

Monday, Nov 2, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
CHICKEN NUGGETS	290	30	470	2	1.79	39.99	0	0	12	14.99	19.99	4.49
RAVIOLIS	157	5	631	2.02	1.7	20.25	270	0	5.4	20.93	5.4	2.02
UNCRUSTABLE PB&J	318	0	347	2.98	1.43	19.84	0	0	8.93	32.74	15.88	2.98
MASHED POTATOES	105	3	52	1.49	0.29	80.44	122	18.23	3.93	21.31	0.68	0.42
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Tuesday, Nov 3, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
BAKED POTATO BAR	387	61	722	4.56	3.43	69.3	622	16.91	10.24	43.92	19.56	10.66
HAMBURGER	329	70	264	0.9	3.34	77.82	0	0	23.91	21.26	15.58	5.67
CHEF SALAD	168	132	671	3	2.15	146.78	10629	31.45	14.74	9.17	8.41	3.05
BROCCOLI STEAMED	15	0	15	1.14	0.32	20.68	274	39.25	1.24	2.92	0.16	0.02
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Wednesday, Nov 4, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
SPAGHETTI	166	9	615	3.6	1.59	48.78	698	6.35	8.4	19.69	6.35	1.8
CORN DOG	240	20	590	5	2.7	150	0	0	9	33	8	2
FRUIT & YOGURT	294	15	262	3.95	0.36	334.85	931	43.11	12.7	50.47	6.95	4.14
GREEN BEANS	25	0	317	2.4	1.14	32.8	440	5.42	1.51	5.68	0.13	0.03
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Thursday, Nov 5, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
TURKEY GRAVY/POTATOES	102	24	317	0.56	0.53	35.74	84	7	9.81	9.09	2.97	0.86
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
UNCRUSTABLE PB&J	318	0	347	2.98	1.43	19.84	0	0	8.93	32.74	15.88	2.98
PEAS	28	0	103	1.68	0.39	8.19	218	3.93	1.81	5.15	0.14	0.02
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Friday, Nov 6, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
MACARONI AND CHEESE	290	30	1030	1	1.08	400	750	0	16	33	11	7
VEGGIE WRAP	224	9	579	1.84	0.28	103.1	2490	14.18	6.37	29.86	8.23	2.56
BROCCOLI STEAMED	15	0	15	1.14	0.32	20.68	274	39.25	1.24	2.92	0.16	0.02
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Monday, Nov 9, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
NACHOS	247	9	312	4.17	0.16	169.51	246	0.35	9.88	39.88	6.51	2.15
BEAN & CHEESE BURRITO	350	20	590	6	4.5	40	400	9	16	54	8	4
HAM & CHEESE DELI	169	59	901	0.03	0.7	170.78	320	1.11	15.05	1.55	11.51	6.19
GREEN BEANS	13	0	158	1.2	0.57	16.4	220	2.71	0.76	2.84	0.06	0.01
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Tuesday, Nov 10, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
MAXSTICKS	339	16	821	1.09	2.31	328.2	222	0	17.5	31.73	15.32	4.92
CHICKEN NUGGETS	290	30	470	2	1.79	39.99	0	0	12	14.99	19.99	4.49
UNCRUSTABLE PB&J	318	0	347	2.98	1.43	19.84	0	0	8.93	32.74	15.88	2.98
BROCCOLI STEAMED	15	0	15	1.14	0.32	20.68	274	39.25	1.24	2.92	0.16	0.02
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Wednesday, Nov 11, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
CORN DOG	240	20	590	5	2.7	150	0	0	9	33	8	2
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
CHEF SALAD	168	132	671	3	2.15	146.78	10629	31.45	14.74	9.17	8.41	3.05
POTATO WEDGES	130	5	210	2	0.71	0	0	12.1	2	17.99	6	2.49
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Thursday, Nov 12, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
TERIYAKI CHICKEN DIPPERS	316	8	268	2.8	2.28	44.61	75	0.22	22.57	43.92	5.35	1.37
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
FRUIT & YOGURT	294	15	262	3.95	0.36	334.85	931	43.11	12.7	50.47	6.95	4.14
WHOLE KERNEL CORN	97	0	358	2.28	0.87	6.01	54	0.84	3.17	22.6	1.12	0.2
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Friday, Nov 13, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
CHEESE PIZZA	360	20	680	3	4	250	500	0	19	48	10	3
RAVIOLIS	157	5	631	2.02	1.7	20.25	270	0	5.4	20.93	5.4	2.02
UNCRUSTABLE PB&J	318	0	347	2.98	1.43	19.84	0	0	8.93	32.74	15.88	2.98
FRESH VEGETABLES	73	0	118	2.74	1.43	73.01	5152	18.59	2.82	13.14	1.37	0.31
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Monday, Nov 16, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
POPCORN CHICKEN	210	25	650	1.99	0	0	0	0	14	17	9	1.5
PRETZEL W/ CHEESE	272	8	452	2.16	0.15	158.42	230	0.33	11.5	45.5	5.22	2.01
UNCRUSTABLE PB&J	318	0	347	2.98	1.43	19.84	0	0	8.93	32.74	15.88	2.98
WHOLE KERNEL CORN	97	0	358	2.28	0.87	6.01	54	0.84	3.17	22.6	1.12	0.2
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Tuesday, Nov 17, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOT DOG	214	20	440	1.16	1.77	59.77	0	0	7.08	22.77	10.17	3.93
MACARONI AND CHEESE	290	30	1030	1	1.08	400	750	0	16	33	11	7
CHEF SALAD	168	132	671	3	2.15	146.78	10629	31.45	14.74	9.17	8.41	3.05
BROCCOLI STEAMED	15	0	15	1.14	0.32	20.68	274	39.25	1.24	2.92	0.16	0.02
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Wednesday, Nov 18, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
CHICKEN NUGGETS	290	30	470	2	1.79	39.99	0	0	12	14.99	19.99	4.49
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
UNCRUSTABLE PB&J	318	0	347	2.98	1.43	19.84	0	0	8.93	32.74	15.88	2.98
MASHED AND GRAVY	166	3	200	1.98	0.38	83.78	123	24.3	4.56	32.34	2.69	1.43
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Thursday, Nov 19, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
BEEF TACOS	275	15	1133	3.45	2.01	44.19	529	4.81	13.13	32.4	9.93	3.32
TURKEY GRAVY/POTATOES	273	64	845	1.49	1.42	95.29	225	18.68	26.16	24.23	7.93	2.31
FRUIT & YOGURT	294	15	262	3.95	0.36	334.85	931	43.11	12.7	50.47	6.95	4.14
PEAS	28	0	103	1.68	0.39	8.19	218	3.93	1.81	5.15	0.14	0.02
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Friday, Nov 20, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
CORN DOG	240	20	590	5	2.7	150	0	0	9	33	8	2
VEGGIE WRAP	224	9	579	1.84	0.28	103.1	2490	14.18	6.37	29.86	8.23	2.56
GREEN BEANS	13	0	158	1.2	0.57	16.4	220	2.71	0.76	2.84	0.06	0.01
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Monday, Nov 23, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
RAVIOLIS	157	5	631	2.02	1.7	20.25	270	0	5.4	20.93	5.4	2.02
FRUIT & YOGURT	294	15	262	3.95	0.36	334.85	931	43.11	12.7	50.47	6.95	4.14
POTATO WEDGES	130	5	210	2	0.71	0	0	12.1	2	17.99	6	2.49
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Tuesday, Nov 24, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PRETZEL W/ CHEESE	272	8	452	2.16	0.15	158.42	230	0.33	11.5	45.5	5.22	2.01
TERIYAKI CHICKEN DIPPERS	316	8	268	2.8	2.28	44.61	75	0.22	22.57	43.92	5.35	1.37
ITALIAN DELI	186	62	970	0.03	0.91	168.74	343	0.57	17.5	2.24	11.62	6.41
WHOLE KERNEL CORN	97	0	358	2.28	0.87	6.01	54	0.84	3.17	22.6	1.12	0.2
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Wednesday, Nov 25, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0

Thursday, Nov 26, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0

Friday, Nov 27, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0

Monday, Nov 30, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
CHICKEN NUGGETS	290	30	470	2	1.79	39.99	0	0	12	14.99	19.99	4.49
RAVIOLIS	157	5	631	2.02	1.7	20.25	270	0	5.4	20.93	5.4	2.02
UNCRUSTABLE PB&J	318	0	347	2.98	1.43	19.84	0	0	8.93	32.74	15.88	2.98
MASHED POTATOES	105	3	52	1.49	0.29	80.44	122	18.23	3.93	21.31	0.68	0.42
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37