



# May Lunch Menu

ELEMENTARY & MIDDLE SCHOOL

### What do the colors on the menu mean?

- GREEN** = locally-sourced
- BLUE** = international
- ORANGE** = Fresh Feature Friday Winner!

**Student's choice of skim or 1% milk provided at every meal.**

This institution is an equal opportunity provider.



### Celebrate Cameroon Food Day!

Taste Cameroon food for breakfast and lunch on May 23rd!

Cameroon is a country in central Africa. Staple foods in Cameroon include cassava, yams, rice, plantain, and fufu! Meat and fish are also popular. Many people in Cameroon eat with their hands instead of forks and knives!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <ul style="list-style-type: none"> <li>beef soft tacos with cheese in a whole wheat tortilla</li> <li>chili black beans</li> <li>tomato salsa</li> <li>fresh pear</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>herb roasted chicken drum</li> <li>whole grain cornbread muffin</li> <li>cheesy broccoli</li> <li>mashed cauliflower</li> <li>fresh apple slices</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>whole wheat mac &amp; cheese</li> <li>steamed corn</li> <li>asian kale slaw</li> <li>fresh banana</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>pulled bbq chicken sandwich on a whole wheat bun</li> <li>sweet potato fries</li> <li>cole slaw</li> <li>fresh orange wedges</li> </ul>
<b>7</b> <ul style="list-style-type: none"> <li>roasted turkey with brown gravy</li> <li>whole grain cornbread muffin</li> <li>braised collard greens</li> <li>cheesy mashed potatoes</li> <li>fresh honeydew wedge</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>whole wheat roll</li> <li>baby carrots &amp; celery sticks with house ranch dressing</li> <li>fresh pear</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>beef burger on a whole wheat bun</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh apple slices</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>cajun catfish</li> <li>brown rice</li> <li>sautéed green beans</li> <li>honey cinnamon sweet potatoes</li> <li>fresh banana</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>chicken parmesan sandwich on a whole wheat bun</li> <li>side caesar salad with parmesan cream dressing</li> <li>buffalo cauliflower</li> <li>fresh orange wedges</li> </ul>
<b>14</b> <ul style="list-style-type: none"> <li>beef bolognese over whole wheat pasta</li> <li>sweet potato fries</li> <li>savory sautéed kale</li> <li>fresh honeydew wedge</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>whole grain flatbread italian turkey sausage &amp; pepper pizza</li> <li>mixed greens salad with carrot coins &amp; house ranch dressing</li> <li>fresh pear</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>whole grain waffles with all natural syrup</li> <li>turkey sausage</li> <li>hash brown potatoes with sautéed peppers and onions</li> <li>fresh apple slices</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>chesapeake fish tacos in a whole wheat tortilla</li> <li>southwest taco corn</li> <li>tangy cilantro lime slaw</li> <li>fresh banana</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>bbq chicken drum</li> <li>whole grain cornbread muffin</li> <li>jazzy black eyed pea salad</li> <li>cheesy broccoli</li> <li>fresh orange wedges</li> </ul>
<b>21</b> <ul style="list-style-type: none"> <li>all beef hot dog on a whole wheat bun</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh honeydew wedge</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>crispy fish sandwich on a whole wheat bun</li> <li>glazed carrots</li> <li>buttered green peas</li> <li>fresh pear</li> </ul>	<b>23 Cameroon Food Day</b> <ul style="list-style-type: none"> <li>grilled chicken drumstick</li> <li>cameroonian rice</li> <li>romaine salad with salad cream</li> <li>hot sweet potato</li> <li>fresh orange wedges</li> </ul>	<b>24</b> parent teacher conference day no school	<b>25</b> professional development day no school
<b>28</b> memorial day no school	<b>29</b> <ul style="list-style-type: none"> <li>turkey meatball sub on a whole wheat hoagie</li> <li>mixed greens salad with organic cucumbers &amp; house ranch dressing</li> <li>fresh pear</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>whole wheat mac &amp; cheese</li> <li>steamed corn</li> <li>asian kale slaw</li> <li>fresh apple slices</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>beef soft tacos with cheese in a whole wheat tortilla</li> <li>chili black beans</li> <li>tomato salsa</li> <li>fresh honeydew wedge</li> </ul>	



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <ul style="list-style-type: none"> <li>sofritas tofu tacos in a whole wheat tortilla</li> <li>chili black beans</li> <li>tomato salsa</li> <li>fresh pear</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>grilled cheese on whole wheat bread</li> <li>cheesy broccoli</li> <li>mashed cauliflower</li> <li>fresh apple slices</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>powered up pasta with chickpeas</li> <li>steamed corn</li> <li>asian kale slaw</li> <li>fresh banana</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>bbq tofu bites on a whole wheat bun</li> <li>sweet potato fries</li> <li>cole slaw</li> <li>fresh orange wedges</li> </ul>
<b>7</b> <ul style="list-style-type: none"> <li>veg out chili</li> <li>whole grain cornbread muffin</li> <li>braised collard greens</li> <li>cheesy mashed potatoes</li> <li>fresh honeydew wedge</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>cheese quesadilla in a whole wheat tortilla</li> <li>baby carrots &amp; celery sticks with house ranch dressing</li> <li>fresh pear</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh apple slices</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>bbq tofu bites</li> <li>brown rice</li> <li>sautéed green beans</li> <li>honey cinnamon sweet potatoes</li> <li>fresh banana</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>side caesar salad with parmesan cream dressing</li> <li>buffalo cauliflower</li> <li>fresh orange wedges</li> </ul>
<b>14</b> <ul style="list-style-type: none"> <li>tofu bolognese over whole wheat pasta</li> <li>sweet potato fries</li> <li>savory sautéed kale</li> <li>fresh honeydew wedge</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza</li> <li>mixed greens salad with carrot coins &amp; house ranch dressing</li> <li>fresh pear</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>whole grain waffles with all natural syrup</li> <li>veggie sausage patties</li> <li>hash brown potatoes with sautéed peppers and onions</li> <li>fresh apple slices</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>sofritas tofu tacos in a whole wheat tortilla</li> <li>southwest taco corn</li> <li>tangy cilantro lime slaw</li> <li>fresh banana</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>bbq tofu bites</li> <li>whole grain cornbread muffin</li> <li>jazzy black eyed pea salad</li> <li>cheesy broccoli</li> <li>fresh orange wedges</li> </ul>
<b>21</b> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh honeydew wedge</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>glazed carrots</li> <li>buttered green peas</li> <li>fresh pear</li> </ul>	<b>23 Cameroon Food Day</b> <ul style="list-style-type: none"> <li>cameroonian rice and beans</li> <li>romaine salad with salad cream</li> <li>hot sweet potato</li> <li>fresh orange wedges</li> </ul>	<b>24</b> parent teacher conference day no school	<b>25</b> professional development day no school
<b>28</b> memorial day no school	<b>29</b> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza</li> <li>mixed greens salad with organic cucumbers &amp; house ranch dressing</li> <li>fresh pear</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>powered up pasta with chickpeas</li> <li>steamed corn</li> <li>asian kale slaw</li> <li>fresh apple slices</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>sofritas tofu tacos in a whole wheat tortilla</li> <li>chili black beans</li> <li>tomato salsa</li> <li>fresh honeydew wedge</li> </ul>	

**DC Central Kitchen  
Lunch Analysis  
Grades K-8**

**Monday, 4/30/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Turkey Meatball Sub - Cmdty	1 each	342	55	1119	4.4	3.83	206.8	662	12.3	4.91	24.43	39.84	11.54	4.04	0
Mixed Greens Salad - 1 C	1 C	13	0	23	1.09	0.72	30.1	6190	7.69	0.65	1.14	2.4	0.13	0.02	0
Cucumber Coins - .25 C	.25 C	5	0	1	0.18	0.1	5.8	38	1.02	0.61	0.24	1.33	0.04	0.01	0
Honeydew - .5 C	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
House Ranch Dressing	1 oz	40	4	148	0.05	0.06	28.9	80	1.2	1.29	0.78	3.04	2.75	0.98	0
<b>Totals</b>		564	69	1438	7.21	5.1	647.6	7739	56.43	35.04	35.86	75.62	16.5	6.29	0

**Tuesday, 5/1/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Beef Tacos in 6" Tortilla 2 oz	1 each	241	53	401	2.82	1.78	160.2	1000	15.94	0.88	18.18	15.79	12.61	5.75	0.15
Chili Black Beans - .5 C	.5 C	207	0	198	8.49	2.95	71.3	567	13.57	0.76	11.21	33.43	3.84	0.65	0
Tomato Salsa - .25 C	.25 C	17	0	76	1.05	0.26	9.4	580	12.9	1.7	0.77	3.59	0.19	0.03	0
Fresh Pear - .5 C	1 each	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
<b>Totals</b>		664	63	790	17.88	5.39	621.7	2867	50.8	33.18	39.08	92.05	18.68	7.62	0

**Wednesday, 5/2/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Herb Roasted Chicken Drum 1 ea	1 each	120	67	204	0.19	0.87	13.6	37	0.41	0.02	12.17	0.36	7.47	1.76	0.03
WG Cornbread Muffin 3 oz	1 each	240	25	150	2	1.08	40	100	0	15	4	38	8	1	0
Cheesy Broccoli - .5 C	.5 C	99	15	279	2.53	0.71	161.6	602	86.1	1.64	6.33	6.45	5.76	2.03	0
Mashed Cauliflower - .25 C	.25 C	47	9	114	1.14	0.27	40.9	90	27.33	1.3	1.8	3.17	3.34	1.88	0
Fresh Apple Slices - .5 C	3 each	58	0	1	2.68	0.13	6.7	60	5.13	11.58	0.29	15.4	0.19	0.03	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
<b>Totals</b>		661	126	862	8.54	3.15	627.6	1563	119.71	42.03	32.87	75.5	26.54	7.88	0

**Thursday, 5/3/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Whole Wheat Mac & Cheese ES/MS	1 C	303	25	465	4.18	1.58	378	273	0.04	4.08	16.14	38.51	9.05	4.95	0.07
Steamed Corn - .5 C	.5 C	92	0	142	1.73	0.35	3.4	161	5.28	2.06	2.49	17.08	2.82	0.43	0
Asian Kale Slaw - .5 C	.5 C	50	0	67	1.21	0.5	50.5	3624	33.88	1.33	1.33	3.98	3.63	0.49	0
Fresh Banana	1 each	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
<b>Totals</b>		<b>647</b>	<b>35</b>	<b>788</b>	<b>10.19</b>	<b>2.82</b>	<b>802.5</b>	<b>4808</b>	<b>50.2</b>	<b>34.37</b>	<b>29.53</b>	<b>98.64</b>	<b>17.68</b>	<b>7.18</b>	<b>0</b>

**Friday, 5/4/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Pulled BBQ Chicken WW Bun Cmdt	1 each	299	48	493	4.32	1.89	33.3	329	1.5	11.36	22.37	40.81	6.88	1.38	0
Sweet Potato Fries - .5 C	.5 C	106	0	195	3.08	0.66	31	14225	2.42	4.2	1.63	20.37	2.25	0.35	0
Cole Slaw - .25 C	.25 C	45	1	115	1.24	0.24	23	1373	15.32	2.7	0.68	5.4	2.44	0.43	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
<b>Totals</b>		<b>592</b>	<b>59</b>	<b>916</b>	<b>10.85</b>	<b>2.96</b>	<b>488.9</b>	<b>16809</b>	<b>68.92</b>	<b>39.33</b>	<b>33.82</b>	<b>89.52</b>	<b>13.47</b>	<b>3.35</b>	<b>0</b>
<b>Weekly Average</b>		<b>626</b>	<b>70</b>	<b>959</b>	<b>11</b>	<b>4</b>	<b>638</b>	<b>6757</b>	<b>69</b>	<b>37</b>	<b>34</b>	<b>86</b>	<b>19</b>	<b>6</b>	<b>0</b>
											<b>22%</b>	<b>55%</b>	<b>27%</b>	<b>9%</b>	<b>0%</b>

**Monday, 5/7/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Roasted Turkey	3 oz	88	35	562	0.26	0.86	10	23	0.23	0.01	18.18	1.67	1.6	0.1	0
WG Cornbread Muffin 3 oz	1 each	240	25	150	2	1.08	40	100	0	15	4	38	8	1	0
Braised Collard Greens - .5 C	.5 C	67	0	170	5.47	0.33	218	9788	52.71	1.48	3.75	10.59	2.09	0.31	0
Cheesy Mashed Potatoes - .25 C	.25 C	79	11	98	1.3	0.29	36.2	102	4.91	1.13	1.95	9.04	3.99	2.37	0
Honeydew - .5 C	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Brown Gravy	1 oz	30	6	183	0.08	0.11	3.2	69	0.29	0.06	0.39	1.88	2.34	1.42	0
<b>Totals</b>		<b>668</b>	<b>87</b>	<b>1311</b>	<b>10.59</b>	<b>3.07</b>	<b>683.3</b>	<b>10850</b>	<b>92.35</b>	<b>45.26</b>	<b>37.56</b>	<b>90.2</b>	<b>20.06</b>	<b>6.43</b>	<b>0</b>

**Tuesday, 5/8/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Buffalo Chicken Drum - 1 each	1 each	127	67	658	0	0.57	5.7	587	0	0	12.07	0	5.25	1.42	0.03
Whole Wheat Roll 1.5 oz	1.5 oz	100	0	210	5	1.08	40	0	0	2	5	20	1	0	0
Baby Carrots - .5 C	.5 C	25	0	55	2.03	0.63	22.3	9694	1.86	*N/A*	0.44	5.73	0.08	0.01	0
Celery Sticks - .25 C	.25 C	6	0	30	0.6	0.07	14.9	167	1.15	0.5	0.26	1.1	0.06	0.02	0
Fresh Pear - .5 C	1 each	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
House Ranch Dressing	1 oz	40	4	148	0.05	0.06	28.9	80	1.2	1.29	0.78	3.04	2.75	0.98	0
<b>Totals</b>		<b>497</b>	<b>82</b>	<b>1215</b>	<b>13.2</b>	<b>2.82</b>	<b>492.6</b>	<b>11247</b>	<b>12.61</b>	<b>33.62</b>	<b>27.47</b>	<b>69.1</b>	<b>11.18</b>	<b>3.64</b>	<b>0</b>

**Wednesday, 5/9/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Beef Burger on WW Bun	1 each	265	50	279	4.15	3.05	29.2	107	0.06	3.04	20.91	29.53	8.7	2.63	0.21
BBQ Baked Beans - .5 C	.5 C	187	0	150	10.36	2.65	84.7	505	1.68	3.74	9.24	29.43	4.36	0.57	0
Steamed Corn - .25 C	.25 C	46	0	71	0.86	0.17	1.7	80	2.62	1.02	1.24	8.47	1.41	0.21	0
Fresh Apple - .5 C	1 each	95	0	2	4.37	0.22	10.9	98	8.37	18.91	0.47	25.13	0.31	0.05	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	0	2	0	0	0
Mustard PC	1 each	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
<b>Totals</b>		<b>710</b>	<b>60</b>	<b>786</b>	<b>19.74</b>	<b>6.18</b>	<b>491.2</b>	<b>1465</b>	<b>13.46</b>	<b>39.2</b>	<b>40.14</b>	<b>106.69</b>	<b>16.57</b>	<b>4.63</b>	<b>0</b>

**Thursday, 5/10/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Cajun Catfish - 2 oz	2 oz	99	45	173	0.22	0.3	9	198	0.08	0.06	12.47	0.64	4.88	1.07	0.04
Brown Rice 1 oz	.5 C	127	0	142	1.54	0.61	4.7	136	0.07	0.06	3.33	24.12	2.15	0.17	0
Sauteed Green Beans - .5 C	.5 C	51	0	142	2.06	0.7	34.1	107	10.12	0.01	1.46	6.19	2.33	0.34	0
HoneyCinnamonSweetPotatoes.25C	.25 C	57	0	97	1.54	0.32	15.9	7079	1.21	3.13	0.79	11.15	1.12	0.18	0
Fresh Banana	1 each	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Hot Sauce PC	1 each	0	0	32	0	0.01	0.1	2	0.9	0.02	0.01	0.02	0	0	*N/A*
<b>Totals</b>		<b>537</b>	<b>55</b>	<b>702</b>	<b>8.44</b>	<b>2.33</b>	<b>434.4</b>	<b>8272</b>	<b>23.39</b>	<b>30.19</b>	<b>27.62</b>	<b>81.19</b>	<b>12.65</b>	<b>3.06</b>	<b>0</b>

**Friday, 5/11/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Chicken Parmesan Sandwich Cmt	1 each	343	73	885	5.26	3.56	228.2	638	11.18	4.67	33.46	37.07	8.45	2.8	0
Side Caesar Salad	1 C	34	8	143	1.24	0.65	120.1	5191	2.36	0.7	2.54	2.06	1.99	1.23	0
Buffalo Cauliflower - .25 C	.25 C	25	0	180	1.08	0.24	12	57	24.84	0.99	1.05	2.84	1.06	0.2	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Parmesan Cream Dressing	1 oz	72	7	209	0.02	0.13	68	58	1.01	0.53	1.42	3.5	5.7	1.67	0
<b>Totals</b>		<b>615</b>	<b>98</b>	<b>1532</b>	<b>9.81</b>	<b>4.76</b>	<b>829.9</b>	<b>6826</b>	<b>89.08</b>	<b>27.98</b>	<b>47.61</b>	<b>68.41</b>	<b>19.09</b>	<b>7.08</b>	<b>0</b>
<b>Weekly Average</b>		<b>605</b>	<b>76</b>	<b>1109</b>	<b>12</b>	<b>4</b>	<b>586</b>	<b>7732</b>	<b>46</b>	<b>35</b>	<b>36</b>	<b>83</b>	<b>16</b>	<b>5</b>	<b>0</b>
										<b>24%</b>	<b>55%</b>	<b>24%</b>	<b>7%</b>	<b>0%</b>	

**Monday, 5/14/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Beef Bolognese	.5 C	198	50	408	2.71	4.13	45.7	687	14.55	6.56	18.37	13.03	8.48	2.93	0.2
Whole Wheat Pasta - 1 oz	.5 C	128	0	140	2.6	0.94	10.5	0	0	0	3.63	21.29	2.95	0.32	0
Sweet Potato Fries - .5 C	.5 C	106	0	195	3.08	0.66	31	14225	2.42	4.2	1.63	20.37	2.25	0.35	0
Savory Sautéed Kale - .25 C	.25 C	33	0	94	1.75	0.72	65.8	3893	47.47	1.62	1.87	5.5	0.95	0.14	0
Honeydew - .5 C	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Totals		630	60	983	11.63	6.84	528.9	19573	98.64	39.95	34.79	89.22	16.68	4.98	0

**Tuesday, 5/15/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
WG Sausage & Pepper Pizza	2 each	372	35	953	5.32	2.28	285.8	607	29.89	5.82	19.93	40.54	15.25	6.01	0
Mixed Greens Salad - 1 C	1 C	13	0	23	1.09	0.72	30.1	6190	7.69	0.65	1.14	2.4	0.13	0.02	0
Carrot Coins - .25 C	.25 C	17	0	29	1.16	0.12	13.7	6949	2.45	1.97	0.39	3.98	0.1	0.02	0
Fresh Pear - .5 C	1 each	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
House Ranch Dressing	1 oz	40	4	148	0.05	0.06	28.9	80	1.2	1.29	0.78	3.04	2.75	0.98	0
Totals		640	49	1268	13.14	3.59	739.3	14545	49.62	39.57	31.15	89.19	20.26	8.23	0

**Wednesday, 5/16/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Whole Grain Waffles Bakecraftere	2 each	199	0	338	3.98	3.58	119.4	597	0	1.99	3.98	31.85	5.97	1	0
Turkey Sausage Patty - 2 oz	2 each	120	60	160	0	1.44	40	0	0	0	12	0	8	2	0
Hash Brown Potatoes	.5 C	90	0	146	2.19	0.86	12.9	2	20.11	0.85	2.16	18.16	1.19	0.19	0
Sautéed Peppers & Onions	.25 C	21	0	48	0.96	0.16	11.5	115	26.35	1.56	0.53	3.46	0.84	0.14	0
Fresh Apple Slices - .5 C	3 each	58	0	1	2.68	0.13	6.7	60	5.13	11.58	0.29	15.4	0.19	0.03	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
All Natural Syrup	1 each	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	0	2	0	0	0
Totals		631	70	912	9.81	6.25	555.3	1449	52.33	28.46	27.24	90.99	17.98	4.53	0

**Thursday, 5/17/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Chesapeake Fish Tacos	1 each	132	50	416	2	0.26	54.3	0	0	0	15.54	13	2.54	0.58	0
Southwest Taco Corn	.5 C	111	0	245	2.52	0.68	15.6	453	16.57	2.49	3.06	20.02	3.79	0.57	0
Tangy Cilantro-Lime Slaw	.25 C	46	0	161	1.57	0.43	57.3	2878	23.91	3.15	0.86	6.12	2.54	0.36	0
Fresh Banana	1 each	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Totals		492	60	936	9.15	1.75	497.8	4081	51.49	32.56	29.02	78.22	11.05	2.81	0

**Friday, 5/18/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
BBQ Chicken Drum - 1 each	1 each	144	67	211	0.32	1.02	19	350	1.5	8.36	12.6	10.93	5.72	1.48	0.03
WG Cornbread Muffin 3 oz	1 each	240	25	150	2	1.08	40	100	0	15	4	38	8	1	0
Jazzy Black Eyed Peas 2 - .5 C	.5 C	122	0	210	3.69	1.63	21.6	350	11.75	0.55	5.17	14.82	5.23	0.67	0
Cheesy Broccoli - .25 C	.25 C	49	8	140	1.26	0.36	80.8	301	43.05	0.82	3.16	3.23	2.88	1.52	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Totals		696	110	824	9.48	4.27	563	1982	105.99	45.81	34.08	89.91	23.73	5.85	0
<b>Weekly Average</b>		<b>618</b>	<b>70</b>	<b>985</b>	<b>11</b>	<b>5</b>	<b>577</b>	<b>8326</b>	<b>72</b>	<b>37</b>	<b>31</b>	<b>88</b>	<b>18</b>	<b>5</b>	<b>0</b>
											<b>20%</b>	<b>57%</b>	<b>26%</b>	<b>8%</b>	<b>0%</b>

**Monday, 5/21/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
All Beef Hotdog on a WW Bun	1 each	320	35	710	4	2.16	40	0	1.2	4	11	30	17.5	7	0
BBQ Baked Beans - .5 C	.5 C	187	0	150	10.36	2.65	84.7	505	1.68	3.74	9.24	29.43	4.36	0.57	0
Steamed Corn - .25 C	.25 C	46	0	71	0.86	0.17	1.7	80	2.62	1.02	1.24	8.47	1.41	0.21	0
Honeydew - .5 C	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	0	2	0	0	0
Mustard PC	1 each	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Totals		737	45	1249	16.71	5.38	502.3	1353	39.71	36.34	30.76	98.93	25.32	9.02	0

**Tuesday, 5/22/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Crispy Fish Sandwich - 2 oz	1 each	326	49	591	4.82	2.5	68.8	235	0.07	3.9	23.54	39.52	9.73	1.24	0
Glazed Carrots	.5 C	64	0	213	3.25	0.38	48.3	17618	6.22	5.01	1.08	12.77	1.47	0.22	0
Buttered Green Peas - .25 C	.25 C	46	0	121	2.13	0.73	10.5	974	8.52	2.37	2.47	6.44	1.27	0.18	0
Fresh Pear - .5 C	1 each	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Hot Sauce PC	1 each	0	0	32	0	0.01	0.1	2	0.9	0.02	0.01	0.02	0	0	*N/A*
Totals		635	59	1072	15.72	4.02	508.5	19547	24.11	41.12	36.01	97.99	14.51	2.85	0

**Wednesday, 5/23/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Grilled Chicken Drum - 1 each	1 each	149	67	220	0.1	0.63	7.6	21	0.3	0.17	12.15	0.52	10.7	2.25	0.03
Cameroonian Rice - .5 C	.5 C	131	0	165	1.51	0.68	7.2	36	0.81	0.17	3.3	24.15	2.39	0.19	0
Romaine Salad - 1 C	1 C	10	0	5	1.22	0.56	19.1	5049	2.32	0.69	0.71	1.91	0.17	0.02	0
Hot Sweet Potatoes - .25 C	.25 C	49	0	175	1.76	0.58	20.1	5985	3.63	1.9	0.84	8.91	1.22	0.19	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Salad Cream	1 oz	65	0	139	0	0	6.5	6	0	1.38	0.18	3.3	5.66	0.82	0
<b>Totals</b>		<b>546</b>	<b>78</b>	<b>818</b>	<b>6.8</b>	<b>2.62</b>	<b>462.2</b>	<b>11979</b>	<b>56.74</b>	<b>25.4</b>	<b>26.33</b>	<b>61.72</b>	<b>22.04</b>	<b>4.66</b>	<b>0</b>

**Thursday, 5/24/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

**Friday, 5/25/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Weekly Average</b>		<b>639</b>	<b>61</b>	<b>1046</b>	<b>13</b>	<b>4</b>	<b>491</b>	<b>10960</b>	<b>40</b>	<b>34</b>	<b>31</b>	<b>86</b>	<b>21</b>	<b>6</b>	<b>0</b>
											<b>19%</b>	<b>54%</b>	<b>29%</b>	<b>8%</b>	<b>0%</b>

**Monday, 5/28/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

**Tuesday, 5/29/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Turkey Meatball Sub - Cmdty	1 each	342	55	1119	4.4	3.83	206.8	662	12.3	4.91	24.43	39.84	11.54	4.04	0
Mixed Greens Salad - 1 C	1 C	13	0	23	1.09	0.72	30.1	6190	7.69	0.65	1.14	2.4	0.13	0.02	0
Cucumber Coins - .25 C	.25 C	5	0	1	0.18	0.1	5.8	38	1.02	0.61	0.24	1.33	0.04	0.01	0
Fresh Pear - .5 C	1 each	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
House Ranch Dressing	1 oz	40	4	148	0.05	0.06	28.9	80	1.2	1.29	0.78	3.04	2.75	0.98	0
<b>Totals</b>		<b>599</b>	<b>69</b>	<b>1406</b>	<b>11.24</b>	<b>5.11</b>	<b>652.5</b>	<b>7690</b>	<b>30.6</b>	<b>37.3</b>	<b>35.5</b>	<b>85.83</b>	<b>16.49</b>	<b>6.26</b>	<b>0</b>



**Wednesday, 5/30/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Whole Wheat Mac & Cheese ES/MS	1 C	303	25	465	4.18	1.58	378	273	0.04	4.08	16.14	38.51	9.05	4.95	0.07
Steamed Corn - .5 C	.5 C	92	0	142	1.73	0.35	3.4	161	5.28	2.06	2.49	17.08	2.82	0.43	0
Asian Kale Slaw - .5 C	.5 C	50	0	67	1.21	0.5	50.5	3624	33.88	1.33	1.33	3.98	3.63	0.49	0
Fresh Apple Slices - .5 C	3 each	58	0	1	2.68	0.13	6.7	60	5.13	11.58	0.29	15.4	0.19	0.03	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Totals		600	35	788	9.8	2.64	803.3	4793	45.06	31.53	28.53	87.09	17.48	7.08	0

**Thursday, 5/31/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Beef Tacos in 6" Tortilla 2 oz	1 each	241	53	401	2.82	1.78	160.2	1000	15.94	0.88	18.18	15.79	12.61	5.75	0.15
Chili Black Beans - .5 C	.5 C	207	0	198	8.49	2.95	71.3	567	13.57	0.76	11.21	33.43	3.84	0.65	0
Tomato Salsa - .25 C	.25 C	17	0	76	1.05	0.26	9.4	580	12.9	1.7	0.77	3.59	0.19	0.03	0
Honeydew - .5 C	.5 C	67	0	33	1.49	0.32	11.2	93	33.48	15.1	1	16.9	0.26	0.07	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Totals		630	63	822	13.85	5.39	616.8	2916	76.62	30.92	39.44	81.84	18.69	7.66	0

**Friday, 6/1/18**

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)
Pulled BBQ Chicken WW Bun Cmt	1 each	299	48	493	4.32	1.89	33.3	329	1.5	11.36	22.37	40.81	6.88	1.38	0
Sweet Potato Fries - .5 C	.5 C	106	0	195	3.08	0.66	31	14225	2.42	4.2	1.63	20.37	2.25	0.35	0
Cole Slaw - .25 C	.25 C	45	1	115	1.24	0.24	23	1373	15.32	2.7	0.68	5.4	2.44	0.43	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
Skim or 1% Lowfat Milk	8 oz	98	10	114	0	0.08	364.8	674	0.74	12.48	8.28	12.12	1.79	1.17	*N/A*
Totals		592	59	916	10.85	2.96	488.9	16809	68.92	39.33	33.82	89.52	13.47	3.35	0
<b>Weekly Average</b>		<b>605</b>	<b>57</b>	<b>983</b>	<b>11</b>	<b>4</b>	<b>640</b>	<b>8052</b>	<b>55</b>	<b>35</b>	<b>34</b>	<b>86</b>	<b>17</b>	<b>6</b>	<b>0</b>
											<b>23%</b>	<b>57%</b>	<b>25%</b>	<b>9%</b>	<b>0%</b>