

## Menu Item Nutrient Composition Quick Bites and Specialty Salads

### Mondays

Menu Item	Serving Size	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
PBJ Uncrustable	1 sandwich	570	32	6	17	54	0	3	0	0	600	0	5
Baby Carrots	2 oz	24	0	0	0	4	20	0	1	7700	44	0	2
Canned Fruit	3/8 cup	52	0	0	0	14	5	0	2	186	5	0	1
Juice	4 fl. Oz	67	0	0	0	16	0	0	50	0	0	0	0
Milk (average)	8 fl. Oz	124	1	1	8	20	286	0	2	478	146	7	0

### Tuesdays

Menu Item	Serving Size	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
Ham and Cheese Sand	PK-2nd	205	5	2	15	24	109	2	0	169	942	31	2
Ham and Cheese Sand	3rd-5th	240	7	3	18	25	184	2	0	319	1147	39	2
Ham and Cheese Sand	6th-12th	256	8	3	20	25	185	2	0	252	1313	46	2
Fresh Broccoli	3/8 cup	11	0	0	1	2	16	0	29	206	11	0	1
Light Ranch Dip	1 oz	100	10	2	1	1	0	0	0	0	270	5	0
Frozen Peach Cup	1/2 cup	118	0	0	1	30	4	0	118	355	8	0	2
Fresh Fruit	1 piece	62	0	0	1	16	21	0	28	248	0	0	2
Milk (average)	Milk Recipe	124	1	1	8	20	286	0	2	478	146	7	0
Mustard	5.5 grams	4	0	0	0	0	4	0	0	7	63	0	0
Mayonnaise	12 grams	88	10	1	0	0	1	0	0	13	62	9	0

### Wednesdays

Menu Item	Serving Size	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
PBJ Uncrustable	1 sandwich	570	32	6	17	54	0	3	0	0	600	0	5
Fresh Veggies	3/8 cup	13	0	0	1	3	11	0	7	476	9	0	1
Canned Fruit	3/8 cup	52	0	0	0	14	5	0	2	186	5	0	1
Juice	4 fl. Oz	67	0	0	0	16	0	0	50	0	0	0	0
Milk (average)	8 fl. Oz	124	1	1	8	20	286	0	2	478	146	7	0

**Thursdays**

<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat grams</b>	<b>Sat. Fat grams</b>	<b>Protein grams</b>	<b>Carb. grams</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Vit. C (mg)</b>	<b>Vit. A (IU)</b>	<b>Sodium (mg)</b>	<b>Chol. (mg)</b>	<b>Fiber (grams)</b>
Turkey and Cheese Sand	PK-2nd	227	5	2	17	27	108	1	0	150	877	33	2
Turkey and Cheese Sand	3rd-5th	262	7	3	20	28	183	1	0	300	1082	40	2
Turkey and Cheese Sand	6th-12th	278	8	3	22	28	183	1	0	300	1191	47	2
Lettuce	1 leaf	1	0	0	0	0	2	0	1	348	0	0	0
Tomato	1 slice	4	0	0	0	1	2	0	3	167	1	0	0
Pickles	2 slices	3	0	0	0	1	1	0	0	26	179	0	0
Applesauce	1/2 cup	81	0	0	0	20	0	0	0	0	9	0	2
Fresh Fruit	1 piece	62	0	0	1	16	21	0	28	248	0	0	2
Milk (average)	8 fl. Oz	124	1	1	8	20	286	0	2	478	146	7	0
Mustard	5.5 grams	4	0	0	0	0	4	0	0	7	63	0	0
Mayonnaise	12 grams	88	10	1	0	0	1	0	0	13	62	9	0

**Fridays**

<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat grams</b>	<b>Sat. Fat grams</b>	<b>Protein grams</b>	<b>Carb. grams</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Vit. C (mg)</b>	<b>Vit. A (IU)</b>	<b>Sodium (mg)</b>	<b>Chol. (mg)</b>	<b>Fiber (grams)</b>
PBJ Uncrustable	1 sandwich	570	32	6	17	54	0	3	0	0	600	0	5
Fresh Veggies	3/8 cup	13	0	0	1	3	11	0	7	476	9	0	1
Light Ranch Dip	1 oz	100	10	2	1	1	0	0	0	0	270	5	0
Canned Fruit	3/8 cup	52	0	0	0	14	5	0	2	186	5	0	1
Juice	4 fl. Oz	67	0	0	0	16	0	0	50	0	0	0	0
Milk (average)	8 fl. Oz	124	1	1	8	20	286	0	2	478	146	7	0

**Specialty Salads**

<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat grams</b>	<b>Sat. Fat grams</b>	<b>Protein grams</b>	<b>Carb. grams</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Vit. C (mg)</b>	<b>Vit. A (IU)</b>	<b>Sodium (mg)</b>	<b>Chol. (mg)</b>	<b>Fiber (grams)</b>
Oriental Chicken Salad	PK-2nd	235	17	3	15	10	68	2	20	3511	308	28	4
Oriental Chicken Salad	3rd-12th	273	19	4	18	10	75	3	21	3538	407	37	4
Chicken Caesar Salad	Pk-2nd	174	9	3	13	12	144	2	29	6063	330	33	3
Chicken Caesar Salad	3rd-12th	174	9	3	13	12	144	2	29	6063	330	33	3
Chef Salad	PK-2nd	172	9	4	15	8	145	1	19	3791	621	142	2
Chef Salad	3rd-5th	189	9	4	17	9	145	1	19	3791	784	149	2
Chef Salad	6th-12th	206	10	5	19	10	145	1	19	3791	948	156	2
Fruit, Yogurt and Muffin	all grades	340	12	5	17	44	540	1	0	200	465	50	1
Tuna Salad	Pk-2nd	247	12	3	24	9	57	2	19	4855	521	167	2
Tuna Salad	3rd-12th	310	16	4	31	11	64	3	20	4925	680	187	2
Vegetarian	all grades	177	11	4	10	12	152	2	19	3721	116	68	5
Crackers, Saltines	8 crackers	103	3	0	2	17	16	1	0	0	257	0	1

**Ken's Dressings**

Fat Free French	1.5 oz	45	0	0	0	12	0	0	0	0	440	0	0
Fat Free Ranch	1.5 oz	38	0	0	0	9	20	0	0	0	465	10	0
FF Raspberry Vinaigrette	1.5 oz	45	0	0	0	12	0	0	0	0	110	0	0
Lite Italian	1.5 oz	45	4	1	0	3	0	0	0	0	530	0	0
Honey Mustard	1.5 oz	230	23	4	0	7	0	0	0	0	200	15	0
Buttermilk Ranch	1.5 oz	260	28	4	1	2	30	0	0	0	240	10	0
Greek	1.5 oz	220	24	4	0	1	0	0	0	0	190	0	0
Creamy Italian	1.5 oz	180	18	3	0	4	0	0	0	0	420	0	0
Caesar	1.5 oz	210	23	4	1	2	0	0	0	0	420	0	0