



HIGH SCHOOL MENU





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> ^ Thai Peanut Chicken with Noodles Broccoli</p> <p><u>Grill</u> Chicken Nuggets Baked Fries</p> <p><u>Sides</u> Mandarin Oranges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>3 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Rotisserie Chicken Mashed Potatoes, Cornbread and Mixed Greens</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Orange Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>4 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p>EARLY RELEASE DAY</p> <p><u>Choices</u> Chicken Patty Sandwich and Baked Fries School Choice</p> <p><u>Sides</u> Strawberry Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>5 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Meatloaf Garlic Mashed Potatoes</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> 🌱 Fresh Steamed Carrots Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Teriyaki Chicken & Edamame</p> <p><u>Grill</u> Grilled Cheese Sandwich v Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Sandwich Bar (Build your own with Fixings)				
<p>9 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Rotini Hot Dish Garlic Bread Corn</p> <p><u>Grill</u> School Choice Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>10 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Chow Mein Chow Mein Noodles Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Pineapple Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>11 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Italian Lasagna Garlic Bread</p> <p><u>Grill</u> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans v Corn</p> <p><u>Grill</u> Chicken Nuggets Roasted 🌱 Harvest Vegetables</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p style="text-align: center; font-size: 2em;">NO SCHOOL</p>
Build & Go: Rice Bowl Bar (Build your own with Fixings)				
<p>16 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> School Choice</p> <p><u>Grill</u> Grilled Cheese Sandwich v Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>17 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunks with Marinara Sauce v Green Beans</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Applesauce Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>18 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread</p> <p><u>Grill</u> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> 🌱 Baked Squash Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>19 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken & Gravy, Mashed Potatoes, Sage Dressing, Green Beans,</p> <p>🌱 Fresh Cranberry Sauce, Sweet Potato Pie</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>20 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Enchilada Bake Spanish Rice Corn</p> <p><u>Grill</u> Fish Sandwich with Cheese Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Pizza Bar (Variety of Pizzas and Toppings)				

Menu subject to change due to availability of food.

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

MENU KEY

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans V Herbed Corn & Couscous</p> <p><u>Grill</u> Lite Turkey Corn Dog Baked Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>24 <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 Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>25 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni V</p> <p><u>Grill</u> Turkey Hot Dog (2)</p> <p><u>Sides</u>  Roasted Red Potatoes Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>26 NO SCHOOL</p>	<p>27 NO SCHOOL</p>
<p>These Choice Bar vegetables will be locally sourced while the season lasts:  Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>				

Build & Go: Taco Bar (Build your own with Fixings)

30 Breakfast Special
English Muffin Sandwich

Real Deal
Chicken Stew
Mashed Potatoes

Grill
Smoked Turkey & Cheese Hoagie
Baked Fries

Sides
Apple Wedges
Fresh Veggies
Shredded or Salad Greens
Whole Wheat French Bread

Mix it up at Lunch Day!

On November 10th, Saint Paul Schools will participate in National Mix it Up at Lunch Day. Mix it Up at Lunch is simple: take a new seat in the cafeteria. By moving to a place where students don't normally sit, they can begin to create a school environment that is less segregated by groups and cliques. Out for Equity is helping to facilitate Mix it Up at Lunch Day. For ideas about how your school can participate in this valuable day, visit www.mixitup.org or contact Out for Equity at 651-523-6322.



Build & Go: Pasta Bar (Choice of Pasta and Sauces)

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

GRILL

Each day a different Grill Feature is offered along with: Chicken Patty Sandwich • Hamburger • Cheeseburger
Featured Potato • Fruit • Veggie Choices

GOOD TO GO

Create Your Own: choose 1 main, add 3 sides plus Milk OR choose 2 mains, add 2 sides plus Milk

Mains may include: Specialty Sandwiches and Wraps
Fresh Salads • Featured Soups
Sides: Fresh Fruit and Veggies

Milk (skim, 1%, chocolate skim, strawberry skim, lactose-reduced) offered with each breakfast and lunch

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 Adult	\$0.40 \$3.50	No cost \$2.00	\$0.50 \$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.



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 Nutrition Services
November 2009 High School 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)
Monday, November 02, 2009														
*Chicken in Thai Peanut Sauce	1/3 cup	167	48	302	1	1	29	40	0	16	7	7	2	0
*Thai Peanut Noodles	1/2 cup	222	0	445	3	1	22	0	0	10	35	6	1	0
*Thai Peanut Noodle fixings	svg	85	0	117	1	0	13	121	2	3	4	7	1	0
*Broccoli; frozen, boiled	1/2 cp	26	0	10	3	1	30	1029	37	3	5	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
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Mandarin oranges	1/2 cup	46	0	6	1	0	14	1061	43	1	12	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

Tuesday, November 03, 2009														
*Chicken, Rotisserie style	svg (3 oz)	160	50	480	1	1	0	0	0	14	3	10	3	0
*Mashed Potatoes	1/2 cup	114	0	37	1	0	31	0	38	3	24	0	0	0
*Corn Bread, with honey	1/48 PAN	289	33	556	1	1	63	172	0	5	46	11	5	0
*Greens, mixed	1/2 cup	99	0	4108	2	1	96	6172	40	2	22	0	0	0
School Choice														
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Orange wedges, fresh	6 wedges	62	0	0	3	0	52	295	70	1	15	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

Saint Paul Public Schools Nutrition Services
November 2009 High School 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)
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Wednesday, November 04, 2009														
*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
School Choice														
*Strawberry cup	1 cont.	122	0	4	2	1	14	31	53	1	33	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

Thursday, November 05, 2009														
*Meatloaf	3.5 oz. sl.	233	110	445	0	2	67	122	1	20	8	13	5	0
*Mashed Potatoes-Garlic	1/2 cup	162	2	281	1	0	47	24	38	4	24	3	0	0
*Ribique Sandwich	sandwich	442	50	838	2	3	58	1616	0	20	35	24	9	0
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Carrots, fresh steamed	1/2 cp	25	0	42	2	0	20	10255	4	1	6	0	0	0
*Banana-petite	1	90	0	1	3	0	5	65	9	1	23	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

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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)
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Friday, November 06, 2009														
*Chicken & Edamame	1/2 cup	169	38	620	1	1	23	361	13	14	12	4	1	0
*Grilled cheese sand, W.W.	sand	316	41	968	4	1	380	1000	0	20	34	14	9	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
Pineapple, fresh	1/2 cp	41	0	1	1	0	11	48	39	0	11	0	0	0
*Mango, fresh	1/2 cup	54	0	2	1	0	8	631	23	0	14	0	0	0
*Mixed fruit	1/2 cup	80	0	5	1	0	0	200	1	1	18	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

Monday, November 09, 2009														
*Rotini Hot Dish-SEC	3/4 cup	267	51	658	4	3	121	2099	10	20	23	11	4	0
*Garlic Bread	2 oz. pc	216	15	418	3	2	24	178	17	7	32	7	4	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
School Choice														
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

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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)
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Tuesday, November 10, 2009														
*Chow Mein	4 oz.	89	33	504	1	1	18	135	6	10	4	3	1	0
*Noodles, Chow Mein	Tb	15	0	12	0	0	1	0	0	0	2	1	0	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Ribique Sandwich	sandwich	442	50	838	2	3	58	1616	0	20	35	24	9	0
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Pineapple Tidbits	1/2 cp.	70	0	10	1	1	20	100	9	1	17	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

Wednesday, November 11, 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
*Sandwich, Buffalo Chicken	sandwich	295	48	735	2	3	88	2870	0	19	36	8	2	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Banana-petite	1	90	0	1	3	0	5	65	9	1	23	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

Saint Paul Public Schools Nutrition Services
November 2009 High School 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)
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Thursday, November 12, 2009														
*Nacho St. Paul with meat	1 svg	229	13	500	3	1	102	947	5	4	31	10	4	0
*Nacho St. Paul with beans	1 svg	364	13	870	9	3	142	947	5	10	53	11	4	0
*Beans, refried	1/4 cup	68	0	185	3	1	20	0	0	3	11	1	0	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	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
*Harvest Vegetables	1/2 cup	80	0	105	3	0	34	5153	13	1	12	4	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

Friday, November 13, 2009														
HOLIDAY														

Monday, November 16, 2009														
School Choice														
*Grilled cheese sand, W.W.	sand	316	41	968	4	1	380	1000	0	20	34	14	9	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

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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, November 17, 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
School Choice														
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Applesauce	1/2 cp	90	0	15	2	0	0	0	0	0	23	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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
Wednesday, November 18, 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
*Sandwich, Buffalo Chicken	sandwich	295	48	735	2	3	88	2870	0	19	36	8	2	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Squash, butternut	1/4 cup	21	0	2	0	0	21	5717	8	0	5	0	0	0
*Banana-petite	1 EACH	90	0	1	3	0	5	65	9	1	23	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

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November 2009 High School 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)
Thursday, November 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
*Sage Dressing	1/4 cup	143	17	519	1	1	30	212	0	3	17	7	4	0
*Green Beans; canned,cooked	1/2 cup	14	0	169	1	1	18	236	3	1	3	0	0	0
*Cranberry Sauce	1 oz	64	0	0	1	0	2	11	3	0	16	0	0	0
*Sweet Potato Pie	squares	119	17	162	1	0	49	46	3	2	20	3	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

Friday, November 20, 2009														
*Enchilada Bake	sq	286	37	374	7	2	264	777	4	17	31	12	6	0
*Spanish Rice	1/2 cp.	142	6	642	2	1	31	416	9	3	27	3	1	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Fish Sandwich w/cheese	sandwich	377	54	943	1	2	145	86	0	21	50	11	4	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

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Monday, November 23, 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
*Fajita Fixings	serving	25	5	12	1	0	26	477	10	1	2	2	1	0
*Beans, refried	1/4 cup	68	0	185	3	1	20	0	0	3	11	1	0	0
*Cous Cous, Herbed Corn	1/2 cup	126	0	319	2	0	17	22	2	4	26	1	0	0
*Corn Dog, lite,Foster Farms	1	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
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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
Tuesday, November 24, 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
*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
*Honey BBQ Sauce	1 oz.	38	0	81	0	0	4	28	0	0	10	0	0	0
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

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Wednesday, November 25, 2009														
*Chicken Patty, breaded	patty	169	92	468	0	1	27	56	1	16	11	6	2	0
*Marinara Sauce, 1 oz	1 oz	16	0	127	0	0	9	173	3	0	3	1	0	0
*Baked Rigatoni	1/2 cup	137	3	321	3	1	65	415	6	7	23	3	1	0
*Hot dog, trky on bun-SEC (2)	2 sand	538	100	1720	1	5	280	0	2	23	52	27	8	0
*Potatoes, roasted w/rosemary	1/2 cup	129	0	143	3	1	18	5	26	3	23	3	0	0
*Mixed fruit	1/2 cup	80	0	5	1	0	0	200	1	1	18	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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
Thursday, November 26, 2009														
HOLIDAY														
Friday, November 27, 2009														
HOLIDAY														
Monday, November 30, 2009														
*Chicken stew	1/2 cup	132	44	439	1	1	30	4176	5	10	5	8	4	0
*Mashed Potatoes	1/2 cup	114	0	37	1	0	31	0	38	3	24	0	0	0
*Smoked Turkey & Cheese Hoagie	1 sandwich	236	53	1028	1	2	95	250	0	16	22	9	4	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Lettuce, shredded	1/2 cup	6	0	4	1	0	9	791	3	0	1	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	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

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Sandwich Bar														
*Turkey, sliced deli style	slice	15	6	144	0	0	1	5	1	2	1	0	0	0
*Ham, sliced deli style	1 oz. slice	30	13	301	0	0	2	0	0	5	0	1	0	0
*Pepperoni, beef	1 oz. (18 sl)	138	29	463	0	0	6	0	0	6	0	12	4	0
*Cheese, pepper jack	slice	81	19	140	0	0	140	253	0	5	0	7	4	0
*Cheese, provolone	slice	75	15	186	0	0	161	187	0	5	0	6	4	0
*Cheese, Swiss american	slice	46	12	220	0	0	103	121	0	3	1	3	2	0
*Cheese, American blend	slice	37	9	143	0	0	65	86	0	2	1	3	2	0
* Bun, Hoagie	bun	110	0	200	1	1	20	0	0	3	20	2	0	0
*French Bread, HS sand. bar	1/3 loaf	428	0	939	9	5	59	1	44	17	85	3	1	0
*Bread, Roman meal	slice	90	0	190	3	1	40	0	0	4	17	1	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Cole Slaw	1/3 cup	35	5	53	1	0	16	55	10	0	3	2	0	0
*Pepper, jalapeno; canned	Tb	2	0	142	0	0	2	145	1	0	0	0	0	0
*Lettuce/Cabbage mix-shredded	1/2 cup	7	0	5	1	0	12	127	7	0	2	0	0	0
*Tomatoes, fresh ripe diced	1 tsp	1	0	0	0	0	0	31	0	0	0	0	0	0
*Onion, diced	1 tsp	1	0	0	0	0	1	0	0	0	0	0	0	0
*Olives, black	Tb	10	0	73	0	0	7	34	0	0	1	1	0	0
*Pickle slices	2 slices	1	0	92	0	0	0	0	0	0	0	0	0	0
*Miracle whip packet	packet	30	4	105	0	0	0	0	0	0	2	3	0	0
*Mustard: individual PC	PC packet	3	0	56	0	0	4	0	0	0	0	0	0	0
*Dressing, Italian fat free	Tb	10	0	141	0	0	0	0	0	0	2	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0

Pasta Bar														
*Pasta (Pasta Plus)	3/4 cup	118	0	16	2	1	13	0	0	6	22	1	0	0
*Marinara Sauce-3/4 cup	3/4 cup	97	0	761	3	1	55	1037	17	3	15	3	0	0
*Meatsauce-3/4 cup	3/4 cup	165	42	551	3	3	34	1923	10	13	10	8	3	0
*Garlic Bread	2 oz. pc	216	15	418	3	2	24	178	17	7	32	7	4	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*Parmesan cheese	Tb	21	4	85	0	0	63	32	0	2	0	1	1	0
*Olives, black	Tb	10	0	73	0	0	7	34	0	0	1	1	0	0
*Mushrooms, canned	Tb	6	0	100	0	0	0	0	0	1	1	0	0	0
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	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)
Taco Bar														
*Taco Meat	1 ea.	142	43	476	1	2	17	316	1	12	2	9	3	0
*Tortilla	tortilla	120	0	310	1	1	60	0	0	3	20	4	2	0
*Taco-hard shell	1	62	0	52	1	0	13	2	0	1	8	3	1	0
*Tortilla chips	1 oz	132	0	162	2	1	51	0	0	2	20	5	1	0
*Beans, refried	1/2 cup	135	0	370	6	2	40	0	0	6	22	1	0	0
*Lettuce/Cabbage mix-shredded	1/2 cup	7	0	5	1	0	12	127	7	0	2	0	0	0
*Tomatoes, fresh ripe diced	1 tsp	1	0	0	0	0	0	31	0	0	0	0	0	0
*Onion, diced	1 tsp	1	0	0	0	0	1	0	0	0	0	0	0	0
*Cheese, cheddar, lofat	Tb	20	5	51	0	0	51	76	0	2	0	2	1	0
*Olives, black	Tb	10	0	73	0	0	7	34	0	0	1	1	0	0
*Pepper, jalapeno; canned	Tb	2	0	142	0	0	2	145	1	0	0	0	0	0
*Sour Cream, lite	TB	19	5	10	0	0	20	46	0	1	1	2	1	0
*Salsa	4 Tb	30	0	300	0	1	40	400	2	0	6	0	0	0
*Spanish Rice	1/2 cp.	142	6	642	2	1	31	416	9	3	27	3	1	0
*Corn with Peppers (Taco Bar)	1/2 cup	99	0	380	3	0	25	65	9	2	21	1	0	0
Rice Bowl Bar														
*Chicken, Szech/Rice Bowl	3/8 cup	364	52	865	6	3	239	3117	8	22	39	14	3	0
*Chicken, HSThai; Rice Bowl	3/8 cup	280	48	364	2	1	26	40	0	19	31	8	2	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Noodles, Chow Mein	Tb	15	0	12	0	0	1	0	0	0	2	1	0	0
*Peas	1/4 cp	21	0	2	1	1	24	524	9	1	4	0	0	0
*Pea pod	1 pod	1	0	0	0	0	2	37	2	0	0	0	0	0
*Peanuts	Tb	83	0	115	1	0	8	0	0	3	3	7	1	0
*Scallions	2 Tb	0	0	0	0	0	0	5	0	0	0	0	0	0
*Cilantro	1 tsp	0	0	1	0	0	1	59	0	0	0	0	0	0
*Carrot coins, frozen, cooked	1/2 cup	27	0	43	2	0	26	12137	2	0	6	1	0	0
*Broccoli; frozen, boiled	1/2 cup	26	0	10	3	1	30	1029	37	3	5	0	0	0
*Pepper, Red, Sweet	2 Tb	5	0	0	0	0	1	558	34	0	1	0	0	0
*Pita Bread	pita bread	170	0	400	2	2	60	0	0	5	34	2	0	0
*Mandarin oranges	1/2 cup	46	0	6	1	0	14	1061	43	1	12	0	0	0
*Pineapple Tidbits	1/2 cp.	70	0	10	1	1	20	100	9	1	17	0	0	0

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Pizza Bar														
*Pizza, HS Cheese, round crust	slices	293	36	696	2	1	457	690	6	19	31	10	6	0
*Pizza, HS Hawaiian round crus	slices	322	46	848	2	1	461	710	8	21	35	11	6	0
*Pizza, HS pepper-round crst	slices	348	48	881	2	1	459	690	6	21	31	15	7	0
*Pizza, HS sausag-round crst	slices	331	43	793	2	1	465	690	6	20	31	14	7	0
*Pizza, HS Veggie, round crust	slices	295	36	696	2	1	458	708	11	19	32	10	6	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0