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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DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

OCTOBER SALAD MENU

Traditional Year

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Caesar Salad over Romaine Lettuce Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Parmesan Cream Dressing	**4** Chef Salad with Cheddar over Mixed Greens Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Honey Mustard Dressing	**5** Diced Turkey Ham over Spinach Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Mandarin Dressing	**6** Buffalo Chicken Salad over Romaine Lettuce Whole Wheat Cheese Garlic Croutons Whole Wheat Roll House Ranch Dressing	**7** Turkey Cobb Salad over Mixed Greens Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Italian Dressing
10 **Columbus Day** **No School**	**11** Chef Salad with Cheddar over Mixed Greens Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Honey Mustard Dressing	**12** Diced Turkey Ham over Spinach Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Mandarin Dressing	**13** Buffalo Chicken Salad over Romaine Lettuce Whole Wheat Cheese Garlic Croutons Whole Wheat Roll House Ranch Dressing	**14** Turkey Cobb Salad over Mixed Greens Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Italian Dressing
17 Chicken Caesar Salad over Romaine Lettuce Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Parmesan Cream Dressing	**18** Chef Salad with Cheddar over Mixed Greens Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Honey Mustard Dressing	**19** Diced Turkey Ham over Spinach Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Mandarin Dressing	**20** Buffalo Chicken Salad over Romaine Lettuce Whole Wheat Cheese Garlic Croutons Whole Wheat Roll House Ranch Dressing	**21** Turkey Cobb Salad over Mixed Greens Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Italian Dressing
24 Chicken Caesar Salad over Romaine Lettuce Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Parmesan Cream Dressing	**25** Chef Salad with Cheddar over Mixed Greens Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Honey Mustard Dressing	**26** Diced Turkey Ham over Spinach Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Mandarin Dressing	**27** Buffalo Chicken Salad over Romaine Lettuce Whole Wheat Cheese Garlic Croutons Whole Wheat Roll House Ranch Dressing	**28** **Records Day** **No School**
31 Chicken Caesar Salad over Romaine Lettuce Whole Wheat Cheese Garlic Croutons Whole Wheat Roll Parmesan Cream Dressing				

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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%**