

AUGUST/SEPTEMBER 2009 Lunch Menu

AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information																								
BACK TO SCHOOL! 31 New! Chicago Style Cheese Pizza Strip																													
7 Labor Day Holiday	1 Bosco Cheesy Breadsticks	2 Mini Wednesday Mini Chicken Corn Dogs & Mini Graham Snacks	3 Orange Chicken with Brown Rice	4 "Crunchy" Chicken Strips	<table style="width: 100%; font-size: small;"> <tr><td>Calories</td><td>705</td><td>Protein</td><td>31.30</td></tr> <tr><td>Fiber</td><td>4.75</td><td>Carbs</td><td>99.67</td></tr> <tr><td>Iron</td><td>5.99</td><td></td><td></td></tr> <tr><td>Calcium</td><td>452.60</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5939</td><td>Tot. Fat</td><td>22.22</td></tr> <tr><td>Vitamin C</td><td>34.91</td><td>Sat. Fat</td><td>5.41</td></tr> </table>	Calories	705	Protein	31.30	Fiber	4.75	Carbs	99.67	Iron	5.99			Calcium	452.60	% of Calories		Vitamin A	5939	Tot. Fat	22.22	Vitamin C	34.91	Sat. Fat	5.41
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14 HOT Chicken Patty Sandwich	8 New! Crustless Grilled Cheese (Reduced Fat Cheese)	9 Happening Hamburger	10 Teriyaki Beef Dippers with Brown Rice	11 Jungle Day Wild Animal Shaped Chicken Nuggets & Jungle Crackers	<table style="width: 100%; font-size: small;"> <tr><td>Calories</td><td>679</td><td>Protein</td><td>27.33</td></tr> <tr><td>Fiber</td><td>4.44</td><td>Carbs</td><td>97.27</td></tr> <tr><td>Iron</td><td>4.22</td><td></td><td></td></tr> <tr><td>Calcium</td><td>409.20</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5171</td><td>Tot. Fat</td><td>22.62</td></tr> <tr><td>Vitamin C</td><td>37.20</td><td>Sat. Fat</td><td>6.20</td></tr> </table>	Calories	679	Protein	27.33	Fiber	4.44	Carbs	97.27	Iron	4.22			Calcium	409.20	% of Calories		Vitamin A	5171	Tot. Fat	22.62	Vitamin C	37.20	Sat. Fat	6.20
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21 Fiesta Chicken Taquitos	15 Chicago Style Cheese Pizza Strip	16 Hot Diggity Dog (Turkey)	17 Orange Chicken with Brown Rice	18 Poppin' Popcorn Chicken	<table style="width: 100%; font-size: small;"> <tr><td>Calories</td><td>662</td><td>Protein</td><td>26.47</td></tr> <tr><td>Fiber</td><td>4.48</td><td>Carbs</td><td>95.43</td></tr> <tr><td>Iron</td><td>5.38</td><td></td><td></td></tr> <tr><td>Calcium</td><td>460.40</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>4979</td><td>Tot. Fat</td><td>21.31</td></tr> <tr><td>Vitamin C</td><td>38.86</td><td>Sat. Fat</td><td>5.41</td></tr> </table>	Calories	662	Protein	26.47	Fiber	4.48	Carbs	95.43	Iron	5.38			Calcium	460.40	% of Calories		Vitamin A	4979	Tot. Fat	21.31	Vitamin C	38.86	Sat. Fat	5.41
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22 1 st Day of Autumn Cheesy Pizza Bagel	23 New! Grilled Turkey Burger	24 Teriyaki Chicken with Brown Rice	25 Tropical Day Shark-Shaped Chicken Nuggets & Tropical Crackers	<table style="width: 100%; font-size: small;"> <tr><td>Calories</td><td>663</td><td>Protein</td><td>27.35</td></tr> <tr><td>Fiber</td><td>5.00</td><td>Carbs</td><td>96.21</td></tr> <tr><td>Iron</td><td>4.38</td><td></td><td></td></tr> <tr><td>Calcium</td><td>444.00</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>6064</td><td>Tot. Fat</td><td>21.14</td></tr> <tr><td>Vitamin C</td><td>35.68</td><td>Sat. Fat</td><td>5.40</td></tr> </table>	Calories	663	Protein	27.35	Fiber	5.00	Carbs	96.21	Iron	4.38			Calcium	444.00	% of Calories		Vitamin A	6064	Tot. Fat	21.14	Vitamin C	35.68	Sat. Fat	5.40	
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Entrees are Baked (not Fried)

DAILY:

*=VEGETARIAN ENTREES

CRUNCH & MUNCH SIDES

Students may select one or more side item with entrée:

- Variety of fresh and canned fruits
- Vegetables
- Snack items



CHOICE OF Moo-ARVELOUS MILK

- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change

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