

Menu Item Nutrient Composition - Fall 09

Mondays Menu Dates: 8/24/09, 10/5/09, 11/16/09

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
Corn Dog, whole grain	1 each	240	8	2	9	33	150	3	0	0	590	20	5
Pizza Sub	PK-2nd	271	9	4	17	31	134	2	0	138	703	36	1
Pizza Sub	3rd-5th	307	11	5	20	32	225	2	0	263	769	44	1
Pizza Sub	6th-Adult	355	15	7	25	32	225	2	0	263	769	57	1
Broccoli, Steamed	3/8 cup	19	0	0	2	4	35	0	28	771	17	0	2
Baby Carrots	2 oz	24	0	0	0	4	20	0	1	7700	44	0	2
Light Ranch	1 oz	100	10	2	1	1	0	0	0	0	270	5	0
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
Ketchup	9 grams	10	0	0	0	2	0	0	0	0	100	0	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

Tuesdays Menu Dates: 8/25/09, 10/6/09, 11/17/09

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
Nacho Meat	PK-2nd	88	5	2	7	3	19	1	2	281	413	20	1
Nacho Meat	3rd-5th	117	7	3	9	4	25	2	2	375	550	27	1
Nacho Meat	6th-12th	132	8	3	11	5	28	2	3	422	619	30	1
Nacho Meat	Adult	175	10	4	14	6	38	2	4	562	826	40	2
Nacho Cheese Cup	3 oz cup	130	9	6	8	4	300	0	0	300	780	30	0
Tortilla Chips	1 oz	123	5	1	2	17	40	1	0	0	71	0	2
Pierogie Pasta Dipper	PK-2nd	93	1	0	3	18	14	7	3	71	257	4	1
Pierogie Pasta Dipper	3rd-5th	111	1	0	3	21	17	1	4	17	309	4	1
Pierogie Pasta Dipper	6th-Adult	130	2	1	4	25	20	1	5	100	360	5	1
Lettuce	1/4 cup	2	0	0	0	0	2	0	0	69	1	0	0
Tomato	1/8 cup	12	0	0	1	3	7	0	9	562	3	0	1
Black Beans	3/8 cup	83	0	0	4	16	61	6	0	0	420	0	4
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

Salsa	2 Tbsp.	5	0	0	0	1	0	0	4	100	160	0	0
FF Sour Cream	1 Tbsp	12	0	0	0	2	20	0	0	40	22	1	0

Wednesdays Menu Dates: 8/26/09, 10/7/09, 11/18/09

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
Chicken Tenders	PK-2nd	270	17	4	15	15	30	2	0	150	735	38	0
Chicken Tenders	3rd-5th	360	22	5	20	20	40	2	0	200	980	50	0
Chicken Tenders	6th-Adult	450	28	6	25	25	50	3	0	250	1225	63	0
Whole Wheat Roll	1 each	173	4	0	5	29	32	2	0	45	292	0	3
Tomato Soup	PK - 5th	77	2	1	1	13	11	0	1	275	39	3	1
Tomato Soup	6th - Adult	102	3	1	2	18	15	1	1	367	51	4	2
Cheese Roll-Up	2 each	360	14	6	20	34	500	2	0	1000	1020	20	2
Green Beans	3/8 cup	19	0	0	0	4	30	1	3	150	285	0	2
Fruit Salad (average)	3/8 cup	64	2	0	1	12	6	0	10	204	16	0	1
Cookie	1 each	80	4	2	1	11	0	0	0	0	45	5	0
Milk (average)	8 fl. Oz	124	1	1	8	20	286	0	2	478	146	7	0
Barbeque Sauce Cup	1 oz	40	1	0	0	9	0	0	0	0	380	0	0
Honey	1/2 oz	45	0	0	0	11	0	0	0	0	0	0	0
Ketchup	9 grams	10	0	0	0	2	0	0	0	0	100	0	0

Thursdays Menu Dates: 8/27/09, 10/8/09, 11/19/09

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
Sloppy Joes	Pk-2nd	170	10	4	13	6	15	2	2	204	389	40	1
Sloppy Joes	3rd-5th	227	13	5	18	8	20	2	3	272	519	54	1
Sloppy Joes	6th-12th	255	15	6	20	9	23	2	3	306	583	60	1
Sloppy Joes	Adult	340	20	8	27	12	30	3	5	408	778	80	1
Hamburger Bun	1 each	100	2	0	3	19	20	1	0	0	140	0	2
Yogurt	4 oz	90	0	0	3	19	300	0	1	0	75	0	0
LF Muffin, Assorted	1.8 oz	170	5	1	4	30	40	1	0	0	260	25	1
Cheese Stick	1 oz	80	5	3	8	0	200	0	0	200	170	15	0
Potato Wedges	3/8 cup	120	4	1	2	19	0	1	5	0	15	0	1
Green Peas	3/8 cup	47	0	0	3	9	14	1	6	1260	43	0	3
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
Ketchup	9 grams	10	0	0	0	2	0	0	0	0	100	0	0

Fridays Menu Dates: 8/28/09, 10/9/09, 11/20/09

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
Pizza	1 4x6 slice	320	11	5	19	36	274	3	0	492	978	15	2
Fish Portion	1 square	163	5	0	15	13	41	0	0	0	225	51	0
Bun	1 each	100	2	0	3	19	20	1	0	0	140	0	2
Corn	3/8 cup	50	0	0	2	12	2	0	2	122	1	0	1
Tossed Salad	3/8 cup	20	1	1	1	2	31	0	3	1470	28	4	1
Ranch Light	1 oz.	100	10	2	1	1	0	0	0	0	270	5	0
Whole Fruit Juice Bar	1 each	53	0	0	0	14	60	0	60	750	10	0	3
Milk (average)	8 fl. Oz	124	1	1	8	20	286	0	2	478	146	7	0
Ketchup	9 grams	10	0	0	0	2	0	0	0	0	100	0	0
Mustard	5.5 grams	4	0	0	0	0	4	0	0	7	63	0	0
Tartar Sauce	12 gram	37	3	1	0	2	1	0	0	11	151	3	0