

## LUNCH EVERYDAY ITEMS

Item Description	Serving	Calories	Protein	Vit A	Vit C	Iron	Calcium	Total Fat	Sat. Fat	Carb.	Fiber
			g	IU	mg	mg	mg	g	g	g	g
<b>Entrees/Sides</b>											
Brown Rice	1/2 cup	30	0.77	0	0	1.5	5.45	0.3	0.08	6	0.21
Chef Salad	1 serving	144	11.5	1279	8.3	0.25	147	5.9	2.47	6.5	1.9
Chicken Nuggets	6 each	257	20	35	0	1	19	13	2	18	2
Whole Grain Pepperoni Pizza	1 slice	420	23	100	6	2.7	449	19	9	40	4
Ham & Cheese Sandwich	1 serving	225	20	0	0	1.8	291	4.6	2.7	28	2
Nacho Rounds	1 oz	140	2	0	0	0.72	20	7	1	18	1
Turkey & Cheese Sandwich	1 serving	218	16	7.6	0.3	1.8	294	5.5	3	28	2
Texas Toast	1 each	104	3	21	0	1.1	60	1.5	0.08	20	1
Yogurt/Cheese Stick	1 serving	106	12	16	0.31	0	204	0.85	0	11	0
Salad, Garden, Green, or Tossed	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Wheat Bread Stick (2 oz.)	1 each	134	4.25	1.7	0.14	0.89	37	3	0.45	22	2.1
Wheat Bread Stick (1 oz.)	1 each	91	2.9	1.1	0.09	0.61	25	2	0.3	15	1.5
Wheat Roll (2 oz.)	1 each	134	4.25	1.7	0.14	0.89	37	3	0.45	22	2.1
Hushpuppies	3 each	120	3	0	0	0.8	48	6	1.2	40.8	1.2
Wheat Roll (1 oz.)	1 each	91	2.9	1.1	0.09	0.61	25	2	0.3	15	1.5
Spinach Salad	1 each	244	19.12	16493	59.1	4.38	216	2.81	0.02	33.4	7.25
Fajita Salad	1 serving	128	11.52	1198	8.53	0.48	139.7	5.11	2.41	5.23	1.88
Chicken Soft Taco	2 Tacos	567	34.16	750	0.6	4.43	520	29.19	14.36	41.3	2
<b>Condiments</b>											
Dressing, Ranch	1 oz	95	1	0	0	0	0	9.5	1.41	1	0
Gravy, Cream	1 oz	28	1.5	64	0.27	0.02	54	1.4	0.25	2	0.03
Gravy, Brown	1 oz	22	0.3	63.3	0.16	0.1	1.5	1.4	0.25	2	0.07
Ketchup	1 oz	32	0	133	1.85	0	4.25	0.05	0	10	0
Miracle Whip	1 oz	113	0	0	0	0	0	11	1.9	4	0
Mustard	1 oz	25	0	0	0	0	0	0	0	0	0
Tarter Sauce	1 oz	77	0.01	0.03	0.13	0	0.4	7.4	1.2	3	0.03
Salsa	1 oz	10	0.4	156	1.14	0.64	3.2	0.05	0	2	0.41

<b>Desserts</b>											
Apple Cobbler	1/4 c	115	0.8	0.01	0	0.8	1.6	4	1	18	0.1
Apple Cobbler	1/2 c	229	1.6	0.03	0	1.6	2.8	8.3	1.9	36	0.3
Blueberry Cobbler	1/4 c	107	0.76	26	1.45	0.34	3.3	3	0.6	20	1.6
Blueberry Cobbler	1/2 c	213	1.5	52	2.9	0.7	10.6	3	1.3	39	3.2
Brownie, Low-Fat	1 each	186	2	29	0.1	0.7	0.2	5	0.8	33	1.1
Buttermilk Brownie	1 each	142	1.6	186	0.2	0.55	8.7	4	0.8	25	0.5
Cookie, Chocolate Chip	1 each	130	2	0	0	1	0	4.5	2.5	22	0
Cookie, Sugar	1 each	140	2	0	0	1	0	4.5	2.5	22	0
WG Crumb Cake Square	1 square	175	2	0.3	0.07	0.9	10	5.8	0.75	29	2
Peach Cobbler	1/4 c	64	0.5	10.4	1.4	0.32	2.3	1	0.25	14	0.8
Peach Cobbler	1/2 c	127	1	20.8	2.8	0.65	4.6	2.1	0.5	28	1.6
Pineapple Upside Down Cake	1 piece	171	1.45	316	1.2	0.6	35	6.9	1.3	26	0.4
Vanilla Pudding	1/2 cup	118	2	160	0.2	0.10	108.00	1.7	1	18.5	0.4
Vanilla Cake with White Icing	1 piece	136	1.43	310	0.01	0.51	27.73	6.8	1.29	16.8	0.25
Chocolate Pudding	1/2 cup	125	3	170	0.8	0.4	104	1.9	1.1	18.9	0.4
Chocolate Dream Cake	1 piece	128	1.24	251	0.03	0.4	8.8	5.6	1	18.2	0.25
<b>Milk</b>											
Milk, Chocolate Fat Free	1/2 pt.	130	8	500	0	0	300	0	0	24	0
Milk, Cookies & Cream Fat Free	1/2 pt.	130	8	500	2.4	0.35	300	0	0	24	0
Milk, Strawberry Fat Free	1/2 pt.	140	8	500	2.4	0	300	0	0	24	0
Milk, Vanilla Fat Free	1/2 pt.	140	8	500	2.4	0	300	0	0	25	0
Milk, White 1%	1/2 pt.	100	9	500	1.2	0	300	2.5	1.5	12	0

## LUNCH WEEK A MAIN LINE

Item Description	Serving	Calories	Protein	Vit A	Vit C	Iron	Calcium	Total Fat	Sat. Fat	Carb.	Fiber
			g	IU	mg	mg	mg	g	g	g	g
<b>MONDAY</b>											
Chopped Beef Steak w/Gravy	1 each	151	16	3.2	0	1.8	4.1	8.7	3	3	1
Green Beans	1/2 cup	43	0.02	268	2.75	0.82	46	0.89	0.16	7	3.42
Sliced Carrots	1/2 cup	43	0	8154	2	0	38	0.45	0.08	8	1.6
Apricots, canned	1/2 cup	80	0.5	1750	2.4	0.53	7.6	0	0	19	1.25
<b>TUESDAY</b>											
Lasagna	1 serving	278	23	637	3.3	2.3	274	9.6	5	22	3
Broccoli Florets	1/2 cup	30	1.7	260	42	1.1	60	1.5	0.08	20	1.2
Tossed Green Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Peaches, canned	1/2 cup	50	1.1	649	4.6	0.36	2.6	0	0	13	0.5
<b>WEDNESDAY</b>											
Parmesan Chicken	1 serving	424	24	385	0.7	2	53	13.8	2.5	52	7
California Blend Vegetables	1/2 cup	42	2.05	2842	20	0.4	22	0.9	0.16	5.6	2.2
Green Peas	1/2 cup	119	0.06	20	7.69	1.4	25.62	1.3	0.08	15	3.5
Pears, canned	1/2 cup	62	0.42	8	2	0.36	12	0.08	0	16	2
<b>THURSDAY</b>											
Tacos	1 taco	176	14	60	0.3	1.6	75	8.8	1.8	15	0.91
Refried Beans	1/2 cup	148	8.5	22	2.7	3.1	35	2.4	0.4	23	5.7
Garden Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Pineapple, canned	1/2 cup	89	0.5	48	7.5	0.35	14.5	0	0	16	1
<b>FRIDAY</b>											
Mozzarella Crusted Pollock	1 serving	219	17.2	47.6	0	0.08	82.4	5.33	1.14	20.9	0.06
Rice	1/2 cup	30	2.2	0	0	1.5	10.2	0.3	0.08	15	3.5
Spinach	1/2 cup	127	7	41	1.4	2.01	60	2	0.16	5	6.3
Black-eyed Peas	1/2 cup	132	6.5	62	3	0	33	0.9	0.2	21	5
Applesauce	1/2 cup	52	0.2	7.4	2.2	0.15	4	0.06	0.02	21	1.4

# LUNCH WEEK B MAIN LINE

Item Description	Serving	Calories	Protein	Vit A	Vit C	Iron	Calcium	Total Fat	Sat. Fat	Carb.	Fiber
			g	IU	mg	mg	mg	g	g	g	g
<b>MONDAY</b>											
Italian Spaghetti	1/2 cup	323	23	667	2.9	2.5	123	16	6.5	20	6
Mixed Vegetables	1/2 cup	45	2.3	2048	3.4	0	17	0.9	0.16	15	2.3
Garden Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Apricots, canned	1/2 cup	80	0.5	1750	2.4	0.53	7.6	0	0	19	1.25
<b>TUESDAY</b>											
Oven Roasted Chicken	1 serving	303	20	242	0.35	0.5	3.6	18	5.6	10	0.5
Brown Rice	1/2 cup	30	2.2	0	0	1.5	10.2	0.3	0.08	15	3.5
Tossed Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Spinach	1/2 cup	127	7	1400	4.2	0.8	29.7	2	0.16	3.8	0.7
Pineapple, canned	1/2 cup	89	0.5	48	7.5	0.35	14.5	0	0	16	1
<b>Wednesday</b>											
Beef Enchiladas	2 each	291	18	1061	8.6	4	94	13	5	24	0
Refried Beans	1/2 cup	144	8.5	86	2.72	3.1	80	2.07	0.2	23	5.7
Capri Blend Vegetables	1/2 cup	34	1	1920	2.4	0	18	0.89	0.16	4	1
Nacho Rounds	1 oz	140	2	0	0	0.72	20	7	1	18	1
Pears, canned	1/2 cup	62	0.42	8	2	0.36	12	0.08	0	16	2
<b>THURSDAY</b>											
Chicken Tenders	2 tenders	160	13	0	1.2	1.08	150	8	1.5	11	1
Snowflake Potatoes	1/2 cup	73	1.1	27.9	33	0.4	2.4	0.61	0.11	14	1.1
Broccoli Florets	1/2 cup	34	2	543	34	0	18	0.89	0.16	3	2
Applesauce	1/2 cup	52	0.2	7.4	2.2	0.15	4	0.06	0.02	21	1.4
<b>FRIDAY</b>											
Southwest Burrito	1 serving	433	28	218	39	3.3	132.7	18	6.99	35	3.75
Sweet Potato Puffs	2.5 oz	130	1	2916	3	0.3	17	3.5	0	23	2
Carrot and Celery Sticks	1/2 cup	22	0	7886	1.6	0	24	0	0	5	1.3
Mixed Fruit, canned	1/2 cup	34	0.1	247.5	88	0.18	1.3	0	0	15	0.74

# LUNCH WEEK C MAIN LINE

Item Description	Serving	Calories	Protein	Vit A	Vit C	Iron	Calcium	Total Fat	Sat. Fat	Carb.	Fiber
			g	IU	mg	mg	mg	g	g	g	g
<b>MONDAY</b>											
Beef Ravioli w/ Marinara Sauce	8 each	264	20	200	0.26	2.5	22	8	3	28	5
Broccoli Florets	1/2 cup	34	2	543	34	0	18	0.89	0.16	3	2
Garden Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Mixed Fruit, canned	1/2 cup	34	0.1	247.5	88	0.18	1.3	0	0	15	0.74
<b>TUESDAY</b>											
Fiesta Salad Meat Sauce	1 serving	197	19	722	7.3	1.7	46	9	2.6	7.5	1.2
Tossed Green Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Corn	1/2 cup	127	3	0.88	7.4	1.4	4.3	0.45	0.08	27	1.5
Apricots, canned	1/2 cup	80	0.5	1750	2.4	0.53	7.6	0	0	19	1.25
<b>WEDNESDAY</b>											
Hamburger on Bun	1 each	330	22	0	0	3.6	240	10.5	3.5	37	2
Sweet Potato Fries	2.5 oz	125	0.83	2083	7.5	0.3	17	3.75	0	22	2.5
Lettuce/Tomato	1 serving	12	0	530	6.7	0.5	8.4	0	0	2	0.7
Applesauce	1/2 cup	52	0.2	7.4	2.2	0.15	4	0.06	0.02	21	1.4
<b>THURSDAY</b>											
Chicken Tetrizzini	1/2 cup	276	18.5	287	2.05	1.22	222	10.49	3.95	26.2	6
Carrot Sticks	1/2 cup	43	0	8154	2	0	38	0	0	8	2
Capri Blend Vegetables	1/2 cup	34	1	1920	0	0	18	0.89	0.16	4	1
Pineapple, canned	1/2 cup	89	0.5	48	7.5	0.35	14.5	0	0	16	1
<b>FRIDAY</b>											
Fish Tacos	1 Tacos	282	11.5	534.5	12.6	1.95	253	7.75	1.5	40	1.85
Black Beans	1/2 cup	113	10	82	0.08	16.3	177	1.8	0.37	41	15
Green Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Tator Tots	2.5 oz	135	0.65	2.5	6.7	0.4	6	2.6	0.5	13.9	1.4
Pears, canned	1/2 cup	62	0.42	8	2	0.36	12	0.08	0	16.04	2

# LUNCH WEEK D MAIN LINE

Item Description	Serving	Calories	Protein	Vit A	Vit C	Iron	Calcium	Total Fat	Sat. Fat	Carb.	Fiber
			g	IU	mg	mg	mg	g	g	g	g
<b>MONDAY</b>											
BBQ Beef Sliders	1 each	249	10	99.4	0	2.15	150	10.9	3.48	26.5	2
Tossed Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Baked Beans	1/2 cup	150	6.6	91	0.45	0.05	5.9	1.2	0.6	29	0.3
Peaches, canned	1/2 cup	50	1.1	649	4.6	0.36	2.6	0	0	13	0.5
<b>TUESDAY</b>											
Teriyaki Chicken & Rice	1 Serving	176	14.9	121.9	0.01	2.25	5.67	5.31	1.69	17.7	0.22
Sweet Potatoes	1/2 cup	190	2	1440	17	1.5	28	1.4	0.3	43	0.5
Oriental Blend Vegetables	1/2 cup	83	5.3	869	94.6	0.99	53.54	1.78	0.32	10.8	5.32
Pineapple, canned	1/2 cup	89	0	48	11.9	0.35	0	0	0	16	1
<b>WEDNESDAY</b>											
Cheese-a-dilla	1 each	300	15	400	0	1.08	450	15	7	30	2
California Blend Vegetables	1 / 2 cup	21	1	3082	15	0.73	20	0.9	0.16	5	3
Pinto Beans	1/2 cup	127	7	41	1.4	2	60	2	0.16	21	6.3
Mixed Fruit, canned	1/2 cup	34	0	247.5	88	0.18	1.3	0	0	15	0.74
Nacho Rounds	1 oz	140	2	0	0	0.72	20	7	1	18	1
<b>THURSDAY</b>											
Steak Fingers	1 serving	250	8	0	0	1.08	0	14	5	14	1
Green Beans	1/2 cup	43	0.02	268	2.75	0.82	46	0.89	0.16	7	3.42
Sliced Carrots	1/2 cup	43	0	8154	2	0	38	0.45	0.08	8	2
Pears, canned	1/2 cup	62	0.42	8	2	0.36	12	0.08	0	16	2
<b>FRIDAY</b>											
BBQ Chicken Wings	1 serving	170	13	0	0	0	0	10	0	5	0
Sweet Potato Fries	2.5 oz	125	0.8	2083	7.5	0.3	17	3.75	0	22	3
Spinach	1/2 cup	127	7	1400	4.2	0.8	29.7	2	0.16	3.8	0.7
Cornbread	1 serving	182	9	79	0.9	1.5	325	0.75	0.17	33	1.1
Applesauce	1/2 cup	52	0.2	7.4	2.2	0.15	4	0.06	0.02	21	1.4

## LUNCH WEEK E MAIN LINE

Item Description	Serving	Calories	Protein	Vit A	Vit C	Iron	Calcium	Total F	Sat. Fat	Carb.	Fiber
			g	IU	mg	mg	mg	g	g	g	g
<b>MONDAY</b>											
Cilantro Pork Wrap	1 Serving	346	32	4213.7	17.6	2.73	178	2.73	7.43	20.8	3.75
Mediterranean Vegetables	1/2 cup	36	1	2842	20	0.4	22	0.9	0.16	5.6	2.2
Green Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Mixed Fruit, canned	1/2 cup	34	0.1	247.5	88	0.18	1.3	0	0	15	0.74
<b>TUESDAY</b>											
Rachel Ray's Glazed Chicken	1 Serving	584	20	571.8	24.67	7.42	67.4	18.4	5.18	30.1	1.1
Broccoli Florets	1/2 cup	30	1.7	260	42	1.1	60	1.5	0.08	20	1.2
Tossed Green Salad	1 cup	29	0	1061	5.8	0	34	0	0	4	2
Pears, canned	1/2 cup	62	0.42	8	2	0.36	12	0.08	0	16.04	2
<b>WEDNESDAY</b>											
Volcanic Meatloaf	1 serving	312	27	189	2.76	2.76	234	14.67	6.14	16	1.62
Snowflake Potatoes	1/2 cup	73	1.1	27.9	33	0.4	2.4	0.61	0.11	14	1.1
Capri Blend Vegetables	1/2 cup	34	1	1920	0	0	18	0.89	0.16	4	1
Peaches, canned	1/2 cup	50	1.1	649	4.6	0.36	2.6	0	0	13	0.5
<b>THURSDAY</b>											
Ham & Cheese on Wheat Melt	1 sandwich	215	18	20.8	0	1.8	187	4.2	1.8	27	1.5
Sweet Potato Waffle Fries	2.5 oz	125	0.83	2083	7.5	0.3	17	3.75	0	22	2.5
Carrot & Celery Sticks	1/2 cup	22	0.5	2068	0.2	0.5	2.4	0	0	5	1.3
Applesauce	1/2 cup	52	0.2	7.4	2.2	0.15	4	0.06	0.02	21	1.4
<b>FRIDAY</b>											
Fish Strips	2 strips	190	9	0	0	1.2	0	9	1.5	19	1
Macaroni and Cheese	1/2 cup	258	14	25.2	0.7	0.6	92.4	14	7.8	18	0.6
Turnip Greens	1/2 cup	30	2	5931	25	1	112.5	0.9	0.16	3	2
Black-eyed Peas	1/2 cup	132	6.5	62	3	0	33	0.9	0.2	21	5
Pineapple, canned	1/2 cup	89	0.5	48	7.5	0.35	14.5	0	0	16	1