

Thursday, Oct 1, 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
HAMBURGER	329	70	264	0.9	3.34	77.82	0	0	23.91	21.26	15.58	5.67
VEGGIE WRAP	294	9	749	1.84	2.08	143.09	2508	14.18	10.37	37.85	11.23	3.06
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, Oct 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
BEEF TACOS	275	15	1133	3.45	2.01	44.19	529	4.81	13.13	32.4	9.93	3.32
FISH STICKS	196	55	213	0	0.61	0	0	4.08	11.91	13.61	9.36	2.13
UNCRUSTABLE PB&J	314	0	352	2.6	1.58	28.42	1	0.01	9.15	32.88	16.28	3.1
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, Oct 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
RAVIOLIS	157	5	631	2.02	1.7	20.3	270	0	5.4	20.9	5.4	2.02
UNCRUSTABLE PB&J	314	0	352	2.6	1.58	28.42	1	0.01	9.15	32.88	16.28	3.1
FRESH VEGETABLES/MPG	223	3	298	4.52	1.77	148.42	5262	40.46	6.92	42.24	3.79	1.59
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, Oct 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
BAKED POTATO BAR	387	61	722	4.56	3.43	69.3	622	16.91	10.24	43.92	19.56	10.66
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
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, Oct 7, 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	250	14	922	5.4	2.39	73.17	1047	9.53	12.61	29.54	9.53	2.7
CORN DOG	240	20	590	5	2.7	150	0	0	9	33	8	2
FAJITA CHICKEN SALAD	134	59	789	0.06	0.86	62.34	366	12.39	21.99	1.07	4.78	1.52
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, Oct 8, 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	58	12	162	0.37	0.29	22.9	50	4.64	5.15	5.88	1.53	0.46
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
HOT HAM & CHEESE	144	42	910	0.16	0.77	162.51	230	1.41	14.75	6.1	6.86	2.76
MASHED POTATOES	105	3	52	1.49	0.29	80.44	122	18.23	3.93	21.31	0.68	0.42
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, Oct 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
PEPPERONI PIZZA	391	34	863	1.37	2.1	290.45	353	0.67	18.09	29.55	22.4	8.21
MACARONI AND CHEESE	290	30	1030	1	1.08	400	750	0	16	33	11	7
TURKEY & CHEESE DELI	195	56	669	0.03	1	169.53	320	0.03	17.89	2.68	12.14	6.52
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, Oct 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
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
CHICKEN CAESAR SALAD	498	80	3349	2.93	2.32	416.85	4280	16.92	30.91	34.53	15.75	7.79
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, Oct 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
CORN DOG	240	20	590	5	2.7	150	0	0	9	33	8	2
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	7337	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, Oct 21, 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	314	0	352	2.6	1.58	28.42	1	0.01	9.15	32.88	16.28	3.1
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, Oct 22, 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
CHICKEN PATTY SANDWICH	362	35	744	2.07	3.49	130.37	100	0	15.84	36.22	16.2	4.05
MANDARIN CHIX SALAD	207	57	353	2.13	2.38	154.97	7090	22.89	20.41	7.47	10.51	3.33
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, Oct 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
PEPPERONI PIZZA	391	34	863	1.37	2.1	290.45	353	0.67	18.09	29.55	22.4	8.21
HOT DOG	214	20	440	1.16	1.77	59.77	0	0	7.08	22.77	10.17	3.93
VEGGIE WRAP	224	9	579	1.84	0.28	103.1	2408	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, Oct 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
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	20.3	270	0	5.4	20.9	5.4	2.02
TURKEY & CHEESE DELI	195	56	669	0.03	1	169.53	320	0.03	17.89	2.68	12.14	6.52
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, Oct 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
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
BROWN RICE	171	0	7	1.62	0.68	14.19	0	0	3.67	35.72	1.35	0.27
ITALIAN DELI	186	62	970	0.03	0.91	168.74	343	0.57	17.5	2.24	11.62	6.41
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, Oct 28, 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
LASAGNA	376	40	762	3.69	2.49	294.94	1599	9.53	21.51	32.95	17.63	5.78
CHICKEN NUGGETS	290	30	470	2	1.79	39.99	0	0	12	14.99	19.99	4.49
FRUIT & YOGURT BOX	274	10	192	3.95	0.86	287.85	878	43.11	10.7	49.47	5.45	3.14
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, Oct 29, 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
HAMBURGER	329	70	264	0.9	3.34	77.82	0	0	23.91	21.26	15.58	5.67
VEGGIE WRAP	294	9	749	1.84	2.08	143.09	2508	14.18	10.37	37.85	11.23	3.06
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, Oct 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
BEEF TACOS	275	15	1133	3.45	2.01	44.19	529	4.81	13.13	32.4	9.93	3.32
FISH STICKS	261	30	361	1	0.57	215.76	65	0.5	18.06	17.06	13.05	2.51
UNCRUSTABLE PB&J	314	0	352	2.6	1.58	28.42	1	0.01	9.15	32.88	16.28	3.1
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