DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

JANUARY 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
2 **New Year's Break** **No School**	**3** Caesar Salad with Mozzarella Cheese over Romaine Lettuce Whole Grain Cheese Garlic Croutons Fresh Cantaloupe Wedge Skim or 1% Milk Parmesan Cream Dressing	**4** Curried Chicken Salad Whole Grain Crackers Cauliflower Florets Fresh Orange Wedges Skim or 1% Milk Asian Dressing	**5** Herb Roasted Chicken over Mixed Greens Whole Grain Cheese Garlic Croutons Chilled Applesauce Skim or 1% Milk Italian Dressing	**6** Sunbutter & Jelly on Whole Wheat Bread Celery Sticks Fresh Banana Skim or 1% Milk House Ranch Dressing
9 Low Fat String Cheese & Blueberry Yogurt Whole Wheat Ranch Crackers Baby Carrots 100% Grape Juice Skim or 1% Milk House Ranch Dressing	**10** Turkey Cobb Salad over Romaine Lettuce Whole Grain Cheese Garlic Croutons Fresh Cantaloupe Wedge Skim or 1% Milk Balsamic Dressing	**11** Chicken Salad on a Whole Wheat Bun Broccoli Crowns Fresh Orange Wedges Skim or 1% Milk Parmesan Cream Dressing	**12** Diced Turkey Ham over Spinach Whole Grain Cheese Garlic Croutons Chilled Applesauce Skim or 1% Milk Honey Mustard Dressing	**13** Tuna Salad Whole Wheat Crackers Tomato & Cucumber Salad Fresh Banana Skim or 1% Milk
16 **Martin Luther King, Jr. Day** **No School**	**17** Turkey Club on a Whole Wheat Bun Celery Sticks Fresh Cantaloupe Wedge Skim or 1% Milk Mustard & Light Mayonnaise House Ranch Dressing	**18** Egg Salad Whole Wheat Roll Cole Slaw Fresh Orange Wedges Skim or 1% Milk	**19** **Records Day** **No School**	**20** **Inauguration Day** **No School**
23 Sunbutter Cup Whole Grain Animal Crackers Snap Peas 100% Grape Juice Skim or 1% Milk Poppy Seed Dressing	**24** Buffalo Chicken Salad over Romaine Lettuce Whole Grain Cheese Garlic Croutons Fresh Cantaloupe Wedge Skim or 1% Milk House Ranch Dressing	**25** Turkey Ham & Cheese on Whole Wheat Bread Cucumber Coins Fresh Orange Wedges Skim or 1% Milk Mustard & Light Mayonnaise Balsamic Dressing	**26 Bolivian Food Day** Sanwich de Chola with Chicken on a Whole Wheat Bun Ensalada Casera with Lettuce, Tomatoes, Red Onion, & Cucumber Chilled Applesauce Skim or 1% Milk Honey Mustard Dressing	**27** Tuna in a Doona on a Whole Wheat Hoagie Corn & Tomato Salad Fresh Banana Skim or 1% Milk
30 Turkey & Cheddar on a Whole Wheat Bun Baby Carrots 100% Grape Juice Skim or 1% Milk Mustard & Light Mayonnaise House Ranch Dressing	**31** Caesar Salad with Mozzarella Cheese over Romaine Lettuce Whole Grain Cheese Garlic Croutons Fresh Cantaloupe Wedge Skim or 1% Milk Parmesan Cream Dressing			

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, 1/2/17

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, 1/3/17

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
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		509	54	948	2.69	1.25	820.8	11335	61.63	26.4	29.25	48.27	24.59	11.32	0

Wednesday, 1/4/17

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)
Curried Chicken Salad	2 oz	109	49	156	0.91	0.8	28.8	1565	4.57	2.08	19.5	4.24	1.54	0.26	0
Whole Grain Crackers	2 each	100	0	120	1	0.72	40	1000	0	0	2	14	3	0	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
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		443	61	706	5.71	2.14	429.8	3253	90.58	27.62	32.71	49.51	12.83	2.41	0

Thursday, 1/5/17

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*
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		457	61	607	3.01	2.19	354	5968	11.45	13.53	32.39	48.68	17.58	3.12	0

Friday, 1/6/17

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 & Jelly Sandwich	1 sandwich	579	0	487	7.51	4.01	159	33	0	8	16.78	55.54	36.42	2.93	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
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*
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		838	17	803	11.82	4.6	528.7	1003	13.78	37.41	27.58	99.92	42.05	5.62	0

Monday, 1/9/17

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	1 each	80	20	200	0	0	200	200	0	0	7	0.67	6	3.5	0
Blueberry Yogurt	1 each	90	0	75	0	0	300	0	0	16	3	20	0	0	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
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		437	37	744	4.08	0.76	916.2	10453	9.06	30.98	21.44	57.61	14.2	6.04	0

Tuesday, 1/10/17

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 Cobb Salad over Romaine	1 Salad	111	74	481	1.35	1.05	160.7	5358	3.46	1.1	14.85	3.58	4.61	2.15	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*
Balsamic Dressing	1 oz	87	0	75	0.08	0.06	3.5	0	0	0	0.1	2.08	8.68	1.2	0
Totals		456	86	973	2.85	1.52	483.5	11206	61.73	26.27	28.56	46.99	20	4.97	0

Wednesday, 1/11/17

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
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*
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		520	68	965	8.82	2.98	477.6	1380	136.92	26.63	38.2	64.25	15.1	3.75	0

Thursday, 1/12/17

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 over Spinach	1 salad	105	40	1050	1.32	2.72	59.5	5636	16.89	0.25	14.88	5.22	4.28	1.05	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*
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		398	53	1526	3.05	3.22	373.5	6158	18.9	15.06	27.58	53.87	12.28	2.77	0

Friday, 1/13/17

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	2 oz	128	32	510	0.26	0.76	18.6	68	0.66	0.09	17.9	1.82	4.88	0.92	0
Whole Grain Crackers	2 each	100	0	120	1	0.72	40	1000	0	0	2	14	3	0	0
Tomato & Cucumber Salad	.5 C	45	0	144	1.16	0.36	14.6	704	11.85	2.6	0.92	4.29	3.11	0.48	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		481	44	883	5.48	2.22	384.2	2326	22.78	29.81	30.32	59.23	13.74	3.08	0

Monday, 1/16/17

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, 1/17/17

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 Bun	1 sandwich	289	49	779	4.64	1.93	27.6	1511	4.32	3.89	25.09	30.54	9.92	1.14	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
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
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		537	65	1300	7.31	2.54	405.7	7774	66.1	31.35	35.94	60.93	18.46	3.78	0

Wednesday, 1/18/17

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
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*
Totals		470	200	1086	10.09	2.41	460.9	3443	80.78	29.74	21.95	56.86	18.44	4.39	0

Thursday, 1/19/17

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, 1/20/17

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, 1/23/17

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
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
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*
Poppyseed Dressing	1 oz	164	0	140	0.17	0.09	11.5	0	0.03	4.73	0.18	4.99	16.12	2.35	0
Totals		898	12	568	7.98	5.74	524	1524	55.82	21.13	23.7	81.13	57.04	8.11	0

Tuesday, 1/24/17

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 Salad w/Romain	1 salad	134	48	991	1.67	1.38	28.6	5318	32.08	1.27	19.86	3.56	4.81	0.7	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*
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		432	65	1554	3.15	1.85	376.8	11246	91.54	27.72	34.25	47.92	14.27	3.31	0

Wednesday, 1/25/17

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	300	50	735	4	1.44	330	300	0.6	0	20.5	32.5	11.25	5.25	0
Cucumber Coins	.5 C	11	0	1	0.37	0.21	11.8	77	2.06	1.23	0.48	2.68	0.08	0.03	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
Balsamic Dressing	1 oz	87	0	75	0.08	0.06	3.5	0	0	0	0.1	2.08	8.68	1.2	0
Totals		584	62	1100	6.65	1.87	687.1	1063	51.61	22.52	30.16	60.24	25.49	8.03	0

Thursday, 1/26/17

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)
Sandwich de Chola	1 each	268	24	479	4.61	2.24	40.1	1034	4.21	13.31	15.61	41.06	6.36	0.99	0
Ensalada Casera	1 each	19	0	6	1.53	0.59	22.7	4129	7.12	0.87	1.03	4.13	0.22	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 Vinaigrette	1 oz	135	0	62	0	0.08	0.5	0	0	1.51	0	3.03	13.5	1.86	0
Totals		589	36	658	7.82	3.33	374.4	5685	12.87	28.38	25.13	77.65	22.6	4.45	0

Friday, 1/27/17

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 in a Doona	1 sandwich	230	18	541	4.06	2.32	26.2	37	0.17	3.07	20.55	30.55	4.4	0.39	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
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		521	30	747	8.87	3.13	346.6	1102	20.35	32.65	32.18	83.1	10.59	2.58	0

Monday, 1/30/17

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	275	43	846	4	1.76	220	300	0	3	22.94	29.9	9.45	4.5	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	59	1336	6.08	2.53	576.2	10553	3.06	16.98	32.38	71.85	17.65	7.04	0

Tuesday, 1/31/17

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
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		509	54	948	2.69	1.25	820.8	11335	61.63	26.4	29.25	48.27	24.59	11.32	0

Wednesday, 2/1/17

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)
Curried Chicken Salad	2 oz	109	49	156	0.91	0.8	28.8	1565	4.57	2.08	19.5	4.24	1.54	0.26	0
Whole Grain Crackers	2 each	100	0	120	1	0.72	40	1000	0	0	2	14	3	0	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
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		443	61	706	5.71	2.14	429.8	3253	90.58	27.62	32.71	49.51	12.83	2.41	0

Thursday, 2/2/17

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*
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		457	61	607	3.01	2.19	354	5968	11.45	13.53	32.39	48.68	17.58	3.12	0

Friday, 2/3/17

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 & Jelly Sandwich	1 sandwich	579	0	487	7.51	4.01	159	33	0	8	16.78	55.54	36.42	2.93	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
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*
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		838	17	803	11.82	4.6	528.7	1003	13.78	37.41	27.58	99.92	42.05	5.62	0