DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

d.c. central kitchen

SEPTEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 **Labor Day** **No School**	**2** Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Steamed Corn Fresh Orange Wedges Skim or 1% Milk Ketchup & Mustard	**3** Chicken Teriyaki Brown Rice Glazed Carrots Local Asian Broccoli Fresh Local Apple Skim or 1% Milk	**4** Oven Fried Chicken Whole Wheat Roll Local Collard Greens Local Baked Potato Fries Fresh Banana Skim or 1% Milk	**5** Turkey & Cheddar on a Whole Wheat Bun Local Romaine Lettuce Fresh Local Watermelon Skim or 1% Milk Light Mayonnaise, Mustard & Honey Mustard Dressing
8 Whole Grain Waffle Sticks Turkey Sausage Hash Brown Potatoes with Sautéed Peppers & Onions Fresh Local Peach Skim or 1% Milk All Natural Syrup	**9** Crispy Fish Sandwich on a Whole Wheat Bun Local Garlic Kale Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**10** BBQ Chicken Drum Whole Wheat Roll Black Eyed Peas Local Collard Greens Fresh Local Apple Skim or 1% Milk	**11** Philly Cheesesteak on a Whole Wheat Hoagie Local Mashed Sweet Potatoes Local Southern Cabbage Fresh Banana Skim or 1% Milk	**12** Chicken Caesar in a Whole Wheat Wrap Local Romaine Lettuce with Local Tomatoes Fresh Local Watermelon Skim or 1% Milk Parmesan Cream Dressing
15 Whole Grain French Bread Pizza Local Kale Caesar Salad Fresh Local Peach Skim or 1% Milk Parmesan Cream Dressing	**16** Crispy Chicken Tenders Whole Wheat Roll Cole Slaw Buttered Green Peas Fresh Orange Wedges Skim or 1% Milk BBQ Sauce	**17** Turkey Bolognese over Whole Wheat Pasta Local Romaine Salad with Local Tomatoes Fresh Local Apple Skim or 1% Milk Balsamic Dressing	**18** Local Beef Tacos Spanish Rice Chili Black Beans Local Mexican Corn Fresh Banana Skim or 1% Milk	**19** Turkey Ham Slice on a Whole Wheat Bun Herb Roasted Carrots Local Steamed Broccoli Fresh Local Watermelon Skim or 1% Milk Light Mayonnaise & Mustard
22 All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Local Sweet Potato Fries Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**23** Cajun Catfish Brown Rice Local Collard Greens Local Steamed Corn Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**24** Whole Wheat Baked Ziti with Mozzarella Cheese Local Romaine Lettuce with Local Cucumbers Fresh Local Apple Skim or 1% Milk Italian Dressing	**25** Turkey Sloppy Joe Whole Wheat Bun Local Cheesy Broccoli Roasted Red Potatoes Fresh Banana Skim or 1% Milk	**26** Buffalo Chicken Tender in a Whole Wheat Wrap Baby Carrots Celery Sticks Fresh Local Watermelon Skim or 1% Milk House Ranch Dressing
29 Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Steamed Corn Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**30** Orange Chicken Brown Rice Local Glazed Carrots Local Asian Broccoli Fresh Orange Wedges Skim or 1% Milk			

GROWING HEALTHY SCHOOLS WEEK

September 29th—October 3rd is **Growing Healthy Schools Week**, when D.C. schools celebrate local seasonal food in their gardens and on their cafeteria trays!

During the week, school staff work with local non-profits, farms, athletes, and chefs to coordinate inspiring activities aimed at engaging students in a conversation about nutrition, the environment, recycling, and being active. Check out what's going on at your school and be a part of Growing Healthy Schools Week!

DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

d.c. central kitchen

SEPTEMBER VEGETARIAN ENTRÉE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 **Labor Day** **No School**	**2** Veggie Burger on a Whole Wheat Bun	**3** Stir-Fried Brown Rice with Egg	**4** Egg Salad Whole Wheat Roll	**5** Grilled Cheese on Whole Wheat Bread
8 Whole Grain Waffle Sticks Egg & Cheese Bake	**9** Veggie Burger on a Whole Wheat Bun	**10** Egg Salad Whole Wheat Roll	**11** Cheddar, Lettuce & Tomato on a Whole Grain Hoagie	**12** Cheese Quesadilla in a Whole Wheat Wrap
15 Cheddar, Lettuce & Tomato on a Whole Grain Hoagie	**16** Egg Salad Whole Wheat Roll	**17** Whole Wheat Baked Ziti with Mozzarella Cheese	**18** Black Bean Taco Spanish Rice	**19** Grilled Cheese on Whole Wheat Bread
22 Veggie Burger on a Whole Wheat Bun	**23** Black Eyed Peas Brown Rice	**24** Whole Wheat Mac & Cheese	**25** Egg Salad Whole Wheat Bun	**26** Cheese Quesadilla in a Whole Wheat Wrap
29 Veggie Burger on a Whole Wheat Bun	**30** Stir-Fried Brown Rice with Egg			

GROWING HEALTHY SCHOOLS WEEK

September 29th—October 3rd is **Growing Healthy Schools Week**, when D.C. schools celebrate local seasonal food in their gardens and on their cafeteria trays!

During the week, school staff work with local non-profits, farms, athletes, and chefs to coordinate inspiring activities aimed at engaging students in a conversation about nutrition, the environment, recycling, and being active. Check out what's going on at your school and be a part of Growing Healthy Schools Week!

DC Central Kitchen

Fruit Vegetable Bar Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cucumber Coins	Cherry Tomatoes	Cucumber Coins	Cherry Tomatoes	Cucumber Coins
Cauliflower Florets	Sugar Snap Peas	Cauliflower Florets	Sugar Snap Peas	Cauliflower Florets
Caesar Dip	Caesar Dip	Caesar Dip	Caesar Dip	Caesar Dip
Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice

Monday	Tuesday	Wednesday	Thursday	Friday
Celery Sticks	Red Pepper Strips	Celery Sticks	Red Pepper Strips	Celery Sticks
Baby Carrots	Broccoli Florets	Baby Carrots	Broccoli Florets	Baby Carrots
Ranch Dip	Ranch Dip	Ranch Dip	Ranch Dip	Ranch Dip
Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice

DC Central Kitchen

Lunch Analysis

Grades K-8

Monday, 9/1/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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

Tuesday, 9/2/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Burger on WW Bun	1 burger	209	0	551	8.12	3.22	145	102	0.05	17.82	28.72	4.59	0.65	0.14
BBQ Baked Beans	.5 C	189	0	151	10.5	2.69	85.5	505	1.68	9.37	29.79	4.37	0.57	0
Steamed Corn	.5 C	92	0	144	1.74	0.35	3.4	161	5.3	2.5	17.14	2.83	0.43	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	2	0	0	*N/A*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Total		656	12	1125	22.57	6.42	575.7	1454	55.97	38.78	100.64	14.26	3.21	0

Wednesday, 9/3/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Chicken Teriyaki	2 oz	110	48	548	0.32	0.97	8	20	7.59	19.72	5.13	1.15	0.17	0
Brown Rice	.75 C	177	0	219	1.76	0.78	17.1	204	0.11	3.6	34.06	2.95	0.51	0
Glazed Carrots	.5 C	64	0	215	3.25	0.38	48.3	17729	6.22	1.08	12.77	1.47	0.22	0
Asian Broccoli	.5 C	74	0	359	2.7	0.91	50.1	622	89.26	3.27	7.94	4.2	0.61	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		623	61	1451	12.41	3.32	439.5	19152	111.55	36.37	97.21	12.43	3.11	0

Thursday, 9/4/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Oven Fried Chicken	1 drum	312	121	489	2.34	2.33	79.7	592	0.42	27.26	26.72	9.45	2.31	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Braised Collard Greens	.5 C	64	0	172	5.51	0.34	218.7	9852	52.96	3.77	10.63	1.73	0.25	0
Baked Potato Fries	.25 C	63	0	75	1.59	0.58	9.4	70	13.33	1.44	12.15	1.17	0.19	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		751	133	1099	15.06	5.2	708	11057	75.5	46.29	108.75	16.55	4.41	0

Friday, 9/5/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey & Cheese on a WW Bun	1 sandwich	270	50	786	4	1.72	282.5	304	0	21.54	25.78	11.5	5.56	0
Romaine Salad	1.5 C	12	0	5	1.43	0.66	22.5	5926	2.72	0.84	2.24	0.2	0.03	*N/A*
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	1.33	12.95	0.3	0.08	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	0	0	3	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Honey Mustard Dressing	1 oz	25	0	82	0.04	0.08	2.9	0	0.48	0.16	3.02	1.42	0.17	0
Total		503	62	1187	6.9	2.86	627.2	12077	61.47	32.1	56.17	18.79	7.38	0
Weekly Averages		**633**	**67**	**1216**	**14**	**4**	**588**	**10935**	**76**	**38**	**91**	**16**	**5**	**0**
										24%	**57%**	**22%**	**6%**	**0%**

Monday, 9/8/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain Waffle	1 waffle	111	3	241	2.01	0.9	30.1	0	0	3.01	16.58	4.02	0.5	0
Whole Grain Waffle	1 waffle	111	3	241	2.01	0.9	30.1	0	0	3.01	16.58	4.02	0.5	0
Turkey Sausage	2 oz	100	40	340	0	0.72	0	200	0	10	0	8	2	0
Hash Brown Potatoes	.5 C	90	0	148	2.3	0.83	12.9	2	20.11	2.13	18.15	1.19	0.19	0
Sauteed Peppers & Onions	.25 C	21	0	49	0.96	0.16	11.5	115	26.35	0.53	3.46	0.84	0.14	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	1.37	14.31	0.38	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Total		628	57	1132	9.53	3.96	398.8	1285	56.36	28.28	89.26	20.81	4.91	0

Tuesday, 9/9/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Crispy Fish Sandwich	1 sandwich	360	73	635	4.82	2.66	139.4	284	0.07	31.33	34.53	12.12	2.11	0
Garlic Kale	.75 C	89	0	257	2.38	1.75	177.7	11556	139.44	5.09	10.86	4.35	0.59	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.01	0.02	0	0	*N/A*
Total		595	86	1030	9.41	4.57	659.1	12526	189.35	45.51	68.39	18.95	4.27	0

Wednesday, 9/10/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
BBQ Chicken Drum	2 oz	210	121	242	0.32	0.47	13.6	325	1.5	22.85	10.39	7.92	1.92	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Black Eyed Peas	.5 C	137	0	77	3.93	2.85	41.1	187	8.57	7.99	21.35	2.66	0.46	0
Braised Collard Greens	.25 C	32	0	86	2.75	0.17	109.4	4926	26.48	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	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		696	133	769	14.37	5.4	570	6014	44.92	45.91	98.37	15.62	4.1	0

Thursday, 9/11/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Philly Cheesesteak Hoagie	1 sandwich	376	49	560	3.53	2.82	328	230	11.95	21.73	28.84	19.57	8.69	0
Mashed Sweet Potatoes	.5 C	156	0	163	5.15	1.08	55.7	23489	3.99	2.63	36.88	0.09	0.03	0
Southern Cabbage	.25 C	18	0	99	0.93	0.18	14.6	53	12.37	0.51	2.61	0.85	0.13	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		743	61	930	12.23	4.42	708.3	24315	37.1	34.18	103.58	23.21	10.51	0

Friday, 9/12/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Chicken Caesar Wrap	1 wrap	335	58	845	4.62	2.71	335.9	1490	3.17	27.47	35.81	9.67	3.85	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.02	*N/A*
Tomatoes	.25 C	11	0	3	0.72	0.16	6	501	8.23	0.53	2.34	0.12	0.02	*N/A*
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	0.91	11.3	0.22	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Parmesan Cream Dressing	1 oz	72	7	210	0.02	0.13	68.1	58	1.01	1.42	3.51	5.7	1.67	0
Total		572	78	1170	6.91	3.88	740.4	7329	26.36	39.11	66.63	18.21	7.13	0
Weekly Averages		**647**	**83**	**1006**	**10**	**4**	**615**	**10294**	**71**	**39**	**85**	**19**	**6**	**0**
										24%	**53%**	**27%**	**9%**	**0%**

Monday, 9/15/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain French Bread Pizza	2 pizza	337	30	566	4.72	3.84	489.1	1083	15.2	21.2	36.47	10.85	6.14	0
Kale Caesar Salad	1.5 C	92	18	341	1.53	1.31	341.2	7770	91.85	7.36	6.98	4.79	2.79	*N/A*
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	1.37	14.31	0.38	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Parmesan Cream Dressing	1 oz	72	7	210	0.02	0.13	68.1	58	1.01	1.42	3.51	5.7	1.67	0
Total		661	67	1225	8.53	5.73	1212.3	9879	117.96	39.56	73.44	24.09	12.17	0

Tuesday, 9/16/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Crispy Chicken Tenders	2 oz.	122	49	253	0.68	1.1	42.8	282	2.71	20.7	7.7	0.83	0.23	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Cole Slaw	.5 C	102	3	260	2.6	0.58	56.9	2398	31.47	1.63	12.75	4.97	1.12	0
Buttered Green Peas	.25 C	46	0	122	2.14	0.74	10.5	980	8.57	2.49	6.49	1.27	0.18	*N/A*
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
BBQ Sauce	1 oz	43	0	78	0.24	0.35	12.2	246	1.49	0.55	10.31	0.45	0.06	0
Total		578	65	1077	10.87	4.55	554.2	4591	93.18	38.95	84.23	11.51	3.15	0

Wednesday, 9/17/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Bolognese	3 oz	169	60	278	1.72	2.64	46.1	743	15.2	17.49	9.44	7.66	1.91	0.09
Whole Wheat Pasta	.5 C	124	0	141	3.16	0.76	0.1	0	0	3.69	21.59	2.97	0.32	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.02	*N/A*
Tomatoes	.25 C	11	0	3	0.72	0.16	6	501	8.23	0.53	2.34	0.12	0.02	*N/A*
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Balsamic Dressing	1 oz	87	0	76	0.08	0.06	3.5	0	0	0.1	2.08	8.68	1.2	0
Total		596	73	611	10.99	4.35	386.5	5771	33.62	31.06	74.25	22.24	5.06	0

Thursday, 9/18/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Tacos	1 taco	203	49	203	1.47	2.35	28.3	826	15.94	16.3	9.25	10.73	3.45	0.48
Spanish Rice	.75 C	212	0	380	2.71	1.38	24.5	602	29.2	4.21	38.84	4.71	0.79	0
Chili Black Beans	.5 C	190	0	157	8.43	2.91	70.9	460	12.52	11.19	33.39	2	0.38	0
Mexican Corn	.25 C	43	0	75	1.21	0.28	3.3	548	17.13	1.4	9.4	0.67	0.1	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		841	62	923	16.44	7.26	437	2979	83.58	42.42	126.12	20.81	6.38	0

Friday, 9/19/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Ham Slice on WW Bun	1 sandwich	211	40	1262	4	2.53	80	0	0	19.16	27.04	6.05	1.51	0
Herb Roasted Carrots	.5 C	66	0	219	3.18	0.38	38.2	18903	7.18	1.06	10.84	2.46	0.38	0
Steamed Broccoli	.25 C	31	0	87	1.27	0.37	23	304	43.49	1.38	3.24	1.8	0.24	*N/A*
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	1.33	12.95	0.3	0.08	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	0	0	3	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Total		504	53	1882	9.88	3.69	460.5	25054	108.94	31.16	66.24	15.97	3.76	0
Weekly Averages		**636**	**64**	**1144**	**11**	**5**	**610**	**9655**	**87**	**37**	**85**	**19**	**6**	**0**
										23%	**53%**	**27%**	**9%**	**0%**

Monday, 9/22/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
All Beef Hotdog on a WW Bun	1 hotdog	300	35	620	3	1.44	80	0	0	12	26	17.5	6.5	0
BBQ Baked Beans	.5 C	189	0	151	10.5	2.69	85.5	505	1.68	9.37	29.79	4.37	0.57	0
Sweet Potato Fries	.25 C	55	0	99	1.61	0.36	16.7	7147	1.27	0.87	10.49	1.14	0.18	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	1.37	14.31	0.38	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	2	0	0	*N/A*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Total		724	47	1148	17.37	4.93	496.2	8620	12.84	31.83	94.77	25.75	8.82	0

Tuesday, 9/23/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Cajun Catfish	3 oz	151	67	262	0.44	0.49	14.1	451	0.4	18.88	1.17	7.43	1.63	*N/A*
Brown Rice	1.5 C	355	0	439	3.53	1.55	34.3	409	0.22	7.2	68.11	5.89	1.03	0
Braised Collard Greens	.5 C	64	0	172	5.51	0.34	218.7	9852	52.96	3.77	10.63	1.73	0.25	0
Steamed Corn	.25 C	46	0	72	0.87	0.17	1.7	81	2.65	1.25	8.57	1.41	0.22	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.01	0.02	0	0	*N/A*
Total		761	80	1084	12.55	2.72	610.7	11480	106.07	40.2	111.49	18.95	4.69	0

Wednesday, 9/24/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Baked Ziti	1 C	307	30	316	4.35	2.99	439.4	1083	15.2	18.88	32.03	10.14	6.14	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.02	*N/A*
Cucumber Coins	.25 C	6	0	1	0.18	0.1	5.9	39	1.03	0.24	1.34	0.04	0.01	*N/A*
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Italian Dressing	1 oz	81	0	25	0.19	0.34	8.8	54	0.34	0.07	0.61	8.68	1.2	0
Total		598	42	455	10.04	4.16	785	5703	26.75	28.44	72.78	21.67	8.97	0

Thursday, 9/25/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sloppy Joe on WW Bun	1 sandwich	291	60	852	5.5	3.69	125.9	448	7.03	22.72	34.98	9.17	2.31	0.09
Cheesy Broccoli	.5 C	101	10	297	2.57	0.76	200.8	716	86.99	7.39	6.91	5.64	2.31	0
Roasted Red Potatoes	.25 C	42	0	79	0.81	0.35	5.1	3	3.97	0.89	7.45	1.16	0.18	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		626	82	1337	11.5	5.14	641.8	1710	106.78	40.33	84.58	18.66	6.46	0

Friday, 9/26/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Buffalo Chicken Wrap	1 wrap	253	48	1292	4.36	2.24	67.3	162	29.57	23.11	22.48	8.12	1.67	0
Baby Carrots	.5 C	25	0	55	2.03	0.63	22.3	9694	1.86	0.44	5.73	0.08	0.01	0
Celery Sticks	.25 C	6	0	30	0.6	0.07	15	168	1.16	0.26	1.11	0.06	0.02	*N/A*
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	0.91	11.3	0.22	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
House Ranch Dressing	1 oz	40	4	139	0.05	0.06	28.9	80	1.19	0.78	3.03	2.75	0.98	0
Total		472	65	1625	7.63	3.44	449	11434	45.92	33.72	55.84	13.61	4.25	0
Weekly Averages		**636**	**63**	**1130**	**12**	**4**	**597**	**7789**	**60**	**35**	**84**	**20**	**7**	**0**
										22%	**53%**	**28%**	**9%**	**0%**

Monday, 9/29/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Burger on WW Bun	1 burger	209	0	551	8.12	3.22	145	102	0.05	17.82	28.72	4.59	0.65	0.14
BBQ Baked Beans	.5 C	189	0	151	10.5	2.69	85.5	505	1.68	9.37	29.79	4.37	0.57	0
Steamed Corn	.25 C	46	0	72	0.87	0.17	1.7	81	2.65	1.25	8.57	1.41	0.22	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	2	0	0	*N/A*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Total		668	12	1054	25.01	6.47	553.2	1211	12.03	37.31	108.37	12.99	3.01	0

Tuesday, 9/30/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Orange Glazed Chicken	2 oz	165	48	344	0.61	0.91	24.5	9	9.21	19.54	16.22	2.48	0.35	0
Brown Rice	.75 C	177	0	219	1.76	0.78	17.1	204	0.11	3.6	34.06	2.95	0.51	0
Glazed Carrots	.5 C	64	0	215	3.25	0.38	48.3	17729	6.22	1.08	12.77	1.47	0.22	0
Asian Broccoli	.25 C	37	0	179	1.35	0.45	25.1	311	44.63	1.64	3.97	2.1	0.3	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		589	61	1065	9.19	2.68	456.8	18938	109.11	34.95	90	11.47	2.95	0

Wednesday, 10/1/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Mac & Cheese	.75 C	357	45	546	3.44	1.33	636.8	606	0.07	22.24	31.29	15.8	9.36	0
Roasted Squash & Tomatoes	.75 C	61	0	221	2.28	0.68	34.2	741	30.05	2.05	8.86	2.64	0.45	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	0.47	25.13	0.31	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		615	57	877	10.08	2.31	986.9	1924	38.49	32.99	77.46	21.12	11.42	0

Thursday, 10/2/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Oven Fried Chicken	1 drum	312	121	489	2.34	2.33	79.7	592	0.42	27.26	26.72	9.45	2.31	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Braised Collard Greens	.5 C	64	0	172	5.51	0.34	218.7	9852	52.96	3.77	10.63	1.73	0.25	0
Baked Potato Fries	.25 C	63	0	75	1.59	0.58	9.4	70	13.33	1.44	12.15	1.17	0.19	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		751	133	1099	15.06	5.2	708	11057	75.5	46.29	108.75	16.55	4.41	0

Friday, 10/3/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey & Cheese on a WW Bun	1 sandwich	270	50	786	4	1.72	282.5	304	0	21.54	25.78	11.5	5.56	0
Romaine Salad	1.5 C	12	0	5	1.43	0.66	22.5	5926	2.72	0.84	2.24	0.2	0.03	*N/A*
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	1.33	12.95	0.3	0.08	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	0	0	3	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Honey Mustard Dressing	1 oz	25	0	82	0.04	0.08	2.9	0	0.48	0.16	3.02	1.42	0.17	0
Total		503	62	1187	6.9	2.86	627.2	12077	61.47	32.1	56.17	18.79	7.38	0
Weekly Averages		**625**	**65**	**1056**	**13**	**4**	**666**	**9041**	**59**	**37**	**88**	**16**	**6**	**0**
										23%	**56%**	**23%**	**8%**	**0%**