

Menu Item Nutrient Composition - Fall 09

Mondays Menu Dates: 9/28/09, 11/9/09

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
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
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
Cauliflower	3/8 cup	11	0	0	1	2	7	0	21	6	7	0	1
Cheese Sauce	2 Tbsp.	54	3	2	3	3	82	0	0	127	79	11	0
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
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: 9/29/09, 11/10/09

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 & Dumplings	Pk-2nd	208	6	2	17	21	30	1	4	455	605	47	1
Chicken & Dumplings	3rd-5th	250	7	2	20	26	36	2	5	109	726	56	2
Chicken & Dumplings	6th - Adult	291	8	2	24	30	42	2	6	638	848	66	2
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
Mixed Vegetables	3/8 cup	44	0	0	2	9	17	1	2	2919	24	0	3
Black-eyed Peas	3/8 cup	60	0	0	4	11	25	1	0	0	293	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

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: 9/30/09, 11/11/09

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
Lemon Pepper Fish	PK-5th	240	11	2	16	20	0	2	0	0	740	25	1
Lemon Pepper Fish	6-Adult	360	17	3	24	30	0	2	0	0	1110	38	2
Whole Grain Biscuit	1 each	190	9	6	4	23	40	1	0	0	670	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
Fruit Salad (average)	3/8 cup	64	2	0	1	12	6	0	10	204	16	0	1
Pudding	3/8 cup	115	2	1	4	21	115	0	1	187	313	7	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
Tartar Sauce	12 gram	37	3	1	0	2	1	0	0	11	151	3	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: 10/1/09, 11/12/09

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
Turkey Ham	PK-2nd	50	2	1	7	1	3	0	0	23	387	27	0
Turkey Ham	3rd-5th	67	2	1	9	2	4	1	0	30	515	36	0
Turkey Ham	6th-Adult	84	3	1	12	2	5	1	0	38	644	45	0
Beef Stroganoff	PK-2nd	157	9	4	12	6	41	1	2	13	463	35	0
Beef Stroganoff	3rd-5th	176	10	4	14	7	46	2	3	15	521	39	0
Beef Stroganoff	6th-Adult	235	14	5	18	9	61	2	3	20	695	52	1
Noodles	1/2 cup	110	2	1	4	20	0	1	0	0	8	28	1
Cornbread	1 piece	105	3	0	3	18	26	1	0	20	236	0	1
Popeye Salad	3/8 cup	7	0	0	1	1	16	0	7	2339	16	0	1

Light Ranch	1 oz	100	10	2	1	1	0	0	0	0	270	5	0
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

Fridays Menu Dates: 10/2/09, 11/13/09

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
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
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
Mayonnaise	12 grams	88	10	1	0	0	1	0	0	13	62	9	0