

FEBRUARY, 2010 Lunch Menu

10-Feb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrients Avg
1 Chicken Nuggets Mashed Potatoes Peas Assorted Fruits Bread Milk	2 Salisbury Steak and gravy Potatoes Broccoli Assorted Fruits Bread Milk	6 Chicken Pattie / bun Ham and cheese wrap Potatoes Potatoes green beans Asst fruits Milk 6gr. Grandparents	4 Corn Dog French Fries Mixed Vegetables Assorted Fruits Milk	5 Pizza Tossed Salad/ dressing Mixed Fruit Pears Milk	Calories 713 Cholesterol 124 mg. Dietary Fiber 11.21 g Iron 5.03 mg Calcium 556.32 mg Vitamin A 6044 IU Vitamin C 87.21 mg protein 34.46 g 19.3% Carbohydrate 101.09g 56.7% Total Fat 20.45g 25.8%
8 Hot dog Bar French Fries Green Beans Mixed Fruit Milk	9 Italian Dippers Tossed Salad/ dressing Mixed Vegetables Pears Orange Milk	10 Spaghetti with Meat sauce Peas Veggie sticks Assorted Fruits Milk Bread	11 Taco or chicken fajita Refried Beans Mexican Rice Pears Apples Milk	12 Pizza Salad/ Dressing Carrots Sticks Mixed Fruits Pear Milk	Calories 786 Cholesterol 68 mg Dietary Fiber 13.36 g Iron 5.42 mg Calcium 578.82 mg Vitamin A 10563 IU Vitamin C 56.30 mg Protien 35.12g 17.9% Carbohydrate 110.85g 56.4% Total Fat 24.75g 28.3%
15 Chicken nuggets Potatoes Mixed vegetables Veggie sticks Assorted fruits Milk Bread	16 Mardi Gras Hamburger French fries Peas Assorted Fruits Milk Bun Funnel Cake	17 Ash Wednesday Fish Macroni and cheese green beans Assorted Fruits Milk Bun	18 French Toast Sticks, Syru Tater Tots Cinn Apples Assorted Fruits Milk	19 Pizza Tossed Salad / Dressing Carrots Sticks Mixed Fruit Orange Milk	Calories 724 Cholesterol 52 mg Dietary Fiber 12.56g Iron 4.71 mg Calcium 461.22 mg Vitamin A 8305 IU Vitamin C 76.08 mg Protien 30.91 g 17.1% Carbohydrate 111.28g 61.5% Total Fat 19.44 g 24.2%
22 Hamburger or cheeseburger French fries Baked beans Assorted fruits Milk	23 <u>Italian dippers with sauce</u> Tossed Salad/ dressing Mixed vegetables assorted fruits Milk	24 chicken Pattie Ham and cheese wrap French fries Carrots Assorted fruits Milk	24 Taco or chicken fajita Refried Beans Mexican Rice Veggie Sticks Assorted Fruits Milk	26 Pizza corn veggie sticks assorted fruits	Calories 789 Cholesterol 113Mg Dietary Fiber 12.37 g Iron 5.46mg Calcium 565.39 mg Vitamin A 10616 IU Vitamin C 45.06 Protien 31.50 g 16.0% Carbohydrate 111.45 g 56.5% Total Fat 25.91 g 29.6%
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Skim, 2% Choc. & Strawberry offered daily
Salad bar, Baked potato, Peanut butter and jelly
Menu subject to change