DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

NOVEMBER 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 Whole Wheat Pasta Salad with Mozzarella Side Caesar Salad Fresh Cantaloupe Wedge Skim or 1% Milk Parmesan Cream Dressing	**2** Egg Salad Whole Wheat Roll Baby Carrots Fresh Orange Wedges Skim or 1% Milk Honey Mustard Dressing	**3 Bahrain's Food Day** Chicken Shawarma in a Whole Grain Flatbread Cucumber Salad Chilled Applesauce Skim or 1% Milk	**4** **Parent Teacher Conference Day** **No School**
7 Turkey Club on Whole Wheat Bread Baby Carrots 100% Grape Juice Skim or 1% Milk Mustard & Light Mayonnaise	**8** Cobb Salad with Chopped Egg over Romaine Lettuce Whole Grain Cheese Garlic Croutons Fresh Cantaloupe Wedge Skim or 1% Milk	**9** BBQ Chicken Tender Whole Grain Cornbread Muffin Potato Salad Fresh Orange Wedges Skim or 1% Milk	**10** Tuna & Macaroni Salad Snap Peas Chilled Applesauce Skim or 1% Milk House Ranch Dressing	**11** **Veterans Day** **No School**
14 Sunbutter Cup Whole Grain Animal Crackers Baby Carrots 100% Grape Juice Skim or 1% Milk House Ranch Dressing	**15** Chicken Salad on a Whole Wheat Hoagie Broccoli Crowns Fresh Cantaloupe Wedge Skim or 1% Milk Honey Mustard Dressing	**16** Turkey & Cheddar on a Whole Wheat Bun Cole Slaw Fresh Orange Wedges Skim or 1% Milk Mustard & Light Mayonnaise	**17** Chicken Souvlaki in a Whole Grain Flatbread Tomato Salad Chilled Applesauce Skim or 1% Milk	**18** Caesar Salad with Mozzarella Cheese over Romaine Lettuce Whole Grain Cheese Garlic Croutons Fresh Banana Skim or 1% Milk
21 Low Fat String Cheese Whole Wheat Ranch Crackers Baby Carrots 100% Grape Juice Skim or 1% Milk House Ranch Dressing	**22** Tuna Salad on a Whole Wheat Bun Corn & Tomato Salad Fresh Cantaloupe Wedge Skim or 1% Milk	**23** Chef Salad with Turkey over Romaine Lettuce Whole Grain Cheese Garlic Croutons Fresh Orange Wedges Skim or 1% Milk Honey Mustard Dressing	**24** **Thanksgiving Day** **No School**	**25** **Thanksgiving Day** **No School**
28 Buffalo Chicken on a Whole Wheat Wrap Celery Sticks 100% Grape Juice Skim or 1% Milk House Ranch Dressing	**29** Turkey & Cheddar on a Whole Wheat Bun Cauliflower Florets Fresh Cantaloupe Wedge Skim or 1% Milk Mustard & Light Mayonnaise Honey Mustard Dressing	**30** Egg Salad Whole Wheat Roll Cucumber & Tomato Salad Fresh Orange Wedges Skim or 1% Milk		

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, 10/31/16

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)
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
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
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		490	65	1608	5.91	2.66	436.1	2340	33.68	15.48	32.8	61.4	13.4	4.24	0

Tuesday, 11/1/16

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)
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
Side Caesar Salad	1 C	34	8	143	1.24	0.65	120.1	5191	2.36	0.7	2.54	2.06	1.99	1.23	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*
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		532	46	997	5.93	2.54	944.8	11697	67.33	27.59	33.33	56.7	19.54	8.74	0

Wednesday, 11/2/16

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)
Egg Salad	2 oz	131	187	541	0.3	0.67	31.5	390	0.42	0.76	6.42	2.41	10.07	1.96	0
Whole Wheat Roll 1.5 oz	1.5 oz	100	0	210	5	1.08	40	0	0	2	5	20	1	0	0
Baby Carrots	.5 C	25	0	55	2.03	0.63	22.3	9694	1.86	*N/A*	0.44	5.73	0.08	0.01	0
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*
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		426	199	994	9.58	2.62	438.5	10769	51.72	26.17	21.11	54.15	15.06	3.7	0

Thursday, 11/3/16

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)
Chicken Shawarma	1 wrap	335	49	914	4.87	2.62	55.4	3356	15.48	2.78	26.83	35.55	10.55	1.75	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
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		559	62	1167	7.26	3.43	386.3	3973	20.12	16.87	36.05	69.34	17.54	3.99	0

Friday, 11/4/16

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

Monday, 11/7/16

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)
Turkey Club on WW Bread	1 sandwich	275	44	698	4.64	1.93	127.6	1511	4.32	0.89	21.17	33.54	6.97	1.14	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		562	60	1188	6.72	2.69	483.8	11764	7.38	14.87	30.61	75.49	15.17	3.68	0

Tuesday, 11/8/16

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)
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
WG Cheese Garlic Croutons	.5 C	101	0	283	0	0	0	0	0	0	4.05	16.2	4.05	0	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*
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		420	121	742	3.18	1.53	617.5	11569	65.87	29.41	25.75	49.08	16.25	5.94	0

Wednesday, 11/9/16

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)
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
WG Cornbread Muffin 1.8 oz	1 each	150	15	90	1	0.72	20	0	0	9	3	23	5	0.5	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
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		511	76	634	5.22	2.54	387	1041	60.97	38.71	33.13	73.04	10.69	2.48	0

Thursday, 11/10/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
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*
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		475	41	745	5.46	4.56	405.5	1709	59.35	17.79	35.05	63.42	9.17	3.18	0

Friday, 11/11/16

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 Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Monday, 11/14/16

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)
Sunbutter Cup	1 each	384	0	207	3.51	2.57	39	33	0	*N/A*	10.78	14.54	34.42	2.93	0
Animal Crackers	1 pouch	129	0	111	1.89	1.07	128.5	2	0	*N/A*	1.91	21.4	3.94	1.25	0.06
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
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		657	4	519	7.47	4.33	218.7	9809	3.06	1.29	13.91	65.71	41.19	5.17	0

Tuesday, 11/15/16

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)
Chicken Salad on WW Baguette	1 sandwich	271	49	648	3.17	2.37	64	57	4.02	2.23	25.07	29.59	6.58	0.99	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
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*
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		483	61	893	7.06	3.53	429.9	6484	145.72	31.09	37.41	63.92	11.02	2.81	0

Wednesday, 11/16/16

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)
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
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		576	67	1344	8.79	2.43	611.9	3357	80.36	29.99	33.56	65.37	21.93	7.49	0

Thursday, 11/17/16

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)
Chicken Souvlaki w/WG Flatbrea	1 sandwich	284	50	516	4.11	1.75	77	1573	8.56	4.72	26.47	33.98	5.48	1.23	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		518	62	773	7.4	2.7	405	3113	26.68	20.58	36.19	69.45	12.59	3.43	0

Friday, 11/18/16

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)
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
WG Cheese Garlic Croutons	.5 C	101	0	283	0	0	0	0	0	0	4.05	16.2	4.05	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		560	54	924	4.33	1.22	812.4	6042	13.64	28.35	29.2	62.27	24.68	11.37	0

Monday, 11/21/16

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)
Low Fat Cheese Stick	2 each	160	40	400	0	0	400	400	0	0	14	1.34	12	7	0
Whole Wheat Ranch Crackers	1 each	100	0	160	2	0	60	0	6	1	2	16	3	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
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		507	57	869	4.08	0.76	816.2	10653	9.06	14.98	25.44	59.29	20.2	9.54	0

Tuesday, 11/22/16

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 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
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		509	44	980	7.47	3.05	368	6426	69.01	30.72	35.6	69.59	12.98	3.07	0

Wednesday, 11/23/16

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)
Chef Salad w/Turkey & Romaine	1 Salad	137	35	566	1.7	1.03	282.6	5590	7.09	1.83	17.29	5.17	5.83	3.33	0
WG Cheese Garlic Croutons	.5 C	101	0	283	0	0	0	0	0	0	4.05	16.2	4.05	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*
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	47	1039	3.95	1.27	627.3	6276	56.52	25.24	30.59	47.38	13.79	5.05	0

Thursday, 11/24/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Friday, 11/25/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Monday, 11/28/16

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)
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
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
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		490	65	1608	5.91	2.66	436.1	2340	33.68	15.48	32.8	61.4	13.4	4.24	0

Tuesday, 11/29/16

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 & 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
Cauliflower Florets	.5 C	19	0	22	1.5	0.31	16.5	0	36.07	1.43	1.44	3.72	0.21	0.1	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*
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
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		537	65	1246	6.97	2.56	561.2	6151	94.82	31.71	34.18	62.79	18.87	6.95	0

Wednesday, 11/30/16

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)
Egg Salad	2 oz	131	187	541	0.3	0.67	31.5	390	0.42	0.76	6.42	2.41	10.07	1.96	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
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		417	199	954	8.27	2.21	427	1524	56.87	25.93	21.21	48.81	16.6	4	0

Thursday, 12/1/16

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)
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
WG Cheese Garlic Croutons	.5 C	101	0	283	0	0	0	0	0	0	4.05	16.2	4.05	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*
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		448	68	792	2.84	1.98	413.2	5972	12.12	13.81	33.73	51.57	14.6	3.59	0

Friday, 12/2/16

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