

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 |
|----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| PRETZEL W/ CHEESE | 272 | 8 | 452 | 2.16 | 0.15 | 158.42 | 230 | 0.33 | 11.5 | 45.5 | 5.22 | 2.01 |
| 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 | 4280 | 16.92 | 30.91 | 34.53 | 15.75 | 7.79 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 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 | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| SMOTHERED BURRITO | 488 | 43 | 1097 | 6.76 | 5.99 | 132.82 | 742 | 9.44 | 22.83 | 60.83 | 17.37 | 8.18 |
| 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 |

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 |
|----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| SPAGHETTI | 250 | 14 | 922 | 5.4 | 2.39 | 73.17 | 1047 | 9.53 | 12.61 | 29.54 | 9.53 | 2.7 |
| 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 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| FAJITA CHICKEN SALAD | 134 | 59 | 789 | 0.06 | 0.86 | 62.34 | 366 | 12.39 | 21.99 | 1.07 | 4.78 | 1.52 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| NACHOS EL GRANDE | 368 | 42 | 596 | 7.13 | 10.75 | 52.24 | 354 | 234.84 | 9.68 | 50.48 | 15.38 | 7.94 |
| 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, 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 |
|----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| SMOTHERED BURRITO | 488 | 43 | 1097 | 6.76 | 5.99 | 132.82 | 742 | 9.44 | 22.83 | 60.83 | 17.37 | 8.18 |
| 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 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| CHICKEN CAESAR SALAD | 498 | 80 | 3349 | 2.93 | 2.32 | 416.85 | 4280 | 16.92 | 30.91 | 34.53 | 15.75 | 7.79 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| POTATO BAR | 215 | 14 | 660 | 3.71 | 1.36 | 103.16 | 370 | 37.6 | 7.95 | 33.63 | 5.96 | 2.64 |
| 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, 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 |
|---------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| RAVIOLIS | 157 | 5 | 631 | 2.02 | 1.7 | 20.3 | 270 | 0 | 5.4 | 20.9 | 5.4 | 2.02 |
| 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 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| CHEF SALAD | 168 | 132 | 671 | 3 | 2.15 | 146.78 | 7337 | 31.45 | 14.74 | 9.17 | 8.41 | 3.05 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| 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, 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 |
|-----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| CHILI CHEESE FRIES | 321 | 28 | 841 | 3.11 | 2.44 | 177.7 | 457 | 7.76 | 11.83 | 31.69 | 16.83 | 6.08 |
| WHOLE KERNEL CORN | 49 | 0 | 179 | 1.14 | 0.43 | 3.01 | 27 | 0.42 | 1.59 | 11.3 | 0.56 | 0.1 |
| 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 | 7146 | 39.67 | 17.52 | 33.37 | 12.09 | 2.27 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 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 | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| PASTA W/ ASST SAUCES | 624 | 55 | 1474 | 3.57 | 3.31 | 243.09 | 406 | 1.3 | 24.12 | 64.64 | 29.6 | 11.07 |
| 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 |
|----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| CHICKEN NUGGETS | 290 | 30 | 470 | 2 | 1.79 | 39.99 | 0 | 0 | 12 | 14.99 | 19.99 | 4.49 |
| MASHED AND GRAVY | 166 | 3 | 200 | 1.98 | 0.38 | 83.78 | 123 | 24.3 | 4.56 | 32.34 | 2.69 | 1.43 |
| 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 | 4280 | 16.92 | 30.91 | 34.53 | 15.75 | 7.79 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| CHICKEN & FRIED RICE | 477 | 75 | 1734 | 2.84 | 2.9 | 56.73 | 1418 | 5.1 | 29.09 | 60.98 | 11.95 | 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 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 |
|------------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| 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 | 7337 | 31.45 | 14.74 | 9.17 | 8.41 | 3.05 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| HAWAIIAN PIZZA | 438 | 35 | 1137 | 2.78 | 2.65 | 251.9 | 331 | 5.79 | 22.29 | 57.44 | 13.64 | 5.74 |
| MACARONI AND CHEESE | 290 | 30 | 1030 | 1 | 1.08 | 400 | 750 | 0 | 16 | 33 | 11 | 7 |
| 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 |
| GREEN BEANS | 25 | 0 | 317 | 2.4 | 1.14 | 32.8 | 440 | 5.42 | 1.51 | 5.68 | 0.13 | 0.03 |
| 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 EL GRANDE | 368 | 42 | 596 | 7.13 | 10.75 | 52.24 | 354 | 234.84 | 9.68 | 50.48 | 15.38 | 7.94 |
| 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 | 4280 | 16.92 | 30.91 | 34.53 | 15.75 | 7.79 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| CHEESE PIZZA | 360 | 20 | 680 | 3 | 4 | 250 | 500 | 0 | 19 | 48 | 10 | 3 |
| PASTA W/ ASST SAUCES | 624 | 55 | 1474 | 3.57 | 3.31 | 243.09 | 406 | 1.3 | 24.12 | 64.64 | 29.6 | 11.07 |
| 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, Oct 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 |
|--------------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| 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 | 7337 | 31.45 | 14.74 | 9.17 | 8.41 | 3.05 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| 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, Oct 14, 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 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| BUFFALO CHICKEN SALAD | 306 | 36 | 1215 | 4.13 | 1.55 | 92 | 7146 | 39.67 | 17.52 | 33.37 | 12.09 | 2.27 |
| HAWAIIAN PIZZA | 438 | 35 | 1137 | 2.78 | 2.65 | 251.9 | 331 | 5.79 | 22.29 | 57.44 | 13.64 | 5.74 |
| CHEESE PIZZA | 360 | 20 | 680 | 3 | 4 | 250 | 500 | 0 | 19 | 48 | 10 | 3 |
| TACO SALAD | 304 | 66 | 392 | 2.83 | 2.21 | 121.27 | 716 | 4.77 | 21.21 | 21.09 | 15.21 | 6.23 |
| MASHED AND GRAVY | 125 | 2 | 150 | 1.49 | 0.29 | 62.84 | 92 | 18.23 | 3.42 | 24.25 | 2.02 | 1.07 |
| 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 15, 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 | 7337 | 31.45 | 14.74 | 9.17 | 8.41 | 3.05 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 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 | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| SWEET & SOUR CHICKEN | 471 | 75 | 538 | 2.05 | 1.92 | 43.12 | 96 | 5.12 | 26.8 | 68.71 | 8.7 | 2.34 |
| BROWN RICE | 171 | 0 | 7 | 1.62 | 0.68 | 14.19 | 0 | 0 | 3.67 | 35.72 | 1.35 | 0.27 |
| FORTUNE COOKIE | 35 | 1 | 32 | 0.13 | 0.19 | 2.45 | 6 | 0 | 0.43 | 4.52 | 1.69 | 0.43 |
| 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 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 |
|-----------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| NO SCHOOL | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Monday, Oct 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 |
|----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| 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 | 4280 | 16.92 | 30.91 | 34.53 | 15.75 | 7.79 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 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 | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| 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, 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 |
|-----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| TURKEY GRAVY/POTATOES | 58 | 12 | 162 | 0.37 | 0.29 | 22.9 | 50 | 4.64 | 5.15 | 5.88 | 1.53 | 0.46 |
| 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 | 7146 | 39.67 | 17.52 | 33.37 | 12.09 | 2.27 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| 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 |
| 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 |

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 |
| 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 | 7337 | 31.45 | 14.74 | 9.17 | 8.41 | 3.05 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| HAWAIIAN PIZZA | 438 | 35 | 1137 | 2.78 | 2.65 | 251.9 | 331 | 5.79 | 22.29 | 57.44 | 13.64 | 5.74 |
| CHEESE PIZZA | 360 | 20 | 680 | 3 | 4 | 250 | 500 | 0 | 19 | 48 | 10 | 3 |
| PASTA W/ ASST SAUCES | 624 | 55 | 1474 | 3.57 | 3.31 | 243.09 | 406 | 1.3 | 24.12 | 64.64 | 29.6 | 11.07 |
| 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 |
|----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| POTATO BAR | 215 | 14 | 660 | 3.71 | 1.36 | 103.16 | 370 | 37.6 | 7.95 | 33.63 | 5.96 | 2.64 |
| BROCCOLI STEAMED | 15 | 0 | 15 | 1.14 | 0.32 | 20.68 | 274 | 39.25 | 1.24 | 2.92 | 0.16 | 0.02 |
| 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 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| CHICKEN CAESAR SALAD | 498 | 80 | 3349 | 2.93 | 2.32 | 416.85 | 4280 | 16.92 | 30.91 | 34.53 | 15.75 | 7.79 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| 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 |
| 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, 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 |
|---------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| POPCORN CHICKEN | 210 | 25 | 650 | 1.99 | 0 | 0 | 0 | 0 | 14 | 17 | 9 | 1.5 |
| 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 | 7337 | 31.45 | 14.74 | 9.17 | 8.41 | 3.05 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| 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, 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 QUESADILLA | 448 | 84 | 1565 | 1 | 0.99 | 411.63 | 1043 | 0 | 36.51 | 24.94 | 22.13 | 8.58 |
| GREEN BEANS | 13 | 0 | 158 | 1.2 | 0.57 | 16.4 | 220 | 2.71 | 0.76 | 2.84 | 0.06 | 0.01 |
| MEATBALL DELI | 258 | 46 | 614 | 4.92 | 2.41 | 79.55 | 712 | 7.89 | 22.25 | 16.03 | 12.7 | 4.15 |
| 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 | 4280 | 16.92 | 30.91 | 34.53 | 15.75 | 7.79 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| TACO SALAD | 304 | 66 | 392 | 2.83 | 2.21 | 121.27 | 716 | 4.77 | 21.21 | 21.09 | 15.21 | 6.23 |
| 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 |
|------------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| CHICKEN NUGGETS | 290 | 30 | 470 | 2 | 1.79 | 39.99 | 0 | 0 | 12 | 14.99 | 19.99 | 4.49 |
| MASHED AND GRAVY | 166 | 3 | 200 | 1.98 | 0.38 | 83.78 | 123 | 24.3 | 4.56 | 32.34 | 2.69 | 1.43 |
| CHICKEN PATTY SANDWICH | 362 | 35 | 744 | 2.07 | 3.49 | 130.37 | 100 | 0 | 15.84 | 36.22 | 16.2 | 4.05 |
| BBQ CHICKEN SANDWICH | 422 | 75 | 1214 | 1.55 | 2.21 | 79.98 | 188 | 0.56 | 26.84 | 54.22 | 9.44 | 2.56 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| CHEF SALAD | 168 | 132 | 671 | 3 | 2.15 | 146.78 | 7337 | 31.45 | 14.74 | 9.17 | 8.41 | 3.05 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| HAWAIIAN PIZZA | 438 | 35 | 1137 | 2.78 | 2.65 | 251.9 | 331 | 5.79 | 22.29 | 57.44 | 13.64 | 5.74 |
| BEEF TACOS | 275 | 15 | 1133 | 3.45 | 2.01 | 44.19 | 529 | 4.81 | 13.13 | 32.4 | 9.93 | 3.32 |
| 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 |
|-----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| 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 |
| SPICY CHICKEN PATTY | 362 | 30 | 764 | 2.07 | 1.69 | 70.38 | 0 | 0 | 18.84 | 46.22 | 11.21 | 2.05 |
| BUFFALO CHICKEN SALAD | 306 | 36 | 1215 | 4.13 | 1.55 | 92 | 7146 | 39.67 | 17.52 | 33.37 | 12.09 | 2.27 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| HAWAIIAN PIZZA | 438 | 35 | 1137 | 2.78 | 2.65 | 251.9 | 331 | 5.79 | 22.29 | 57.44 | 13.64 | 5.74 |
| LASAGNA | 269 | 34 | 406 | 2.29 | 2.64 | 303.99 | 910 | 16.3 | 19.87 | 28.34 | 8.69 | 4.69 |
| 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, 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 |
|----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| PRETZEL W/ CHEESE | 272 | 8 | 452 | 2.16 | 0.15 | 158.42 | 230 | 0.33 | 11.5 | 45.5 | 5.22 | 2.01 |
| 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 | 4280 | 16.92 | 30.91 | 34.53 | 15.75 | 7.79 |
| DELI SANDWICHES | 215 | 38 | 755 | 1.09 | 1.27 | 113.37 | 539 | 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 | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| SMOTHERED BURRITO | 488 | 43 | 1097 | 6.76 | 5.99 | 132.82 | 742 | 9.44 | 22.83 | 60.83 | 17.37 | 8.18 |
| 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 |

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 |
|----------------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|-----------|----------------|-------------|-----------------|
| SPAGHETTI | 250 | 14 | 922 | 5.4 | 2.39 | 73.17 | 1047 | 9.53 | 12.61 | 29.54 | 9.53 | 2.7 |
| 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 | 539 | 4.39 | 15.23 | 16.23 | 9.99 | 3.72 |
| FAJITA CHICKEN SALAD | 134 | 59 | 789 | 0.06 | 0.86 | 62.34 | 366 | 12.39 | 21.99 | 1.07 | 4.78 | 1.52 |
| PEPPERONI PIZZA | 391 | 34 | 863 | 1.37 | 2.1 | 290.45 | 353 | 0.67 | 18.09 | 29.55 | 22.4 | 8.21 |
| CHEESE PIZZA | 353 | 19 | 759 | 2.04 | 2.25 | 240.84 | 302 | 0.46 | 17.32 | 47.42 | 10.66 | 4.77 |
| NACHOS EL GRANDE | 368 | 42 | 596 | 7.13 | 10.75 | 52.24 | 354 | 234.84 | 9.68 | 50.48 | 15.38 | 7.94 |
| 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 |