DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

OCTOBER LUNCH MENU

Traditional Year

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Grain Flatbread Cheese Pizza Local Kale Salad with Red Peppers Fresh Local Pear Skim or 1% Milk	**4** Chicken Curry Whole Wheat Roll Local Southern Cabbage Buttered Green Peas Fresh Orange Wedges Skim or 1% Milk	**5** Local Beef Tacos Cilantro Lime Rice Chili Black Beans Local Mexican Corn Fresh Local Apple Skim or 1% Milk	**6** Turkey Meatballs & Sauce with Whole Wheat Pasta Local Romaine Salad with Cucumbers Fresh Banana Skim or 1% Milk Parmesan Cream Dressing	**7** Turkey Ham & Cheddar Melt on Whole Wheat Bread Local Herb Roasted Butternut Squash Local Roasted Cauliflower Fresh Cantaloupe Wedge Skim or 1% Milk
10 **Columbus Day** **No School**	**11** All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Sweet Potato Fries Fresh Orange Wedges Skim or 1% Milk Ketchup & Mustard	**12** Cajun Catfish Brown Rice Local Braised Collard Greens Local Steamed Corn Fresh Local Apple Skim or 1% Milk Hot Sauce	**13 Parent-Teacher Lunch** Roasted Turkey Whole Grain Cornbread Muffin Local Cheesy Broccoli Local Mashed Potatoes Fresh Banana Skim or 1% Milk Brown Gravy	**14** Buffalo Chicken Tender Whole Wheat Roll Baby Carrots Celery Sticks Fresh Cantaloupe Wedge Skim or 1% Milk House Ranch Dressing
17 Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Baked Potato Fries Fresh Local Pear Skim or 1% Milk Ketchup & Mustard	**18** Orange Chicken Brown Rice Local Asian Style Carrots Local Asian Broccoli Fresh Orange Wedges Skim or 1% Milk	**19** Whole Wheat Mac & Cheese Local Sautéed Green Beans Local Roasted Butternut Squash Fresh Local Apple Skim or 1% Milk	**20** Local Oven Fried Chicken Whole Wheat Roll Local Braised Collard Greens Local Steamed Corn Fresh Banana Skim or 1% Milk	**21** Turkey & Cheddar on a Whole Wheat Bun Local Romaine Lettuce with Local Tomatoes Fresh Cantaloupe Wedge Skim or 1% Milk Mustard, Light Mayonnaise Honey Mustard Dressing
24 Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes Sautéed Peppers & Onions Fresh Local Pear Skim or 1% Milk All Natural Syrup & Ketchup	**25** BBQ Chicken Drum Whole Grain Cornbread Muffin Local Sweet Potato Fries Local Sautéed Green Beans Fresh Orange Wedges Skim or 1% Milk	**26** Crispy Fish Sandwich on a Whole Wheat Bun Local Braised Kale Local Mashed Cauliflower Fresh Local Apple Skim or 1% Milk Hot Sauce	**27** Chicken & Cheese Quesadilla in a Whole Wheat Tortilla Chili Black Beans Tomato Salsa Fresh Banana Skim or 1% Milk	**28** **Records Day** **No School**
31 Whole Grain Flatbread Cheese Pizza Local Kale Salad With Red Peppers Fresh Local Pear Skim or 1% Milk				

Growing Healthy Schools Month

October is Growing Healthy Schools Month where all DC public 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 LUNCH MENU

Traditional Year

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sunbutter & Jelly Sandwich on Whole Wheat Bread	**4** Curried Chickpeas Whole Wheat Roll	**5** Sofritas Tofu Tacos Cilantro Lime Rice	**6** Whole Wheat Mac & Cheese	**7** Grilled Cheese on Whole Wheat Bread
10 **Columbus Day** **No School**	**11** Veggie Burger on a Whole Wheat Bun	**12** Black Eyed Peas Brown Rice	**13 Parent-Teacher Lunch** Veg Out Chili Whole Grain Cornbread Muffin	**14** Egg Salad Whole Wheat Roll
17 Veggie Burger on a Whole Wheat Bun	**18** Stir Fried Brown Rice with Egg	**19** Whole Wheat Baked Ziti with Mozzarella Cheese	**20** Caesar Salad with Mozzarella Cheese Whole Wheat Roll Parmesan Cream Dressing	**21** Grilled Cheese on Whole Wheat Bread
24 Whole Grain Waffle Sticks Veggie Breakfast Sausage	**25** BBQ Tofu Bites Whole Grain Cornbread Muffin	**26** Sunbutter & Jelly Sandwich on Whole Wheat Bread	**27** Cheese Quesadilla in a Whole Wheat Wrap	**28** **Records Day** **No School**
31 Sunbutter & Jelly Sandwich on Whole Wheat Bread				

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DC Central Kitchen
Lunch Analysis
Grades K-8

Monday, 10/3/16

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)
WG Flatbread Cheese Pizza	2 slices	365	30	596	4.29	2.35	444	920	11.18	3.67	20.57	36.86	14.28	7.13	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 Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	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		654	42	892	12.88	3.83	848.2	8100	142.63	36.95	32.41	85.03	21.88	9.38	0

Tuesday, 10/4/16

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)
Chicken Curry	2 oz	102	24	156	0.76	0.89	20.6	12	0.28	0.07	9.65	2.1	6.24	1.25	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
Southern Cabbage	.5 C	37	0	196	1.85	0.37	29.1	105	24.75	2.5	1.01	5.22	1.7	0.25	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
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		431	36	790	11.96	3.24	442	1783	82.55	28.24	27.23	56.79	12.69	3.24	0

Wednesday, 10/5/16

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)
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
Cilantro-Lime Brown Rice	.5 C	121	0	149	1.34	0.57	12.5	117	3.5	0.25	2.59	23.15	2.02	0.34	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
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	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		755	62	707	16.85	6.42	431.2	2560	57.46	35.03	40.19	112.55	18.11	5.87	0

Thursday, 10/6/16

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)
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	.75 C	187	0	209	4.74	1.14	0.1	0	0	0	5.53	32.38	4.45	0.48	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.54	0.56	1.49	0.14	0.02	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*
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		749	99	1640	10.38	5.83	500.1	5272	26.5	33.02	45.75	93.14	27.2	7.98	0

Friday, 10/7/16

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)
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
Herb Roasted Butternut Squash	.5 C	84	0	215	2.22	0.79	48.1	1683	15.5	0.03	1.34	11.33	4.65	0.71	0
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
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		581	63	1393	8.7	3.42	701.6	7835	98.64	26.18	31.67	73.7	21.72	8.14	0
Weekly Averages		**634**	**60**	**1084**	**12**	**5**	**585**	**5110**	**82**	**32**	**35**	**84**	**20**	**7**	**0**
											22%	**53%**	**29%**	**10%**	**0%**

Monday, 10/10/16

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

Tuesday, 10/11/16

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)
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
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
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*
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		729	47	1235	18.33	5.37	484.1	8338	53.09	31.16	30.33	95.27	25.48	9.31	0

Wednesday, 10/12/16

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	0.06
Brown Rice	.5 C	118	0	144	1.18	0.52	11.5	136	0.07	0.06	2.4	22.7	1.96	0.34	0
Braised Collard Greens	.5 C	64	0	170	5.51	0.34	218.7	9853	52.96	1.47	3.77	10.63	1.73	0.25	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	0.22	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	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	*N/A*
Totals		576	80	787	12.36	1.81	562	11102	65.36	34.31	35.01	80.41	15.22	4.04	0

Thursday, 10/13/16

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)
Roasted Turkey	3 oz	88	35	501	0.26	0.86	10	23	0.23	0.01	18.18	1.67	1.6	0.1	0
WG Cornbread Muffin 3 oz	1 each	240	25	150	2	1.08	40	100	0	15	4	38	8	1	0
Cheesy Broccoli	.5 C	101	10	295	2.57	0.76	200.8	716	86.99	1.66	7.39	6.91	5.64	2.31	0
Mashed Potatoes	.25 C	60	3	152	1.32	0.3	13.6	33	4.97	0.88	1.14	8.94	2.3	0.76	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*
Brown Gravy	1 oz	30	6	183	0.08	0.11	3.2	69	0.29	0.06	0.39	1.88	2.34	1.42	0
Totals		726	91	1389	9.3	3.49	578.5	1495	102.74	44.73	40.62	96.52	22.63	7.26	0

Friday, 10/14/16

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)
Buffalo Chicken Strips	2 oz	123	48	942	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
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
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	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*
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		450	65	1517	9.47	3.05	432.8	15952	92.06	29.46	35.14	56.49	11.18	3.31	0
Weekly Averages		**620**	**71**	**1232**	**12**	**3**	**514**	**9222**	**78**	**35**	**35**	**82**	**19**	**6**	**0**
											23%	**53%**	**27%**	**9%**	**0%**

Monday, 10/17/16

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)
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
Baked Potato Fries	.25 C	48	0	73	1.09	0.43	7	69	9.31	0.41	1.04	8.6	1.16	0.18	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	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		734	61	792	21.26	6.7	444.3	1200	18.69	37.24	40.35	109.2	17.66	5.29	0

Tuesday, 10/18/16

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)
Orange Glazed Chicken	2 oz	165	48	335	0.6	0.87	25	9	9.21	1.7	19.68	16.03	2.49	0.35	0
Brown Rice	.5 C	118	0	144	1.18	0.52	11.5	136	0.07	0.06	2.4	22.7	1.96	0.34	0
Asian Style Carrots	.5 C	91	0	347	3.38	0.51	43.7	18853	10.68	6.41	1.86	12.93	4.13	0.6	0
Asian Broccoli	.25 C	37	0	174	1.34	0.42	25.4	311	44.63	1.01	1.75	3.84	2.11	0.3	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		557	61	1108	8.72	2.49	447.4	19994	113.53	30.47	34.77	78.48	13.17	3.16	0

Wednesday, 10/19/16

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)
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	0.07
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
Roasted Butternut Squash	.25 C	36	0	72	1.06	0.36	23	837	7.53	0	0.63	5.46	1.77	0.27	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	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		590	37	789	11.85	2.99	753.9	1919	26.94	35.69	27.04	87.98	15.84	7.16	0

Thursday, 10/20/16

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)
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
Braised Collard Greens	.5 C	64	0	170	5.51	0.34	218.7	9853	52.96	1.47	3.77	10.63	1.73	0.25	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	0.22	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		646	133	892	15.83	3.28	612.6	11079	66.3	32.62	43.98	89.88	15.23	4.2	0

Friday, 10/21/16

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 & 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
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.54	0.56	1.49	0.14	0.02	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	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*
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		536	65	1230	7.14	2.85	565.7	10603	68.8	32.41	33.83	62.9	18.91	6.89	0
Weekly Averages		**613**	**71**	**962**	**13**	**4**	**565**	**8959**	**59**	**34**	**36**	**86**	**16**	**5**	**0**
											24%	**56%**	**24%**	**8%**	**0%**

Monday, 10/24/16

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)
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	2.19	0.86	12.9	2	20.11	0.85	2.16	18.16	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 Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	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		600	52	998	10.67	3.2	365.5	865	54.11	37.45	25.55	97.91	14.64	3.92	0

Tuesday, 10/25/16

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)
BBQ Chicken Drum	2 oz	212	121	240	0.32	0.45	13.3	329	1.5	8.36	22.78	10.93	7.89	1.91	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
Sweet Potato Fries	.5 C	109	0	195	3.23	0.72	33.5	14294	2.54	4.25	1.73	21	2.28	0.36	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
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		643	148	704	7.87	2.43	427	15366	58.48	42.9	37.39	81.27	18.82	4.5	0

Wednesday, 10/26/16

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)
Crispy Fish Sandwich - 2 oz	1 sandwich	326	49	591	4.82	2.5	68.8	235	0.07	3.9	23.54	39.52	9.73	1.24	0
Braised Kale	.5 C	54	0	170	3.23	1.17	130.8	7704	93.42	2.13	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	1.3	1.81	3.17	3.34	1.88	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	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	*N/A*
Totals		624	70	1015	13.56	4.24	556.6	8607	130.09	38.95	37.57	88.24	17.68	4.97	0

Thursday, 10/27/16

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)
Chicken & Cheese Quesadilla	1 quesadilla	262	41	601	4.23	2	322	319	1.36	0.06	21.38	22.41	9.88	4.46	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		677	53	949	16.8	5.56	713.3	1931	37.1	29.65	42.86	98.54	14.83	6.54	0

Friday, 10/28/16

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)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**636**	**81**	**917**	**12**	**4**	**516**	**6692**	**70**	**37**	**36**	**91**	**16**	**5**	**0**
											23%	**58%**	**23%**	**7%**	**0%**

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)
WG Flatbread Cheese Pizza	2 slices	365	30	596	4.29	2.35	444	920	11.18	3.67	20.57	36.86	14.28	7.13	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 Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	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		654	42	892	12.88	3.83	848.2	8100	142.63	36.95	32.41	85.03	21.88	9.38	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)
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
Herb Roasted Butternut Squash	.5 C	84	0	215	2.22	0.79	48.1	1683	15.5	0.03	1.34	11.33	4.65	0.71	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
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		634	63	1483	12.57	5.13	1003	3652	77.82	23.7	36.67	79.36	22.56	8.02	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)
Beef Tacos in WW Tortilla	1 taco	280	49	520	4.82	3.62	78.4	841	15.94	0.88	19.64	23.27	11.91	4.12	0.48
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
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	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		711	62	869	18.84	7.11	468.7	2443	53.96	34.78	40.93	103.39	17.26	6.19	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 Machboos	2 oz	180	121	312	0.44	0.15	6.4	227	1.31	0.75	22.54	1.91	8.07	1.96	0
Brown Rice	.5 C	118	0	144	1.18	0.52	11.5	136	0.07	0.06	2.4	22.7	1.96	0.34	0
Roasted Zucchini & Tomatoes	.75 C	49	0	220	1.82	0.57	23.8	769	25.51	4.06	1.8	6	2.61	0.43	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		555	133	785	6.51	1.62	352.6	1686	37.16	31.98	36.24	69.75	15.4	4.41	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
Weekly Averages		**639**	**75**	**1007**	**13**	**4**	**668**	**3970**	**78**	**32**	**37**	**84**	**19**	**7**	**0**
											23%	**53%**	**27%**	**10%**	**0%**