DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

SEPTEMBER SUPPER 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 Tuna Salad on a Whole Wheat Bun Corn & Tomato Salad Chilled Applesauce Skim or 1% Milk	**2** Turkey Ham & Cheese on Whole Wheat Bread Cucumber Salad Fresh Banana Skim or 1% Milk Mustard & Light Mayonnaise
5 **Labor Day** **No School**	**6** Buffalo Chicken on a Whole Wheat Wrap Baby Carrots Fresh Local Honeydew Skim or 1% Milk House Ranch Dressing	**7** Whole Wheat Pasta Salad with Mozzarella Cucumber & Tomato Salad Fresh Orange Wedges Skim or 1% Milk	**8** Egg Salad on a Whole Wheat Bun Celery Sticks Chilled Applesauce Skim or 1% Milk Honey Mustard Dressing	**9** Herb Roasted Chicken over Mixed Greens Whole Wheat Roll Fresh Banana Skim or 1% Milk Italian Dressing
12 Diced Turkey Ham over Mixed Greens Whole Wheat Roll 100% Grape Juice Skim or 1% Milk Honey Mustard Dressing	**13** Chicken Salad on a Whole Wheat Bun Broccoli Crowns Fresh Local Honeydew Skim or 1% Milk House Ranch Dressing	**14** Turkey Club on a Whole Wheat Wrap Cole Slaw Fresh Orange Wedges Skim or 1% Milk Mustard & Light Mayonnaise	**15** Mediterranean Chicken Tabbouleh Salad Tomato Salad Chilled Applesauce Skim or 1% Milk	**16** Caesar Salad with Mozzarella Cheese over Romaine Lettuce Whole Wheat Roll Fresh Banana Skim or 1% Milk Parmesan Cream Dressing
19 Southwest Chicken Tender on a Whole Wheat Wrap Black Bean & Corn Salad 100% Grape Juice Skim or 1% Milk	**20** Cobb Salad with Chopped Egg over Romaine Lettuce Whole Wheat Roll Fresh Local Honeydew Skim or 1% Milk House Ranch Dressing	**21** Turkey on a Whole Wheat Bun Baby Carrots Fresh Orange Wedges Skim or 1% Milk Mustard & Light Mayonnaise House Ranch Dressing	**22** Tuna & Macaroni Salad Snap Peas Chilled Applesauce Skim or 1% Milk Honey Mustard Dressing	**23** BBQ Chicken Tender Whole Wheat Roll Potato Salad Fresh Banana Skim or 1% Milk
26 Turkey Club on a Whole Wheat Wrap Baby Carrots 100% Grape Juice Skim or 1% Milk Mustard & Light Mayonnaise House Ranch Dressing	**27** Tuna Salad on a Whole Wheat Bun Corn & Tomato Salad Fresh Local Honeydew Skim or 1% Milk	**28** Savory Chinese Chicken Salad over Cabbage Mix Cold Asian Noodle Salad Fresh Orange Wedges Skim or 1% Milk Asian Dressing	**29** Chef Salad with Cheddar over Romaine Lettuce Whole Wheat Roll Chilled Applesauce Skim or 1% Milk Honey Mustard Dressing	**30** **Professional Development Day** **No School**

For more information on the DC Central Kitchen, please visit our website: www.dccentralkitchen.org

All supper meals provide all five groups on MyPlate: grains, protein, fruit, vegetables and dairy!

For more information on MyPlate go to: www.choosemyplate.gov

DC Central Kitchen
Supper Analysis
Grades K-12

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)
Turkey Club on a WW Wrap	1 wrap	284	38	1210	4.66	2.58	208	1609	4.36	0.9	23.35	37.12	5.87	2.01	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
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*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	*N/A*	0	0	3	0	0
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		572	55	1700	6.74	3.34	564.2	11862	7.42	14.88	32.79	79.06	14.07	4.56	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)
Savory Chinese Chicken Salad	1 salad	107	48	137	1.88	0.95	32.6	1038	33.18	3.7	19.91	6.28	0.51	0.08	0
Cold Asian Noodle Salad	.5 C	197	0	141	4.63	1.71	21.3	330	12.43	1.78	6.88	36.79	3.65	0.39	0.01
Honeydew	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	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		543	61	719	8.09	3.19	372.8	1942	80.08	36.1	36.7	76.71	12.38	2.58	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)
Chef Salad w/Cheddar & Romaine	1 Salad	178	32	419	1.7	0.79	539.6	5769	7.09	1.83	16.54	4.97	10.64	6.62	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
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*
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		464	49	884	8.96	2.09	950.3	6535	57.23	26.41	31.41	50.99	16.86	9.16	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)
Tuna Salad on a WW Bun	1 sandwich	269	32	750	4.3	2.21	39.2	68	0.83	3.09	23.93	31.04	6.88	0.93	0
Corn & Tomato Salad	.5 C	84	0	97	1.74	0.44	9.6	511	9.91	2.46	2.12	13.42	3.43	0.52	0
Chilled Applesauce	.5 C	64	0	3	1.68	0.35	6.1	44	1.53	*N/A*	0.26	17.25	0.15	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		519	44	958	7.73	3.07	359.9	1102	12.28	18.24	34.53	73.89	12.83	3.01	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)
Turkey Ham & Cheese on WW Brea	1 sandwich	318	51	960	4	1.99	322.5	304	0	*N/A*	19.76	34.55	13.16	5.58	0
Cucumber Salad	.5 C	57	0	142	0.7	0.39	19.7	94	3.1	1.41	0.74	4.36	4.47	0.68	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*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	*N/A*	0	0	3	0	0
Totals		622	63	1392	7.77	2.76	653.1	952	13.37	28.52	30	78.04	23.39	7.93	0

Monday, 9/5/16

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

Tuesday, 9/6/16

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)
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	*N/A*	0.44	5.73	0.08	0.01	0
Honeydew	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	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		490	65	1636	8.24	3.46	439.6	11792	66.7	29.58	33.73	60.81	13.62	4.29	0

Wednesday, 9/7/16

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)
WW Pasta Salad w/ Mozzarella	1 C	269	19	511	3.24	1.35	437.4	601	5.7	1.19	19.82	26.01	9.18	4.21	0
Cucumber & Tomato Salad	.5 C	41	0	96	0.76	0.3	13.8	449	7.51	1.88	0.71	3.41	3.05	0.47	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		456	31	715	6.21	1.82	793	1735	62.15	24.36	29.61	52.41	14.71	6.24	0

Thursday, 9/8/16

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)
Egg Salad on WW Bun	1 sandwich	271	187	781	4.3	2.11	51.5	390	0.42	3.76	12.42	31.41	12.07	1.96	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	0
Chilled Applesauce	.5 C	64	0	3	1.68	0.35	6.1	44	1.53	*N/A*	0.26	17.25	0.15	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*
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		474	199	1033	7.22	2.76	395.4	1249	4.76	19.57	21.58	66.08	16.14	3.72	0

Friday, 9/9/16

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)
Herb Roasted Chicken Tender	2 oz	97	48	168	0.19	0.8	8	17	2.9	0.02	18.8	0.36	2.22	0.35	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
Whole Wheat Roll 1.5 oz	1.5 oz	100	0	210	5	1.08	40	0	0	2	5	20	1	0	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		496	61	532	9.39	3.22	393.8	5999	20.19	29.96	34.36	62.18	14.77	3.24	0

Monday, 9/12/16

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 Fat[1] (g)
Diced Turkey Ham w Mixed Green	1 salad	102	40	1023	0.94	1.72	26.1	5374	6.68	0.57	14.15	5.12	4.16	1.03	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
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*
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		409	53	1422	5.98	2.95	374	5852	7.16	17.37	27.53	61.32	8.95	2.74	0

Tuesday, 9/13/16

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 Fat[1] (g)
Chicken Salad on WW Bun	1 sandwich	271	49	618	4.17	2.01	24	57	4.02	3.23	25.07	31.59	6.58	0.49	0
Broccoli Crowns	.5 C	32	0	31	2.42	0.68	43.7	579	82.94	1.58	2.62	6.17	0.34	0.04	0
Honeydew	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	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		511	66	937	8.13	3.13	412.8	1288	121.64	33.88	37.7	69.88	12.3	3.12	0

Wednesday, 9/14/16

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)
Turkey Club on a WW Wrap	1 wrap	315	44	918	4.66	2.3	208	1609	4.36	0.9	21.18	35.58	9.98	3.14	0
Cole Slaw	.5 C	94	2	228	2.59	0.5	47.6	2368	31.41	5.7	1.45	11.47	4.89	0.87	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*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	*N/A*	0	0	3	0	0
Totals		595	58	1434	9.45	2.96	597.4	4663	84.72	27.89	31.72	70.04	20.35	5.57	0

Thursday, 9/15/16

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)
Mediterranean Chicken	2 oz	162	48	185	1.51	2.22	24.6	337	10.22	3	19.86	6.56	6.74	1.04	0
Tabbouleh Salad	.5 C	113	0	212	3.84	0.74	36.9	248	4.64	0.44	3.36	20.72	2.77	0.4	0
Tomato Salad	.5 C	66	0	147	1.61	0.52	16.9	1017	16.59	3.18	1.23	6.04	4.58	0.64	0
Chilled Applesauce	.5 C	64	0	3	1.68	0.35	6.1	44	1.53	*N/A*	0.26	17.25	0.15	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		508	61	654	8.64	3.91	389.5	2125	32.98	19.3	32.94	62.75	16.61	3.63	0

Friday, 9/16/16

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)
Caesar Salad w/Shredded Cheese	1 salad	180	35	322	1.24	0.71	433.5	5430	2.36	0.7	14.23	3.44	12.18	8.03	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
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*
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		559	54	850	9.33	2.3	852.4	6042	13.64	30.35	30.15	66.07	21.63	11.37	0

Monday, 9/19/16

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)
Southwest Chicken on WW Wrap	1 wrap	301	48	745	4.51	2.45	212.3	209	2.57	0.08	24.94	35.15	7.35	2.35	0
Black Bean & Corn Salad	.5 C	168	0	99	6.01	1.98	44.9	210	3.73	0.76	8.29	27.48	3.68	0.59	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*
Totals		652	61	951	10.52	4.5	562.3	898	6.3	13.52	41.45	95.81	13.4	4.49	0

Tuesday, 9/20/16

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)
Cobb Salad w/ Egg over Romaine	1 Salad	137	109	244	1.71	1.05	295.3	5721	7.12	2.13	11.98	4.72	8.1	4.14	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
Honeydew	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	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		447	126	742	8.25	2.58	680.3	6373	41.8	33.2	26.99	56.84	14.48	6.74	0

Wednesday, 9/21/16

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 Fat[1] (g)
Turkey on WW Bun	1 sandwich	217	38	947	4	1.99	20	0	0	3	22.91	30.54	2.77	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
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*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	*N/A*	0	0	3	0	0
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		467	55	1438	8.29	2.85	413	10460	52	25.58	33.22	62.29	11.08	2.56	0

Thursday, 9/22/16

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 Fat[1] (g)
Tuna & Macaroni Salad	0.75 C	229	24	483	1.31	2.15	25.6	95	0.83	0.09	23.18	23.93	3.72	0.6	0
Snap Peas	.5 C	39	0	4	2.42	1.93	40	1011	55.79	3.72	2.6	7.02	0.19	0.04	0
Chilled Applesauce	.5 C	64	0	3	1.68	0.35	6.1	44	1.53	*N/A*	0.26	17.25	0.15	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*
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		460	36	679	5.45	4.58	379.6	1629	58.64	18.62	34.43	63.4	7.85	2.36	0

Friday, 9/23/16

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)
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
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		523	61	755	10.08	3.12	376.1	909	22.29	37.54	35.55	86.18	6.97	2.09	0

Monday, 9/26/16

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 Club on a WW Wrap	1 wrap	315	44	918	4.66	2.3	208	1609	4.36	0.9	21.18	35.58	9.98	3.14	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
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*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	*N/A*	0	0	3	0	0
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		602	60	1408	6.74	3.06	564.2	11862	7.42	14.88	30.63	77.52	18.17	5.68	0

Tuesday, 9/27/16

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)
Tuna Salad on a WW Bun	1 sandwich	269	32	750	4.3	2.21	39.2	68	0.83	3.09	23.93	31.04	6.88	0.93	0
Corn & Tomato Salad	.5 C	84	0	97	1.74	0.44	9.6	511	9.91	2.46	2.12	13.42	3.43	0.52	0
Honeydew	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	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		522	44	989	7.53	3.04	364.9	1150	44.22	33.34	35.27	73.54	12.94	3.06	0

Wednesday, 9/28/16

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)
Savory Chinese Chicken Salad	1 salad	107	48	137	1.88	0.95	32.6	1038	33.18	3.7	19.91	6.28	0.51	0.08	0
Cold Asian Noodle Salad	.5 C	197	0	141	4.63	1.71	21.3	330	12.43	1.78	6.88	36.79	3.65	0.39	0.01
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*
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		520	61	685	8.81	2.97	398.5	2056	95.55	29.6	36.56	70.61	12.23	2.52	0

Thursday, 9/29/16

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)
Chef Salad w/Cheddar & Romaine	1 Salad	178	32	419	1.7	0.79	539.6	5769	7.09	1.83	16.54	4.97	10.64	6.62	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
Chilled Applesauce	.5 C	64	0	3	1.68	0.35	6.1	44	1.53	*N/A*	0.26	17.25	0.15	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*
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		470	44	821	8.43	2.37	893.6	6292	9.11	18.64	30.19	57.42	15.58	8.34	0

Friday, 9/30/16

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