

Menu Item Nutrient Composition - Fall 09

Monday Menu Dates: 11/2/09, 12/14/09

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
Hot Dog	1 each	130	11	4	7	0	0	1	0	400	540	25	0
Hot Dog Bun	1 bun	100	2	0	3	18	40	1	0	0	180	0	1
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
Broccoli, Steamed	3/8 cup	19	0	0	2	4	35	0	28	771	17	0	2
Sweet Potato Fries	3/8 cup	90	3	0	2	14	30	0	7	750	143	0	2
Juice	4 fl. Oz	67	0	0	0	16	0	0	50	0	0	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
Green Peas	3/8 cup	47	0	0	3	9	14	1	6	1260	43	0	3
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
Mayonnaise	12 grams	88	10	1	0	0	1	0	0	13	62	9	0

Tuesday Menu Dates: 9/22/09, 11/3/09, 12/15/09

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
Beef Taco Meat	PK-2nd	155	7	3	14	3	139	1	2	643	355	38	1
Beef Taco Meat	3rd-5th	207	10	4	19	4	186	1	3	857	473	51	1
Beef Taco Meat	6th-12th	232	11	5	21	4	209	2	3	964	532	57	1
Beef Taco Meat	Adult	310	15	6	28	5	279	2	4	1285	710	76	1
Taco Shell	2 shells	100	4	1	1	14	13	0	0	0	0	0	1
Yogurt, Danimals	4 oz	45	1	1	3	7	150	0	0	0	28	5	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
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
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
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

Wednesday Menu Dates: 9/23/09, 11/4/09, 12/16/09

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
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
Lasagna	PK-2nd	211	5	2	11	29	97	2	8	877	270	18	3
Lasagna	3rd-5th	245	8	3	14	29	98	3	8	877	343	28	3
Lasagna	6th-12th	280	10	4	17	29	99	3	8	877	415	38	3
Whole Wheat Roll	1 each	173	4	0	5	29	32	2	0	45	292	0	3
Mashed Potatoes	3/8 cup	57	1	0	1	12	3	0	3	0	15	0	1
Green Beans	3/8 cup	19	0	0	0	4	30	1	3	150	285	0	2
Fruit Cobbler	3/8 cup	195	6	0	1	36	8	1	1	34	50	0	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

Thursday Menu Dates: 9/24/09, 11/5/09, 12/17/09

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
Chili	PK-2nd	178	8	3	14	7	41	2	10	797	456	32	3
Chili	3rd-5th	237	11	4	19	9	54	3	13	1063	608	43	4
Chili	6th-Adult	356	17	6	28	14	81	5	20	1594	911	64	6
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
Cheese Roll-Up	1	180	7	3	10	17	250	1	0	500	510	10	1
Green Peas	3/8 cup	47	0	0	3	9	14	1	6	1260	43	0	3
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
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

Friday Menu Dates: 9/25/09, 11/6/09, 12/18/09

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
Pizza	1 4x6 slice	320	11	5	19	36	274	3	0	492	978	15	2
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
Corn	3/8 cup	50	0	0	2	12	2	0	2	122	1	0	1
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
Barbeque Sauce Cup	1 oz	40	1	0	0	9	0	0	0	0	380	0	0
Ketchup	9 grams	10	0	0	0	2	0	0	0	0	100	0	0