

Menu Item Nutrient Composition - Fall 09

Mondays Menu Dates: 10/19/09, 11/30/09

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
Burrito, Beef / Cheese	1 each	270	8	3	15	36	100	3	0	400	570	5	8
Burrito, Fiesta Bean	1 each	310	8	3	15	45	150	3	1	300	620	5	10
BBQ Rib	1 each	160	11	4	12	7	27	1	1	121	455	32	1
Steak Roll	1 each	190	2	0	6	37	200	2	0	0	330	0	1
Rice and Beans	7/8 cup	151	1	0	6	30	43	2	1	42	284	0	4
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
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

Tuesdays Menu Dates: 9/8/09, 10/20/09, 12/1/09

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
Teriyaki Chicken	Pk-2nd	114	7	2	11	2	23	1	1	78	296	28	1
Teriyaki Chicken	3rd-5th	152	9	3	14	3	30	1	1	104	395	37	1
Teriyaki Chicken	6th-12th	190	12	4	18	4	38	2	2	131	494	46	1
Teriyaki Chicken	Adult	228	14	5	22	5	46	2	2	157	592	56	2
Egg Roll	1 each	180	9	3	8	18	20	1	2	300	400	40	2
Soup	varies												
Crackers	8 each	103	3	0	2	17	16	1	0	0	257	0	1
Cheese Stick	2 oz	160	10	6	16	0	400	0	0	400	340	30	0
Stir Fry Vegetables	3/8 cup	81	5	1	2	9	34	1	17	4177	225	1	2
"Fried Rice"	1/2 cup	157	3	1	7	25	11	2400	1	357	438	41	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

Wednesdays Menu Dates: 9/9/09, 10/21/09, 12/2/09

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
Spaghetti w/ Meat	Pk-2nd	161	7	3	11	14	13	2	11	176	376	26	1
Spaghetti w/ Meat	3rd-5th	242	10	4	16	21	20	2	17	263	565	39	2
Spaghetti w/ Meat	6th-Adult	323	13	5	21	28	26	3	22	351	753	52	2
Italian Bread	1 slice	145	1	0	4	28	27	2	0	41	150	0	1
Baked Potato Bar	1 potato	145	0	0	3	34	0	1	20	0	8	0	2
Cheddar Cheese	1 oz	114	9	6	7	0	204	0	0	430	176	30	0
Chili	1/2 cup	178	8	3	14	7	41	2	10	797	456	32	3
Diced Ham	1 1/2 oz	43	1	0	6	2	0	0	0	0	409	18	0
Whole Wheat Roll	1 each	173	4	0	5	29	32	2	0	45	292	0	3
Green Peas	3/8 cup	47	0	0	3	9	14	1	6	1260	43	0	3
Fruit Salad (average)	3/8 cup	64	2	0	1	12	6	0	10	204	16	0	1
Gelatin	3/8 cup	53	0	0	0	13	0	0	9	0	56	0	0
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

Thursdays Menu Dates: 9/10/09, 10/22/09, 12/3/09

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
Baked Chicken	PK - 2nd	111	7	2	7	6	10	1	0	0	192	35	1
Baked Chicken	3rd-5th	149	9	2	9	8	14	1	0	0	257	47	1
Baked Chicken	6th-Adult	186	11	3	12	10	17	1	0	0	321	59	1
Whole Wheat Roll	1 each	173	4	0	5	29	32	2	0	45	292	0	3
Ham and Cheese	Pk-2nd	205	5	2	15	24	109	2	0	169	942	31	2
Ham and Cheese	3rd-5th	240	7	3	18	25	184	2	0	319	1147	39	2
Ham and Cheese	6th-Adult	256	8	3	20	25	185	2	0	325	1313	46	2
Scalloped Potatoes	3/8 cup	90	2	1	2	18	30	0	5	0	360	0	2
Green Beans	3/8 cup	19	0	0	0	4	30	1	3	150	285	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 Menu Dates: 9/11/09, 12/4/09

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, Cheese	1 4x6 slice	310	10	5	19	36	269	3	0	547	610	15	2
Chicken Patty	1 patty	210	11	3	14	13	20	1	0	0	570	35	1
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
Mayonnaise	12 grams	88	10	1	0	0	1	0	0	13	62	9	0