


OCTOBER

2009

EXPANDED MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>New This Month! Teriyaki Chicken & Edamame</p> <p>Try this delicious dish of chicken, edamame, rice and veggies in teriyaki sauce on October 2. But what are edamame? Edamame (ED-A-MOM-MAY) are baby soy beans and look like large peas. They are delicious and good for you!</p> 			<p>1 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Meatloaf Mashed Potatoes & Gravy</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Fresh Steamed Carrots Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>2 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p>NEW! <u>Real Deal</u> Teriyaki Chicken & Edamame</p> <p><u>Grill</u> Hamburger or Cheeseburger Baked Fries</p> <p><u>Sides</u> Watermelon Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
<p>5 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Taco Salad or Soft Shell Taco Refried Beans √, Brown Rice</p> <p><u>Grill</u> Fish Sandwich OR Smoked Turkey & Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Corn Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken & Gravy Mashed Potatoes</p> <p><u>Grill</u> Grilled Cheese Sandwich Tater Tots</p> <p><u>Sides</u> Autumn Vegetables Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>7 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Italian Lasagna Garlic Bread</p> <p><u>Grill</u> Lite Turkey Corn Dog Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>8 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Rice Bowl & Fixings</p> <p><u>Grill</u> Chicken Patty Sandwich Roasted Red Potatoes</p> <p><u>Sides</u> Broccoli and Carrots Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>9 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Fish Filet Macaroni & Cheese √</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Peas Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>
<p>12 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Suqaar with Vegetable Rice</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>13 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce √</p> <p><u>Grill</u> Sloppy Joe Tater Tots</p> <p><u>Sides</u> Green Beans Applesauce Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>14 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> Mixed Vegetables Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>15</p> <p>NO SCHOOL</p>	<p>16</p> <p>NO SCHOOL</p>

Menu subject to change due to availability of food.

MENU KEY

- P** Contains Pork
- ^** Contains nuts or peanut butter
- v** Meatless item
- 🌱** Locally grown

Allergy Notice: Products have been made at the District's Nutrition Center or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

These Choice Bar vegetables will be locally sourced while the season lasts:



- Cabbage (Shredded Salad Greens)
Carrots • Cucumbers
Onions • Peppers • Zucchini

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken & Gravy Mashed Potatoes</p> <p><u>Grill</u> Hamburger or Cheeseburger Steak Fries</p> <p><u>Sides</u> Peas Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>20 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Scallions, Peas & Cilantro or Ravioli Garlic Bread</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>21 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans v, Brown Rice</p> <p><u>Grill</u> Buffalo Chicken Sandwich Steak Fries</p> <p><u>Sides</u> Corn Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>22 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Tater Tot Hot Dish</p> <p><u>Grill</u> Chicken Patty Sandwich Tater Tots</p> <p><u>Sides</u> 🍖 Roasted Squash Fruit Salad Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>23</p> <p style="text-align: center; font-size: 2em;">NO SCHOOL</p>
<p>26 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans v Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>27 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce v</p> <p><u>Grill</u> Sloppy Joe Baked Fries</p> <p><u>Sides</u> Green Beans Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>28 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> 🍌 Fresh Steamed Carrots Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>29 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Egg Roll and Fried Rice</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Broccoli Pineapple Tidbits Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>30 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Vegetable Rotini Soup</p> <p><u>Grill</u> Fish Sandwich OR Smoked Turkey & Cheese Hoagie Sweet Potato Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>

PAYMENT INFORMATION

Visit our online payment provider, PayPams, where you can make a payment, check meal account balances and sign up for recurring payments. Go to <http://www.paypams.com> to register. Note: balances are delayed by 24 hours.

Saint Paul Public School Menu Prices:

	Lunch	Breakfast	Extra Milk
Elementary	\$1.75	\$0.65 (or no cost at some schools)	\$0.50
Secondary	2.00	\$0.70 (or no cost at some schools)	0.50
Reduced-price	0.40	No cost	0.50
Adult	3.50	2.00	0.50

CONTACT US

Web Site: ns.spps.org Office: 651-603-4950

MISSION STATEMENT

We create and serve foods that students get excited about! Our "healthy hits" are served with respect by a caring staff effectively managing resources.

BREAKFAST

Daily Choices Include:

Milk, Graham Crackers, Yogurt, Whole Grain Cereal, 100% Fruit Juice, Fresh Fruit

Additional Daily Choices Include:

Homemade Breakfast Breads, Cinnamon Toast, Sausage Biscuit P

LUNCH

Available Each Day:

Jelly and peanut butter
Milk (skim, 1%, chocolate skim, strawberry skim, lactose-reduced)

Fresh Veggies May Include:

Baby Carrots, Celery, Cucumbers, Grape Tomatoes, Jicama, Peas, Red Onions, Zucchini

Pizza is offered each day with a choice of sides.

Pizza choices may include:

Hawaiian v, Cheese v, Veggie v, Beef Pepperoni, Beef Sausage



2009 Board of Education Kazoua Kong-Thao, Chair • Elona Street-Stewart, Vice Chair • John Brodrick, Clerk
Tom Goldstein, Treasurer • Anne Carroll, Director • Keith Hardy, Director
Interim Superintendent Suzanne P. Kelly

Saint Paul Public Schools is an equal opportunity provider.

Saint Paul Public School Nutrition Service
October 2009 Expanded Menu Nutritional Information

Nutrient contributions from individual components may not equal the total due to federal rounding regulations. The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from our suppliers, and NutriKids computer database.

Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Thursday, October 01, 2009														
*Meatloaf	3.5 oz. sl.	233	110	445	0	2	67	122	1	20	8	13	5	0
*Mashed Potatoes	1/2 cup	114	0	37	1	0	31	0	38	3	24	0	0	0
*Brown Gravy	2 oz.	28	0	306	0	0	26	0	0	1	4	1	0	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Carrots, fresh steamed	1/2 cp	25	0	42	2	0	20	10255	4	1	6	0	0	0
*Banana-petite	1 EACH	90	0	1	3	0	5	65	9	1	23	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	8 fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Friday, October 02, 2009														
*Chicken & Edamame	1/2 cup	169	38	620	1	1	23	361	13	14	12	4	1	0
Hamburger on bun	sandwich	305	32	398	1	3	84	0	0	21	28	12	4	0
*Cheeseburger on bun	1 svg.	330	45	427	1	2	119	250	0	22	21	17	7	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Watermelon	wedge	24	0	1	0	0	6	455	6	0	6	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Monday, October 05, 2009														
*Taco (meat & tortilla)	taco	120	0	310	1	1	60	0	0	3	20	4	2	0
*Taco Salad -lett, cheese, tom	1 ea.	38	8	85	0	0	88	338	2	3	1	2	2	0
*Tortilla	tortilla	120	0	310	1	1	60	0	0	3	20	4	2	0
*Tortilla chips	1 oz	132	0	162	2	1	51	0	0	2	20	5	1	0
*Beans, refried	1/4 cup	68	0	185	3	1	20	0	0	3	11	1	0	0
*Beans, refried	1/2 cup	135	0	370	6	2	40	0	0	6	22	1	0	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Salsa	4 Tb	30	0	300	0	1	40	400	2	0	6	0	0	0
*Fish Sandwich w/cheese	sandwich	377	54	943	1	2	145	86	0	21	50	11	4	0
*Smoked Turkey & Cheese Hoagie	1 sandwich	236	53	1028	1	2	95	250	0	16	22	9	4	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Saint Paul Public School Nutrition Service
October 2009 Expanded Menu Nutritional Information

Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Tuesday, October 06, 2009														
*Chicken and gravy	3/8 cup	150	57	309	0	1	144	239	1	12	2	10	5	0
*Mashed Potatoes	1/2 cup	114	0	37	1	0	31	0	38	3	24	0	0	0
*Grilled cheese sand, W.W.	sand	316	41	968	4	1	380	1000	0	20	34	14	9	0
*Tater Tots	1/2 cp	160	0	330	2	1	0	0	9	2	19	8	2	0
*Autumn Vegetables	1/2 cup	16	0	22	1	0	13	2569	18	1	3	0	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Wednesday, October 07, 2009														
*Lasagna	1/24 pan	287	45	467	3	3	336	746	10	20	28	11	6	0
*Garlic Bread	2 oz. pc	216	15	418	3	2	24	178	17	7	32	7	4	0
*Corn Dog, lite,Foster Farms	corn dog	210	15	740	1	3	40	0	0	12	27	6	2	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Banana-petite	1 EACH	90	0	1	3	0	5	65	9	1	23	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Thursday, October 08, 2009														
*Chicken, Szech/Rice Bowl	3/8 cup	364	52	865	6	3	239	3117	8	22	39	14	3	0
*Rice Bowl Toppings	svg	19	0	23	2	0	20	6257	9	1	4	0	0	0
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Potatoes, roasted w/rosemary	1/2 cup	129	0	143	3	1	18	5	26	3	23	3	0	0
*Carrot coins, frozen, cooked	1/2 cup	27	0	43	2	0	26	12137	2	0	6	0	0	0
*Broccoli; frozen, boiled	1/2 cp	26	0	10	3	1	30	1029	37	3	5	1	0	0
*Orange wedges, fresh	6 wedges	62	0	0	3	0	52	295	70	1	15	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
Friday, October 09, 2009														
*Fish Filet	4 oz. filet	180	35	340	1	0	0	0	0	13	16	7	1	0
*Macaroni and Cheese	No. 8 scoop	288	40	563	1	1	260	405	0	14	26	14	8	0
*Peas	1/2 cp	42	0	4	2	2	47	1049	18	3	7	0	0	0
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*Chicken Nuggets, breast; brd	5 nuggets	240	40	550	1	1	40	0	0	14	13	15	3	0
*Honey BBQ Sauce	1 oz.	38	0	81	0	0	4	28	0	0	10	0	0	0
*Potato Triangle	2 oz.	100	0	300	1	0	0	0	6	1	13	5	2	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Monday, October 12, 2009														
*Chicken Suqaar	3/8 cup	30	10	31	0	0	4	646	3	3	1	1	0	0
*Vegetable Rice	1/2 cup	132	0	379	1	2	28	3197	3	2	22	4	1	0
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Mixed fruit	1/2 cup	80	0	5	1	0	0	200	1	1	18	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Tuesday, October 13, 2009														
*Italian Dunker w/o sce SEC	svg (7-12)	460	67	902	5	3	477	630	22	23	44	22	13	0
*Marinara Sauce-1/2 cup	1/2 cup	70	0	550	2	1	40	750	12	2	11	3	0	0
*Green Beans; canned,cooked	1/2 cup	14	0	169	1	1	18	236	3	1	3	0	0	0
*Applesauce	1/2 cp	90	0	15	2	0	0	0	0	0	23	0	0	0
*Sloppy Joe on bun	sandwich	331	46	1048	3	3	111	233	4	19	40	10	3	0
*Tater Tots	1/2 cp	160	0	330	2	1	0	0	9	2	19	8	2	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Wednesday, October 14, 2009														
*Chili with beans	6 oz. svg	217	39	603	5	3	62	885	10	15	20	9	3	0
*Cheesebread	1/24 pan	243	26	400	2	1	320	222	0	14	27	9	5	0
*Mixed Vegetables	1/2 cup	28	0	21	2	0	11	2234	5	1	6	0	0	0
*Hot dog, trky on bun-SEC (2)	2 sand	538	100	1720	1	5	280	0	2	23	52	27	8	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Banana-petite	1 EACH	90	0	1	3	0	5	65	9	1	23	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Thursday, October 15, 2009														
HOLIDAY														

Friday, October 16, 2009														
HOLIDAY														

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Monday, October 19, 2009														
*Chicken and gravy	3/8 cup	150	57	309	0	1	144	239	1	12	2	10	5	0
*Mashed Potatoes	1/2 cup	114	0	37	1	0	31	0	38	3	24	0	0	0
Hamburger on bun	sandwich	305	32	398	1	3	84	0	0	21	28	12	4	0
*Cheeseburger on bun	1 svg.	330	45	427	1	2	119	250	0	22	21	17	7	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Peas	1/2 cp	42	0	4	2	2	47	1049	18	3	7	0	0	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Tuesday, October 20, 2009														
*Hmong Beef Fried Rice	1 cup	234	161	232	1	2	33	158	0	13	25	8	3	0
*Peas, scallions, cilantro	serving	6	0	2	0	0	9	171	3	0	1	0	0	0
*Ravioli	1 cup	270	30	720	3	3	0	300	1	15	33	8	4	0
*Cheese, cheddar, lofat	TB	20	5	51	0	0	51	76	0	2	0	2	1	0
*Garlic Bread	2 oz. pc	216	15	418	3	2	24	178	17	7	32	7	4	0
*Chicken Nuggets, breast; brd	5 nuggets	240	40	550	1	1	40	0	0	14	13	15	3	0
*Potato Triangle	2 oz.	100	0	300	1	0	0	0	6	1	13	5	2	0
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Wednesday, October 21, 2009														
*Nacho St. Paul	entree	229	13	500	3	1	102	947	5	4	31	10	4	0
*Nacho St. Paul with beans	entree	364	13	870	9	3	142	947	5	10	53	11	4	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Sandwich, Buffalo Chicken	sandwich	295	48	735	2	3	88	2870	0	19	36	8	2	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Thursday, October 22, 2009														
*Tater Tot Hotdish	3/4 cup	211	36	460	2	1	19	1083	3	11	15	11	3	0
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Tater Tots	1/2 cp	160	0	330	2	1	0	0	9	2	19	8	2	0
*Squash, butternut	1/4 cup	21	0	2	0	0	21	5717	8	0	5	0	0	0
*Fruit Salad	1/2 cup	135	0	260	0	0	84	39	1	0	30	3	3	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
Friday, October 23, 2009														
HOLIDAY														
Monday, October 26, 2009														
*Chicken Fajita, meat only	2 oz	109	48	325	0	1	8	218	0	14	2	4	1	0
*Tortilla	tortilla	120	0	310	1	1	60	0	0	3	20	4	2	0
*Beans, refried	1/4 cup	68	0	185	3	1	20	0	0	3	11	1	0	0
*Beans, refried	1/2 cup	135	0	370	6	2	40	0	0	6	22	1	0	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*Ribique Sandwich	sandwich	442	50	838	2	3	58	1616	0	20	35	24	9	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Tuesday, October 27, 2009														
*Italian Dunker w/o sce SEC	svg (7-12)	460	67	902	5	3	477	630	22	23	44	22	13	0
*Marinara Sauce-1/2 cup	1/2 cup	70	0	550	2	1	40	750	12	2	11	3	0	0
*Green Beans; canned,cooked	1/2 cup	14	0	169	1	1	18	236	3	1	3	0	0	0
*Sloppy Joe on bun	sandwich	331	46	1048	3	3	111	233	4	19	40	10	3	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
Wednesday, October 28, 2009														
*Chili with beans	6 oz. svg	217	39	603	5	3	62	885	10	15	20	9	3	0
*Cheesebread	1/24 pan	243	26	400	2	1	320	222	0	14	27	9	5	0
*Hot dog, trky on bun-SEC (2)	2 sand	538	100	1720	1	5	280	0	2	23	52	27	8	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Carrots, fresh steamed	1/2 cp	25	0	42	2	0	20	10255	4	1	6	0	0	0
*Banana-petite	1 EACH	90	0	1	3	0	5	65	9	1	23	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Thursday, October 29, 2009														
*Egg Roll, Turkey	roll (4.2 oz)	240	120	600	2	3	45	854	10	13	25	10	3	0
*Fried Rice	1/2 cup	185	89	428	2	1	41	971	7	7	27	5	2	0
BROCCOLI: fresh, boiled	1/2 CUP	27	0	32	3	1	31	1207	51	2	6	0	0	0
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Pineapple Tidbits	1/2 cp.	70	0	10	1	1	20	100	9	1	17	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Friday, October 30, 2009														
*Sandwich, BBQ Chicken	Sand.	278	48	411	1	2	92	68	0	18	38	5	1	0
*Chicken Rotini Veg Soup	3/4 cup	114	29	411	1	1	165	1554	2	11	10	3	1	0
*Fish Sandwich w/cheese	sandwich	377	54	943	1	2	145	86	0	21	50	11	4	0
*Smoked Turkey & Cheese Hoagie	1 sandwich	236	53	1028	1	2	95	250	0	16	22	9	4	0
*Sweet Potato Fries	3 oz	180	0	200	3	0	20	8000	1	2	25	8	1	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
Pizza Options														
*Pizza, MS. Cheese	slice	407	45	939	5	3	578	681	5	24	44	15	9	0
*Pizza, MS; Hawaiian	slice	423	50	1015	5	3	580	693	6	25	47	16	9	0
*Pizza, MS; Pepperoni	slice	435	52	1032	5	3	579	681	5	25	44	18	10	0
*Pizza, MS; Sausage	slice	454	54	1059	5	3	588	681	5	26	45	20	10	0
*Pizza, MS; Veggie	slice	410	45	939	5	3	580	707	11	24	45	15	9	0