

Menu Item Nutrient Composition - Fall 09

Mondays Menu Dates: 9/14/09, 10/26/09, 12/7/09

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
Hamburger	1 patty	102	5	2	13	2	20	1	0	52	342	25	1
Cheese	1/2 oz.	35	2	1	3	1	75	0	0	150	205	8	0
Hamburger Bun	1 each	100	2	0	3	19	20	1	0	0	140	0	2
Meatball Sub	PK-2nd	300	11	5	11	38	80	3	11	1000	628	23	3
Meatball Sub	3rd-5th	338	14	6	13	39	90	3	11	1000	698	30	3
Meatball Sub	6th-Adult	377	17	7	16	39	100	3	12	1000	768	38	3
Lettuce	1 leaf	2	0	0	0	0	3	0	0	75	2	0	0
Tomato	1 slice	5	0	0	0	1	3	0	3	225	1	0	0
Pickles	2 each	3	0	0	0	1	1	0	0	26	179	0	0
Baked Fries	3/8 cup	60	2	1	1	10	10	0	2	0	8	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: 9/15/09, 10/27/09, 12/8/09

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
Mini Corn Dogs	Pk-2nd	175	9	2	6	17	50	1	0	0	442	21	2
Mini Corn Dogs	3rd-5th	210	11	2	7	21	60	1	0	0	530	25	2
Mini Corn Dogs	6th-12th	245	13	3	8	24	70	2	0	0	618	29	2
Mini Corn Dogs	Adult	280	15	3	9	28	80	2	0	0	707	33	3
Chicken Soft Taco	PK-2nd	393	18	8	27	30	239	2	1	554	915	79	1
Chicken Soft Taco	3rd-5th	440	20	9	34	30	243	2	1	575	934	101	1
Chicken Soft Taco	6th-Adult	484	22	10	37	33	267	3	1	632	1030	111	1
Broccoli, Steamed	3/8 cup	19	0	0	2	4	35	0	28	771	17	0	2
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
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
Mustard	5.5 grams	4	0	0	0	0	4	0	0	7	63	0	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: 9/16/09, 10/28/09, 12/9/09

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
Shepherd's Pie	Pk-2nd	171	8	3	11	15	10	1	3	19	367	29	1
Shepherd's Pie	3rd-5th	228	10	4	14	20	13	2	4	26	489	39	2
Shepherd's Pie	6th-Adult	343	16	6	21	30	19	3	6	39	734	58	2
Whole Wheat Roll	1 each	173	4	0	5	29	32	2	0	45	292	0	3
Italian Sub	PK-2nd	271	9	4	17	31	134	2	0	138	703	36	1
Italian Sub	3rd-5th	307	11	5	20	32	225	2	0	263	769	44	1
Italian Sub	6th-Adult	355	15	7	25	32	225	2	0	263	769	57	1
Mixed Vegetables	3/8 cup	44	0	0	2	9	17	1	2	2919	24	0	3
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
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

Thursdays Menu Dates: 9/17/09, 10/29/09, 12/10/09

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 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
Turkey Tetrazini	PK-2nd	227	10	3	14	20	99	1	1	1603	415	30	1
Turkey Tetrazini	3rd-5th	302	13	4	19	26	132	1	2	2137	553	40	1
Turkey Tetrazini	6th-Adult	317	14	4	19	28	139	2	2	2244	581	42	1
Whole Wheat Roll	1 each	173	4	0	5	29	32	2	0	45	292	0	3
Lettuce	1 leaf	2	0	0	0	0	3	0	0	75	2	0	0
Tomato	1 slice	5	0	0	0	1	3	0	3	225	1	0	0
Pickles	2 each	3	0	0	0	1	1	0	0	26	179	0	0
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
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

Fridays Menu Dates: 9/18/09, 10/30/09, 12/11/09

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
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
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