695	133	1055	10.86	3.26	475.8	1365	22.44	33.64	39.97	86.13	22.76	8.2	0

Thursday, 7/14/16

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 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
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 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		613	37	621	9.1	3.09	729.8	6872	25.55	33.6	27.24	82.66	20.72	7.86	0

Friday, 7/15/16

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)
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
Potato Salad	.5 C	95	0	262	1.69	0.71	12	26	8.03	0.07	1.82	16.12	2.74	0.36	0
Baby Carrots	.25 C	12	0	27	1.02	0.32	11.2	4847	0.93	0	0.22	2.87	0.04	0.01	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	0.01	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*
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		515	65	930	8.68	3.54	420.8	6613	26.27	33.68	36.18	76.43	9.59	2.97	0
Weekly Averages		**634**	**75**	**905**	**11**	**4**	**532**	**6641**	**50**	**33**	**37**	**86**	**18**	**6**	**0**
											23%	**54%**	**25%**	**8%**	**0%**

Monday, 7/18/16

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 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	6.62	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
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	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		571	42	830	9.61	4.97	881.1	8544	144.88	32.18	33.14	70.23	19.01	8.85	0

Tuesday, 7/19/16

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 Fat[1] (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
Mashed Sweet Potatoes	.5 C	156	0	162	5.15	1.08	56.3	23489	3.99	10.13	2.63	36.88	0.09	0.02	0
Southern Cabbage	.25 C	18	0	98	0.92	0.18	14.5	53	12.37	1.25	0.51	2.61	0.85	0.12	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		678	63	1408	14.28	4.86	1015.1	24531	70.1	32.67	35.97	101.02	17.58	7.28	0

Wednesday, 7/20/16

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
Cilantro-Lime Brown Rice	.5 C	123	0	149	1.39	0.59	14.5	117	3.95	0.36	2.65	23.57	2.02	0.34	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
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 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		736	133	832	13.85	4.28	403.5	1524	33.33	34.06	44.95	97.02	20.27	4.99	0

Thursday, 7/21/16

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)
Zesty Beef & Pasta Bake	1 C	328	59	363	4.02	3.9	146.6	612	12.31	2.17	24.2	29.83	12.28	5.19	0.48
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
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
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		689	75	953	11.1	6.24	566.9	2519	54.75	35.42	39.86	88.28	21.38	8.36	0

Friday, 7/22/16

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)
Curried Chicken Salad on Bun	1 sandwich	249	49	396	4.91	2.24	48.8	1565	4.57	5.08	25.5	33.24	3.54	0.26	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
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	0.01	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*
Asian Dressing	1 oz	70	0	300	0.09	0.14	2.7	3	0.99	2.83	0.68	4.56	5.6	0.49	0.02
Totals		488	61	862	7.36	4.85	443.6	9635	38.79	30.79	37.6	65.21	12.05	2.36	0
Weekly Averages		**632**	**75**	**977**	**11**	**5**	**662**	**9351**	**68**	**33**	**38**	**84**	**18**	**6**	**0**
											24%	**53%**	**26%**	**9%**	**0%**

Monday, 7/25/16

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 Fat¹ (g)
All Beef Hotdog on a WW Bun	1 each	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
Steamed Corn	.25 C	46	0	71	0.87	0.17	1.7	81	2.65	1.03	1.25	8.57	1.41	0.21	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	0.02	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*
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		736	47	1209	17.62	5.47	441.2	1553	15.43	34.05	31.21	96.85	26.02	9.34	0

Tuesday, 7/26/16

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 Fat¹ (g)
Sweet & Sour Chicken	2 oz	122	48	425	0.18	0.7	8.8	115	3.44	8.94	19.15	11.89	0.04	0.01	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
Asian Broccoli	.5 C	74	0	348	2.69	0.85	50.9	622	89.26	2.02	3.49	7.67	4.21	0.6	0
Asian Style Carrots	.25 C	46	0	173	1.69	0.26	21.9	9427	5.34	3.21	0.93	6.47	2.07	0.3	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		624	61	1343	9.12	3.01	446.3	11121	147.14	35.56	37.46	94.42	12.73	3.15	0

Wednesday, 7/27/16

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	3.11	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
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 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		612	31	784	12.69	4.72	668.4	1744	49.67	37.46	26.97	94.14	15.13	6.19	0

Thursday, 7/28/16

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)
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
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
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
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*
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		743	86	1069	13.26	4.5	434.5	16113	22.35	37.66	45.06	106.16	18.43	3.81	0

Friday, 7/29/16

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 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
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
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 Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	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*
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		427	65	1470	7.13	3.1	423.8	6985	50.61	26.94	35.24	51.42	11.11	3.24	0
Weekly Averages		**628**	**58**	**1175**	**12**	**4**	**483**	**7503**	**57**	**34**	**35**	**89**	**17**	**5**	**0**
											22%	**56%**	**24%**	**7%**	**0%**

Monday, 8/1/16

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 Fat¹ (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 Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	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*
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	7.51	3.23	358.4	1310	56.36	32.64	26.25	85.09	14.77	3.89	0

Tuesday, 8/2/16

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)
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	.5 C	124	0	140	3.16	0.76	0.1	0	0	0	3.69	21.59	2.97	0.32	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	*N/A*
Roasted Cauliflower	.25 C	23	0	85	1.05	0.23	11.6	0	24.87	0.99	1.02	2.69	1.23	0.23	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*
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		695	111	1878	9.7	5.79	749.2	6595	148.44	28.18	48.61	70.71	29.69	9.75	0

Wednesday, 8/3/16

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)
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
Mashed Sweet Potatoes	.5 C	156	0	162	5.15	1.08	56.3	23489	3.99	10.13	2.63	36.88	0.09	0.02	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
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		641	36	829	16.67	3.86	521.1	29397	40.34	53.84	28.88	119.69	9.76	2.69	0

Thursday, 8/4/16

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
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		759	62	810	15.86	6.84	436.1	2854	71.15	31.57	40.58	111.3	18.83	6.05	0

Friday, 8/5/16

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
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*
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	0.01	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*
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*
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		540	65	1284	7.27	2.98	578.2	11496	15.63	27.59	33.02	64.26	18.73	6.82	0
Weekly Averages		**638**	**65**	**1160**	**11**	**5**	**529**	**10330**	**66**	**35**	**35**	**90**	**18**	**6**	**0**
											22%	**57%**	**26%**	**8%**	**0%**