

Menu Item Nutrient Composition - Fall 09

Mondays Menu Dates: 8/31/09, 10/12/09, 11/23/09 (make-up day)

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
Grilled Chicken	2.75 oz	150	10	3	13	1	20	1	0	100	370	45	0
Hamburger Bun	1 each	100	2	0	3	19	20	1	0	0	140	0	2
Hamburger	1 patty	102	5	2	13	2	20	1	0	52	342	25	1
Hamburger Bun	1 each	100	2	0	3	19	20	1	0	0	140	0	2
Broccoli, Steamed	3/8 cup	19	0	0	2	4	35	0	28	771	17	0	2
Cheese Sauce	2 Tbsp.	54	3	2	3	3	82	0	0	127	79	11	0
Vegetable Sticks	3/8 cup	210	8	1	4	31	70	1	4	958	588	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
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: 9/1/09, 10/13/09, 11/24/09 (make-up)

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
Fish Portion	1 wedge	295	18	3	16	18	68	1	0	113	204	51	0
Grilled Chicken	PK-2nd	104	7	2	9	1	16	1	0	0	256	32	1
Grilled Chicken	3rd-5th	130	9	3	11	1	20	1	0	0	320	40	1
Grilled Chicken	6th-12th	156	11	3	13	1	24	1	0	0	384	48	1
Grilled Chicken	Adult	182	13	4	15	1	28	2	0	0	448	56	1
Macaroni and Cheese	PK-5th	282	14	7	15	23	347	1	0	840	499	35	1
Macaroni and Cheese	6th-Adult	424	21	11	23	35	520	1	0	1260	749	52	1
Steamed Carrots	3/8 cup	20	0	0	0	5	17	0	2	10012	34	0	2
Cole Slaw	3/8 cup	80	8	1	0	2	14	0	8	71	62	4	1
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
Tartar Sauce	12 gram	37	3	1	0	2	1	0	0	11	151	3	0

Wednesdays Menu Dates: 9/2/09, 10/14/09

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 Stir Fry	Pk-2nd	93	3	1	12	3	6	1	0	33	133	37	0
Chicken Stir Fry	3rd-5th	123	4	1	16	4	8	1	0	44	177	49	0
Chicken Stir Fry	6th-12th	164	6	1	21	5	11	1	0	58	236	65	0
Brown Rice	1/2 cup	85	1	0	3	18	0	1	0	0	0	0	1
Stromboli	1 piece	221	6	3	18	21	216	2	0	43	636	40	1
Fresh Vegetables	3/8 cup	13	0	0	1	3	11	0	7	476	9	0	1
Light Ranch	1 oz	100	10	2	1	1	0	0	0	0	270	5	0
Fruit Salad (average)	3/8 cup	64	2	0	1	12	6	0	10	204	16	0	1
Wackey Cake	1 piece	193	9	1	2	28	5	1	0	0	186	0	1
Milk (average)	8 fl. Oz	124	1	1	8	20	286	0	2	478	146	7	0

Thursdays Menu Dates: 9/3/09, 10/15/09

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
Pulled Pork	Pk-2nd	101	5	2	10	3	6	1	0	35	71	34	0
Pulled Pork	3rd-5th	134	7	3	14	3	8	1	0	47	94	45	0
Pulled Pork	6th-12th	168	8	3	17	4	10	1	0	59	118	56	0
Pulled Pork	Adult	201	10	4	21	5	12	1	1	70	142	68	0
Bun	1 each	100	2	0	3	19	20	1	0	0	140	0	2
Turkey and Cheese	PK-2nd	227	5	2	17	27	108	1	0	150	877	33	2
Turkey and Cheese	3rd-5th	262	7	3	20	28	183	1	0	300	1082	40	2
Turkey and Cheese	6th-Adult	278	8	3	22	28	183	1	0	300	1191	47	2
Green Beans	3/8 cup	19	0	0	0	4	30	1	3	150	285	0	2
Mashed Potatoes	3/8 cup	57	1	0	1	12	3	0	3	0	15	0	1
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 Menu Dates: 9/4/09, 10/16/09

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
Pizza	1 4x6 slice	320	11	5	19	36	274	3	0	492	978	15	2
Chicken Nuggets	PK-2nd	192	14	4	8	8	16	1	0	0	328	68	1
Chicken Nuggets	3rd-5th	240	18	5	10	10	20	1	0	0	410	85	1
Chicken Nuggets	6th-12th	288	22	6	12	12	24	1	0	0	492	102	1
Chicken Nuggets	Adult	336	26	7	14	14	287	2	0	0	574	119	1
Whole Wheat Roll	1 each	173	4	0	5	29	32	2	0	45	292	0	3
Corn	3/8 cup	50	0	0	2	12	2	0	2	122	1	0	1
Celery	3/8 cup	6	0	0	0	1	18	0	1	202	36	0	1
Peanut Butter Cup	1 Tbsp	89	7	1	3	3	8	0	0	0	67	0	1
Canned Fruit	3/8 cup	52	0	0	0	14	5	0	2	186	5	0	1
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