

## 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
SMOTHERED BURRITO	273	3	813	3.32	0.99	107.03	513	8.67	9.41	35.13	9.8	2.37
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
CHICKEN CAESAR SALAD	498	80	3349	2.93	2.32	416.85	6327	16.92	30.91	34.53	15.75	7.79
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
CHEESE PIZZA	470	40	1060	3	3.6	400	500	0	24	55	18	9
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
BAKED POTATO BAR	387	61	722	4.56	3.43	69.3	622	16.91	10.24	43.92	19.56	10.66
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

## 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
POPCORN CHICKEN	210	25	650	1.99	0	0	0	0	14	17	9	1.5
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
CHEF SALAD	168	132	671	3	2.15	146.78	10629	31.45	14.74	9.17	8.41	3.05
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
CHEESE PIZZA	470	40	1060	3	3.6	400	500	0	24	55	18	9
BEEF TACOS	275	15	1133	3.45	2.01	44.19	529	4.81	13.13	32.4	9.93	3.32
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

## 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
CHILI CHEESE FRIES	321	28	841	3.11	2.44	177.7	457	7.76	11.83	31.69	16.83	6.08
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
HOT DOG	214	20	440	1.16	1.77	59.77	0	0	7.08	22.77	10.17	3.93
BUFFALO CHICKEN SALAD	306	36	1215	4.13	1.55	92	10438	39.67	17.52	33.37	12.09	2.27
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
VEGGIE PIZZA	567	19	2001	9.32	7.4	386.86	3192	101.41	20.02	67.3	26.09	6.82
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
PASTA W/ ASST SAUCES	624	55	1477	3.59	3.31	243.24	483	1.31	24.14	64.73	29.62	11.08
WHOLE KERNEL CORN	49	0	179	1.14	0.43	3.01	27	0.42	1.59	11.3	0.56	0.1
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
CHICKEN NUGGETS	290	30	470	2	1.79	39.99	0	0	12	14.99	19.99	4.49
HAMBURGER	329	70	264	0.9	3.34	77.82	0	0	23.91	21.26	15.58	5.67
BBQ CHICKEN SANDWICH	422	75	1214	1.55	2.21	79.98	188	0.56	26.84	54.22	9.44	2.56
CHICKEN CAESAR SALAD	498	80	3349	2.93	2.32	416.85	6327	16.92	30.91	34.53	15.75	7.79
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
CHEESE PIZZA	470	40	1060	3	3.6	400	500	0	24	55	18	9
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
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

**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
FISH STICKS	196	55	213	0	0.61	0	0	4.08	11.91	13.61	9.36	2.13
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
CHEF SALAD	168	132	671	3	2.15	146.78	10629	31.45	14.74	9.17	8.41	3.05
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
HAWAIIAN PIZZA	389	29	995	2.11	2.42	242.99	305	0.99	20.28	49.05	12.49	5.37
CHICKEN & FRIED RICE	477	75	1734	2.84	2.9	56.73	1418	5.1	29.09	60.98	11.95	2
GREEN BEANS	25	0	317	2.4	1.14	32.8	440	5.42	1.51	5.68	0.13	0.03
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
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 EL GRANDE	465	57	753	8.67	2.13	93.87	623	3.77	16.65	54.24	21.99	10.82
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
CHICKEN CAESAR SALAD	498	80	3349	2.93	2.32	416.85	6327	16.92	30.91	34.53	15.75	7.79
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
CHEESE PIZZA	360	20	680	3	4	250	500	0	19	48	10	3
PASTA W/ ASST SAUCES	624	55	1477	3.59	3.31	243.24	483	1.31	24.14	64.73	29.62	11.08
WHOLE KERNEL CORN	49	0	179	1.14	0.43	3.01	27	0.42	1.59	11.3	0.56	0.1
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
TERIYAKI CHICKEN DIPPERS	316	8	268	2.8	2.28	44.61	75	0.22	22.57	43.92	5.35	1.37
HAMBURGER	329	70	264	0.9	3.34	77.82	0	0	23.91	21.26	15.58	5.67
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
CHEF SALAD	168	132	671	3	2.15	146.78	10629	31.45	14.74	9.17	8.41	3.05
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
VEGGIE PIZZA	567	19	2001	9.32	7.4	386.86	3192	101.41	20.02	67.3	26.09	6.82
CHICKEN TACO	315	75	504	1.1	0.47	1.56	105	0.96	25.11	25.08	11.05	3.01
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
CHICKEN NUGGETS	290	30	470	2	1.79	39.99	0	0	12	14.99	19.99	4.49
HOT DOG	214	20	440	1.16	1.77	59.77	0	0	7.08	22.77	10.17	3.93
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
BUFFALO CHICKEN SALAD	306	36	1215	4.13	1.55	92	10438	39.67	17.52	33.37	12.09	2.27
HAWAIIAN PIZZA	389	29	995	2.11	2.42	242.99	305	0.99	20.28	49.05	12.49	5.37
CHEESE PIZZA	470	40	1060	3	3.6	400	500	0	24	55	18	9
TACO SALAD	304	66	392	2.83	2.21	121.27	716	4.77	21.21	21.09	15.21	6.23
WHOLE KERNEL CORN	49	0	179	1.14	0.43	3.01	27	0.42	1.59	11.3	0.56	0.1
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
CORN DOG	240	20	590	5	2.7	150	0	0	9	33	8	2
BBQ CHICKEN SANDWICH	422	75	1214	1.55	2.21	79.98	188	0.56	26.84	54.22	9.44	2.56
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
CHEF SALAD	168	132	671	3	2.15	146.78	10629	31.45	14.74	9.17	8.41	3.05
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
VEGGIE PIZZA	567	19	2001	9.32	7.4	386.86	3192	101.41	20.02	67.3	26.09	6.82
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
SWEET & SOUR CHICKEN	467	76	573	1.81	1.95	46.72	102	5.12	26.39	65.15	10.08	2.7
FORTUNE COOKIE												
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

## 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
CHICKEN FAJITA/RICE	525	60	737	3.81	2.86	76.2	17	4.15	27.78	75.56	12.36	3.27
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
FAJITA CHICKEN SALAD	134	59	789	0.06	0.86	62.34	448	12.39	21.99	1.07	4.78	1.52
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
SMOTHERED BURRITO	273	3	813	3.32	0.99	107.03	513	8.67	9.41	35.13	9.8	2.37
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
VEGGIE PIZZA	567	19	2001	9.32	7.4	386.86	3192	101.41	20.02	67.3	26.09	6.82
WHOLE KERNEL CORN	49	0	179	1.14	0.43	3.01	27	0.42	1.59	11.3	0.56	0.1
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 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
MACARONI AND CHEESE	290	30	1030	1	1.08	400	750	0	16	33	11	7
HAMBURGER	329	70	264	0.9	3.34	77.82	0	0	23.91	21.26	15.58	5.67
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
CHICKEN CAESAR SALAD	498	80	3349	2.93	2.32	416.85	6327	16.92	30.91	34.53	15.75	7.79
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
CHEESE PIZZA	360	20	680	3	4	250	500	0	19	48	10	3
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
CHICKEN & FRIED RICE	477	75	1734	2.84	2.9	56.73	1418	5.1	29.09	60.98	11.95	2
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

## 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
POTATO BAR	215	14	660	3.71	1.36	103.16	370	37.6	7.95	33.63	5.96	2.64
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
CHICKEN CAESAR SALAD	498	80	3349	2.93	2.32	416.85	6327	16.92	30.91	34.53	15.75	7.79
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
CHEESE PIZZA	470	40	1060	3	3.6	400	500	0	24	55	18	9
BEEF TACOS	275	15	1133	3.45	2.01	44.19	529	4.81	13.13	32.4	9.93	3.32
CINNAMON ROLL	280	1	200	1.59	1.6	31.52	124	0	4.8	52.67	5.82	1.8
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
HOT HAM & CHEESE	144	42	910	0.16	0.77	162.51	230	1.41	14.75	6.1	6.86	2.76
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
CHEF SALAD	168	132	671	3	2.15	146.78	10629	31.45	14.74	9.17	8.41	3.05
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
HAWAIIAN PIZZA	389	29	995	2.11	2.42	242.99	305	0.99	20.28	49.05	12.49	5.37
CHEESE PIZZA	360	20	680	3	4	250	500	0	19	48	10	3
PASTA W/ ASST SAUCES	624	55	1477	3.59	3.31	243.24	483	1.31	24.14	64.73	29.62	11.08
WHOLE KERNEL CORN	49	0	179	1.14	0.43	3.01	27	0.42	1.59	11.3	0.56	0.1
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
TURKEY GRAVY/POTATOES	51	12	158	0.28	0.27	17.87	42	3.5	4.9	4.54	1.49	0.43
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
BUFFALO CHICKEN SALAD	306	36	1215	4.13	1.55	92	10438	39.67	17.52	33.37	12.09	2.27
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
VEGGIE PIZZA	567	19	2001	9.32	7.4	386.86	3192	101.41	20.02	67.3	26.09	6.82
BEAN & CHEESE BURRITO	350	20	590	6	4.5	40	400	9	16	54	8	4
PEAS	28	0	103	1.68	0.39	8.19	218	3.93	1.81	5.15	0.14	0.02
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
FRESH VEGETABLES	60	0	102	2.56	1.26	64.64	4933	18.59	2.41	10.95	1.07	0.24
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
CHEESE ENCHILADAS	513	35	1478	2.43	2.44	725.58	1211	7.98	25.37	40.1	27.6	9.88
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
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
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
CHEESE PIZZA	470	40	1060	3	3.6	400	500	0	24	55	18	9
CHICKEN TACO	315	75	504	1.1	0.47	1.56	105	0.96	25.11	25.08	11.05	3.01
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 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
SMOTHERED BURRITO	273	3	813	3.32	0.99	107.03	513	8.67	9.41	35.13	9.8	2.37
CHEESEBURGER	435	97	686	0.9	3.39	234.31	272	0	30.19	21.72	24.44	11.26
SPICY CHICKEN PATTY	362	30	764	2.07	1.69	70.38	0	0	18.84	46.22	11.21	2.05
CHICKEN CAESAR SALAD	498	80	3349	2.93	2.32	416.85	6327	16.92	30.91	34.53	15.75	7.79
DELI SANDWICHES	215	38	755	1.09	1.27	113.37	564	4.39	15.23	16.23	9.99	3.72
CHEESE PIZZA	470	40	1060	3	3.6	400	500	0	24	55	18	9
PEPPERONI PIZZA	481	35	1202	3	3.61	300.47	401	0	23.04	56.09	18.03	8.01
BAKED POTATO BAR	387	61	722	4.56	3.43	69.3	622	16.91	10.24	43.92	19.56	10.66
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