

All Lunches include unlimited fresh fruit and vegetable bar selections and low fat milk.

WEEK A, B AND C Monday

Chicken Tenders, Oven Fries (crinkle cut) Tossed Romaine Salad w/ Tomato, Fresh Apple

Calories 551.5	Iron 22.01 %	Protein 26.4 g
Cholesterol 50 mg	Calcium 10.59 %	Carbohydrates 59.75 g
Sodium 597.25 mg	Vitamin A 288 %	Total Fat 19.89 g
Dietary Fiber 13.15 g	Vitamin C 6.4 %	Saturated Fat 3.51 g
		Trans Fat 0 g

WEEK A, B AND C Monday AND Thursday

Stuffed Crust Pizza, Tossed Romaine Salad w/ Tomato, Baby Carrots and Celery Sticks

Calories 535.14	Iron 36.419 %	Protein 22.46 g
Cholesterol 15 mg	Calcium 94.5 %	Carbohydrates 65.99 g
Sodium 23.25 mg	Vitamin A 462 %	Total Fat 17.91 g
Dietary Fiber 14.35 g	Vitamin C 25.69%	Saturated Fat 5.01 g
		Trans Fat 0 g

WEEK A Tuesday

Chicago Style Hot Dog, whole wheat bun, oven fries, orange smiles

Calories 520	Iron 16 %	Protein 17 g
Cholesterol 35 mg	Calcium 8 %	Carbohydrates 64 g
Sodium 830 mg	Vitamin A 0 %	Total Fat 23 g
Dietary Fiber 10 g	Vitamin C 126 %	Saturated Fat 8.5 g
		Trans Fat 0 g

WEEK A, B AND C Tuesday

Chicken Fried Rice, 2 mini egg rolls,

Calories 467	Iron 2.3 g	Protein 28 g
Cholesterol 87 mg	Calcium 33 mg	Carbohydrates 53 g
Sodium 897 mg	Vitamin A 1333 UI	Total Fat 14 g
Dietary Fiber 5.6 g	Vitamin C 3.2	Saturated Fat 3
		Trans Fat 0

WEEK A, B AND C Tuesday**WG RF French Bread Pizza, Tossed Romaine Salad w/ Tomato, Green Beans**

Calories 442.5	Iron 27 %	Protein 23.4 g
Cholesterol 10 mg	Calcium 54.4 %	Carbohydrates 49.75 g
Sodium 592.25 mg	Vitamin A 302 %	Total Fat 13.89 g
Dietary Fiber 11.15 g	Vitamin C 42 %	Saturated Fat 3g
		Trans Fat 2.59 g

WEEK A AND WEEK C Wednesday**WG Pasta with Meat Sauce, Tossed Romaine Salad w/ Tomato, Garlic Bread**

Calories 295	Iron 3.66 mg	Protein 13.88 g
Cholesterol 11.48 mg	Calcium 74 mg	Carbohydrates 44.9 g
Sodium 542 mg	Vitamin A 13,550 UI	Total Fat 9.81g
Dietary Fiber 10.62 g	Vitamin C 62.8 mg	Saturated Fat 1.5 g
		Trans Fat 0

WEEK A, B AND C Wednesday**Chicken Nuggets, Garlic Bread, Fresh Apple**

Calories 379	Iron 10%	Protein 18 g
Cholesterol 35 mg	Calcium N/A	Carbohydrates 36 g
Sodium 680 mg	Vitamin A N/A	Total Fat 19 g
Dietary Fiber 3 g	Vitamin C N/A	Saturated Fat 3.5 g
		Trans Fat 0 g

WEEK A, B AND C Wednesday**Deep Dish Pizza, Tossed Romaine Salad w/ Tomato**

Calories 512	Iron 34%	Protein 21.4 g
Cholesterol 75 mg	Calcium 43.5 %	Carbohydrates 54.75 g
Sodium 982.25 mg	Vitamin A 288 %	Total Fat 19.89 g
Dietary Fiber	Vitamin C 27.4 %	Saturated Fat 6 g
		Trans Fat .09 g

WEEK A, B AND C Thursday**Beef Taco Nacho, Tortilla Chips, Shredded Cheese, Salsa, Shredded Lettuce, Diced Tomato**

Calories 345.8	Iron 3 g	Protein 16.66 g
Cholesterol 24 mg	Calcium 164.3 mg	Carbohydrates
Sodium 759 mg	Vitamin A 662 UI	Total Fat 12.6 g
Dietary Fiber 6.2 mg	Vitamin C 3.7 mg	Saturated Fat 4.63 g
		Trans Fat 0 g

WEEK A, B AND C Thursday**Popcorn Chicken, Corn, Fresh Grapes**

Calories 504	Iron 1.8 g	Protein 23 g
Cholesterol 45 mg	Calcium 20 mg	Carbohydrates 49 g
Sodium 460 mg	Vitamin A 100 UI	Total Fat 12.5 g
Dietary Fiber 3.4	Vitamin C 4.8 mg	Saturated Fat 2.5 g
		Trans Fat 0 g

WEEK A, B AND C Friday**Chicken Patty on a Bun, Oven Potato**

Calories 520	Iron 18.4 %	Protein 32 g
Cholesterol 65 mg	Calcium 4 %	Carbohydrates 55g
Sodium 980 mg	Vitamin A 0%	Total Fat 19.5 g
Dietary Fiber 5 g	Vitamin C 8%	Saturated Fat 4 g
		Trans Fat 0 g

WEEK A Friday**Chicken Quesadilla, Corn, Salsa and Sour Cream**

Calories 527	Iron 19 %	Protein 20.5 g
Cholesterol 45 mg	Calcium 27 %	Carbohydrates 63.3 g
Sodium 1615 mg	Vitamin A 17 %	Total Fat 21.7 g
Dietary Fiber 7.6 mg	Vitamin C 11 %	Saturated Fat 8.8 g
		Trans Fat 0 g

WEEK A, B AND C Friday**Bosco Sticks with Marinara Sauce, Tossed Romaine Salad w/ Tomato, Orange Smiles**

Calories 662.5	Iron 29.07 %	Protein 30.4 g
Cholesterol 10 mg	Calcium 74.9 %	Carbohydrates 94.75 g
Sodium 912 mg	Vitamin A 546 %	Total Fat 16.39 g
Dietary Fiber 19.95 g	Vitamin C 142.4 %	Saturated Fat 4.01 g
		Trans Fat 0 g

WEEK C Friday**Cheese Quesadilla, Corn, Salsa and Sour Cream**

Calories 527	Iron 20 %	Protein 20.5 g
Cholesterol 35 mg	Calcium 36 %	Carbohydrates 63.3 g
Sodium 1525 mg	Vitamin A 19 %	Total Fat 20.7 g
Dietary Fiber 5.6 g	Vitamin C 11%	Saturated Fat 8.3 g
		Trans Fat

WEEK B Tuesday**Hamburger on a Bun, Potato Wedges, Orange Smiles**

Calories 457	Iron 3.5 mg	Protein 22.5 g
Cholesterol 39 mg	Calcium 67 mg	Carbohydrates 55.5 g
Sodium 905 mg	Vitamin A N/A	Total Fat 32 g
Dietary Fiber 8.5 g	Vitamin C 34.4 mg	Saturated Fat 6.6 g
		Trans Fat 3.6 g