

**ARCHDIOCESE OF LOUISVILLE FOOD SERVICE PROGRAM
CENTRALIZED MENU PLAN**

**March 2010 Lunch Menu
St. Athanasius**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrients Avg
1-Mar Chicken Nuggets Potatoes Mixed vegetables carrots sticks Asst Fruits Milk, Bread	2 Corn dog Mixed Vegetables French fries Carrots sticks Assorted Fruits Milk	3 Chicken Pattie Turkey and ham wrap Potatoes Green Beans Assorted Fruits Bun Milk First Grade Grandparents	4 Hot dog bar Noodles Beans Veggie sticks Asst Fruits Bun	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 Chicken Nuggets Potatoes Peas Mixed Fruit Bread Milk	9 Italian dippers/ sauce Tossed Salad/ dressing Mixed Vegetables Assorted Fruits Milk	10 Sausage and Egg Biscuit Baked Apples tater tots Assorted Fruits Milk	11 Taco 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 Protein 35.12g 17.9% Carbohydrate 110.85g 56.4% Total Fat 24.75g 28.3%
15 Chicken Pattie Potatoes Peas Veggie sticks Asst Fruits Milk Bun Milk	16 Spaghetti with Meat Sauce Broccoli Carrots sticks Asst fruits Bread Milk	17 Turkey and gravy Mashed Potatoes Green Beans Veggie sticks asst fruits Milk Bread	18 French toast sticks Tater tots Baked apples Veggie sticks Asst Fruits Milk	19 Pizza Tossed Salad / Dressing Carrots Sticks Mixed Fruit 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 Protein 30.91 g 17.1% Carbohydrate 111.28g 61.5% Total Fat 19.44 g 24.2%
22 Hamburger French fries green Beans Mixed Fruit Applesauce Milk	23 <u>Chicken nuggets</u> Noodles Mixed vegetables Carrots sticks Asst. Fruits Milk Bread	24 Spaghetti with meat sauce Salad Peas Assorted Fruits Milk Bread	25 Taco Refried Beans Mexican Rice Pears Banana Milk	26 Pizza Tossed Salad/dressing Mixed Fruit Pears Milk	Calories 789 Cholesterol 113Mg Dietary Fiber 12.37 g Iron 5.46mg Calcium 565.39 mg Vitamin A 10616 IU Vitamin C 45.06 Protein 31.50 g 16.0% Carbohydrate 111.45 g 56.5% Total Fat 25.91 g 29.6%
29 Chicken Nuggets Potatoes Peas Veggie sticks Asst Fruits Milk	30 Chili Cheese or peanut butter Veggie sticks Asst Fruits Milk, Crackers	31 Pizza Corn Veggie sticks asst fruits Milk	Skim, 2% Choc. & Strawberry offered daily Salad bar, Baked potato, Hot dog, Peanut butter and jelly, Cheese and Crackers, Sub Sandwich offered daily Menu subject to change		

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Bread			
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