DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

DECEMBER LUNCH MENU

Did you know—If you see a menu item in green, it's local and if you see it in blue, the meal has international influence!

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
30 Whole Grain French Bread Cheese Pizza Local Romaine Salad with Tomatoes Fresh Local Pear Skim or 1% Milk Balsamic Dressing	**1** Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes with Sautéed Peppers & Onions Fresh Orange Wedges Skim or 1% Milk All Natural Syrup	**2** Local Beef Tacos Spanish Rice Chili Black Beans Mexican Corn Fresh Local Apple Skim or 1% Milk	**3** Turkey Ham & Cheddar Melt on Whole Wheat Bread Local Herb Roasted Butternut Squash Sautéed Green Beans Fresh Banana Skim or 1% Milk	**4** **Professional Development Day** **No School**
7 Powered Up Pasta with Chickpeas Local Romaine Lettuce with Tomatoes Fresh Local Pear Skim or 1% Milk Italian Dressing	**8** Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Mashed Sweet Potatoes Fresh Orange Wedges Skim or 1% Milk Ketchup & Mustard	**9** Local Oven Fried Chicken Whole Wheat Roll Sautéed Green Beans Local Baked Potato Fries Fresh Local Apple Skim or 1% Milk	**10** Cajun Catfish Brown Rice Steamed Corn Local Savory Sautéed Kale Fresh Banana Skim or 1% Milk Hot Sauce	**11** Buffalo Chicken Tender in a Whole Wheat Wrap Baby Carrots Local Cauliflower Florets Fresh Cantaloupe Wedge Skim or 1% Milk House Ranch Dressing
14 Whole Wheat Mac & Cheese Local Yellow Squash with Stewed Local Tomatoes Fresh Local Pear Skim or 1% Milk	**15** Orange Chicken Brown Rice Asian Style Carrots Local Braised Bok Choy Fresh Orange Wedges Skim or 1% Milk	**16** All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans Steamed Corn Fresh Local Apple Skim or 1% Milk Ketchup & Mustard	**17** **Holiday Meal** Roasted Turkey Whole Wheat Roll Local Braised Collard Greens Local Mashed Potatoes Fresh Banana Skim or 1% Milk Brown Gravy	**18** Turkey & Cheddar on a Whole Wheat Bun Local Romaine Lettuce with Cucumber Coins Fresh Cantaloupe Wedge Skim or 1% Milk Light Mayonnaise, Mustard & Parmesan Cream Dressing
21 **Winter Break** **No School**	**22** **Winter Break** **No School**	**23** **Winter Break** **No School**	**24** **Winter Break** **No School**	**25** **Christmas Day** **No School**
28 **Winter Break** **No School**	**29** **Winter Break** **No School**	**30** **Winter Break** **No School**	**31** **Winter Break** **No School**	

For more information on the DC Central Kitchen, please visit our website:
www.dccentralkitchen.org

Fresh Feature Friday

Fresh Feature Friday Winners

On Fridays throughout the month, we taste test new vegetables and preparation methods with students so they can sample and vote on their favorites.

Keep an eye out for a and **orange highlights** to find these winning items on your menu this month!

DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

DECEMBER VEGETARIAN ENTRÉE MENU

Did you know—If you see a menu item in green, it's local and if you see it in blue, the meal has international influence!

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
30 Sunbutter & Jelly Sandwich on Whole Wheat Bread	**1** Whole Grain Waffle Sticks Veggie Breakfast Sausage	**2** Caesar Salad with Mozzarella Cheese Whole Wheat Croutons	**3** Grilled Cheese on Whole Wheat Bread	**4** **Professional Development Day** **No School**
7 Whole Wheat Mac & Cheese	**8** Veggie Burger on a Whole Wheat Bun	**9** Egg Salad Whole Wheat Roll	**10** Black Eyed Peas Brown Rice	**11** Cheese Quesadilla in a Whole Wheat Wrap
14 Whole Wheat Baked Ziti with Mozzarella Cheese	**15** Stir Fried Brown Rice with Egg	**16** Veggie Burger on a Whole Wheat Bun	**17** Egg Salad Whole Wheat Roll	**18** Grilled Cheese on a Whole Wheat Bun
21 **Winter Break** **No School**	**22** **Winter Break** **No School**	**23** **Winter Break** **No School**	**24** **Winter Break** **No School**	**25** **Christmas Day** **No School**
28 **Winter Break** **No School**	**29** **Winter Break** **No School**	**30** **Winter Break** **No School**	**31** **Winter Break** **No School**	

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DC Central Kitchen - DCPS

December Kelly Miller Cold Menu

Monday 11/30/15	Tuesday 12/1/15	Wednesday 12/2/15	Thursday 12/3/15	Friday 12/4/15
Chicken Caesar Salad (2 oz)	Chef Salad w/ Cheddar (2 oz)	Diced Turkey Ham (2 oz)	Buffalo Chicken Salad (2 oz)	**Professional Development Day**
over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)	over Spinach (.5 C)	over Romaine Lettuce (.5 C)	
Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	**No School**

Monday 12/7/15	Tuesday 12/8/15	Wednesday 12/9/15	Thursday 12/10/15	Friday 12/11/15
Chicken Caesar Salad (2 oz)	Chef Salad w/ Cheddar (2 oz)	Diced Turkey Ham (2 oz)	Buffalo Chicken Salad (2 oz)	Turkey Cobb Salad (2 oz)
over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)	over Spinach (.5 C)	over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)
Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)

Monday 12/14/15	Tuesday 12/15/15	Wednesday 12/16/15	Thursday 12/17/15	Friday 12/18/15
Chicken Caesar Salad (2 oz)	Chef Salad w/ Cheddar (2 oz)	Diced Turkey Ham (2 oz)	Buffalo Chicken Salad (2 oz)	Turkey Cobb Salad (2 oz)
over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)	over Spinach (.5 C)	over Romaine Lettuce (.5 C)	over Mixed Greens (.5 C)
Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)	Whole Wheat Roll (1.5 oz)

Monday 12/21/15	Tuesday 12/22/15	Wednesday 12/23/15	Thursday 12/24/15	Friday 12/25/15
Winter Break	**Winter Break**	**Winter Break**	**Winter Break**	**Christmas Day**
No School	**No School**	**No School**	**No School**	**No School**

Monday 12/28/15	Tuesday 12/29/15	Wednesday 12/30/15	Thursday 12/31/15	Friday 1/1/16
Winter Break	**Winter Break**	**Winter Break**	**Winter Break**	**New Year's Day**
No School	**No School**	**No School**	**No School**	**No School**

DC Central Kitchen

Weekly Salad Bar Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chopped Deli Turkey	Cubed Chicken	Tuna Salad	Cubed Chicken	Diced Turkey Ham
Sliced Hard Boiled Eggs	Black Beans	Sliced Hard Boiled Eggs	Black Beans	Sliced Hard Boiled Eggs
Shredded Cheese	Shredded Cheese	Shredded Cheese	Shredded Cheese	Shredded Cheese
Alternate Protein Option 1	Alternate Protein Option 1	Alternate Protein Option 1	Alternate Protein Option 1	Alternate Protein Option 1
Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce
Fresh Spinach	Mixed Greens	Fresh Spinach	Mixed Greens	Fresh Spinach
Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes
Cucumber Rounds	Cucumber Rounds	Cucumber Rounds	Cucumber Rounds	Cucumber Rounds
Shredded Carrots	Shredded Carrots	Shredded Carrots	Shredded Carrots	Shredded Carrots
Fresh Corn	Broccoli Crowns	Fresh Corn	Broccoli Crowns	Fresh Corn
Chickpeas	Hummus	Chickpeas	Hummus	Chickpeas
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Whole Wheat Croutons	Whole Wheat Pita	Whole Wheat Croutons	Whole Wheat Pita	Whole Wheat Croutons
Salad Dressing 1	Salad Dressing 1	Salad Dressing 1	Salad Dressing 1	Salad Dressing 1
Salad Dressing 2	Salad Dressing 2	Salad Dressing 2	Salad Dressing 2	Salad Dressing 2
Skim or 1% Milk	Skim or 1% Milk	Skim or 1% Milk	Skim or 1% Milk	Skim or 1% Milk

DC Central Kitchen

Lunch Analysis

Grades K-8

Monday, 11/30/15

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	325	30	516	4.29	3.43	484	920	11.18	20.57	33.86	10.78	6.12	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.01	0
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 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*
Balsamic Dressing	1 oz	87	0	75	0.08	0.06	3.5	0	0	0.1	2.08	8.68	1.2	0
Totals		635	42	707	11.56	4.49	829.5	5894	28.88	30.62	79.05	22.33	8.93	0

Tuesday, 12/1/15

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	2 each	140	0	250	2	1.08	20	25	0	4	27	2	0	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	146	2.29	0.82	12.9	2	20.11	2.13	18.14	1.19	0.19	0
Sauteed Peppers & Onions	.25 C	21	0	48	0.96	0.16	11.5	115	26.35	0.53	3.46	0.84	0.14	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.01	*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
Totals		532	52	897	7.46	2.95	386.2	1028	95.4	25.75	79.59	14.5	3.89	0

Wednesday, 12/2/15

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	210	1.48	2.36	28.4	841	15.94	16.3	9.27	10.74	3.45	0.48
Spanish Rice	.5 C	141	0	252	1.81	0.92	16.4	401	19.47	2.81	25.9	3.14	0.52	0
Chili Black Beans	.5 C	191	0	163	8.44	2.92	71	475	12.52	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	1.4	9.41	0.67	0.1	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*
Totals		775	62	811	17.31	6.77	435.1	2844	73.44	40.4	115.29	19.23	6.04	0

Thursday, 12/3/15

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 & Cheddar Melt	1 sandwich	357	51	1040	6	3.43	602.5	304	4.8	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	1.34	11.33	4.65	0.71	0
Sauteed Green Beans	.25 C	25	0	71	1.03	0.35	17	54	5.06	0.73	3.09	1.16	0.17	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	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Totals		658	63	1434	11.87	4.91	977.7	2583	34.15	35.15	88.22	22.68	8.11	0

Friday, 12/4/15

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
Weekly Averages		**650**	**55**	**962**	**12**	**5**	**657**	**3087**	**58**	**33**	**91**	**20**	**7**	**0**
										20%	**56%**	**27%**	**9%**	**0%**

Monday, 12/7/15

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)
Powered Up Pasta w/Chickpea1.5	1 C	339	0	340	10.94	4.35	73.7	744	18.81	13.9	69.04	3.39	0.51	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.01	0
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 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*
Italian Dressing	1 oz	81	0	24	0.19	0.34	8.8	54	0.34	0.07	0.61	8.68	1.2	0
Totals		642	12	480	18.32	5.69	424.5	5772	36.86	23.92	112.76	14.94	3.32	0

Tuesday, 12/8/15

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	141	3	224	4.15	1.62	22.4	102	0.06	7.04	27.53	2	0.19	0.03
BBQ Baked Beans	.5 C	189	0	150	10.5	2.69	85.5	505	1.68	9.37	29.79	4.37	0.57	0
Mashed Sweet Potatoes	.25 C	78	0	81	2.57	0.54	27.8	11745	1.99	1.31	18.44	0.05	0.01	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.01	*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	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Totals		573	15	732	19.43	5.01	477.6	13038	52.67	26.81	100.74	8.89	2.33	0

Wednesday, 12/9/15

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	487	2.34	2.33	79.8	592	0.42	27.26	26.71	9.45	2.3	0
Whole Wheat Roll	1.5 oz	120	0	255	3	1.62	90	0	0	4.5	24	1.5	0	0
Sauteed Green Beans	.5 C	51	0	142	2.06	0.7	34.1	107	10.12	1.46	6.19	2.33	0.34	0
Baked Potato Fries	.25 C	63	0	74	1.59	0.58	9.4	70	13.33	1.43	12.15	1.17	0.19	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*
Totals		743	133	1067	13.35	5.52	529.2	1345	32.25	43.35	106.36	17.12	4.43	0

Thursday, 12/10/15

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	260	0.44	0.49	14.1	454	0.41	18.88	1.17	7.43	1.63	0
Brown Rice	1 C	236	0	289	2.35	1.04	22.9	273	0.15	4.8	45.4	3.93	0.68	0
Steamed Corn	.5 C	92	0	142	1.74	0.35	3.4	161	5.3	2.5	17.14	2.83	0.42	0
Savory Kale Braise	.25 C	32	0	167	1.74	0.64	63.8	3861	47.62	1.93	5.22	0.96	0.14	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	0
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	0
Totals		704	80	998	8.9	2.85	414.3	5294	63.16	37.45	104.21	17.85	4.53	0

Friday, 12/11/15

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	67.4	162	29.58	23.1	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
Cauliflower Florets	.25 C	9	0	11	0.75	0.16	8.2	0	18.04	0.72	1.86	0.1	0.05	*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	0
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	148	0.05	0.06	28.9	80	1.2	0.78	3.04	2.75	0.98	0
Totals		484	65	1638	8.61	3.49	446.1	15784	108.94	34.6	58.24	13.72	4.34	0
Weekly Averages		**629**	**61**	**983**	**14**	**5**	**458**	**8247**	**59**	**33**	**96**	**15**	**4**	**0**
										21%	**61%**	**21%**	**5%**	**0%**

Monday, 12/14/15

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 1.5oz	1 C	303	25	465	4.18	1.58	378	389	0.04	16.14	38.51	9.05	4.95	0
Roasted Squash & Tomatoes	.75 C	61	0	219	2.28	0.68	34.1	741	30.05	2.05	8.86	2.64	0.45	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*
Totals		568	37	792	11.98	2.66	733.2	1653	37.74	27.06	86.65	14.31	6.99	0

Tuesday, 12/15/15

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	335	0.6	0.87	25	9	9.21	19.68	16.03	2.49	0.35	0
Brown Rice	.75 C	177	0	216	1.76	0.78	17.2	204	0.11	3.6	34.05	2.95	0.51	0
Asian Style Carrots	.5 C	91	0	347	3.38	0.51	43.7	18853	10.68	1.86	12.93	4.13	0.6	0
Braised Bok Choy	.25 C	18	0	145	0.68	0.41	53.5	1928	20.45	0.98	1.98	0.98	0.14	0
Orange Wedges	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	0.86	10.81	0.11	0.01	*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*
Totals		597	61	1151	8.64	2.74	481.3	21679	89.39	35.21	87.98	13.03	3.16	0

Wednesday, 12/16/15

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	SERVINGS	300	35	560	4	1.44	20	0	0	12	28	16.5	6	0
BBQ Baked Beans	.5 C	189	0	150	10.5	2.69	85.5	505	1.68	9.37	29.79	4.37	0.57	0
Steamed Corn	.25 C	46	0	71	0.87	0.17	1.7	81	2.65	1.25	8.57	1.41	0.21	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*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	2	0	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Totals		752	47	1061	19.74	4.59	423.1	1163	12.7	31.32	105.67	24.96	8.37	0

Thursday, 12/17/15

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)
Roasted Turkey	2 oz	96	30	527	0.26	1.43	12.9	23	0.23	12.25	2.42	3.88	1.18	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	170	5.51	0.34	218.7	9853	52.96	3.77	10.63	1.73	0.25	0
Mashed Potatoes	.25 C	60	3	152	1.32	0.3	13.6	33	4.97	1.14	8.94	2.3	0.76	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	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.39	1.88	2.34	1.44	0
Totals		561	51	1395	12.79	4.13	648.5	10521	67.23	31.38	83.11	14.45	5.3	0

Friday, 12/18/15

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	280	50	746	4	1.72	222.5	304	0	21.54	28.78	11	5.06	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.56	1.49	0.14	0.01	0
Cucumber Coins	.25 C	6	0	1	0.18	0.1	5.9	39	1.03	0.24	1.34	0.04	0.01	0
Cantaloupe	.5 C	54	0	25	1.43	0.33	14.3	5369	58.26	1.33	12.95	0.3	0.08	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Mustard PC	1 ea	10	0	71	0	0	0	0	0	0	0	0	0	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	0	0	3	0	0
Parmesan Cream Dressing	1 oz	72	7	209	0.02	0.13	68	58	1.01	1.42	3.5	5.7	1.67	0
Totals		561	69	1273	6.59	2.8	630.7	10199	62.12	33.31	60.24	22.54	8.38	0
Weekly Averages		**608**	**53**	**1134**	**12**	**3**	**583**	**9043**	**54**	**32**	**85**	**18**	**6**	**0**
										21%	**56%**	**26%**	**10%**	**0%**