


HIGH SCHOOL 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 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>2 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p>NEW! <u>Real Deal</u> 🍴 Teriyaki Chicken & Edamame</p> <p><u>Grill</u> Grilled Cheese Sandwich √ Baked Fries</p> <p><u>Sides</u> 🍴 Watermelon Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Sandwich Bar (Build your own with Fixings)				
<p>5 <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>6 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken & Gravy Mashed Potatoes 🍴 Autumn Vegetables</p> <p><u>Grill</u> Lite Turkey Corn Dog Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or 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> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Orange Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>8 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans √ Corn</p> <p><u>Grill</u> Chicken Nuggets 🍴 Roasted Red Potatoes</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or 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 √ Peas</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Rice Bowl Bar (Build your own with Fixings)				
<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> Grilled Cheese Sandwich √ Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or 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 √ 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>14 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread Mixed Vegetables</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>15</p> <p style="text-align: center; font-size: 2em;">NO SCHOOL</p>	<p>16</p> <p style="text-align: center; font-size: 2em;">NO SCHOOL</p>
<p>These Choice Bar vegetables will be locally sourced while the season lasts:</p> <p>🍴 Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>				
Build & Go: Pizza Bar (Variety of Pizzas and Toppings)				

Menu subject to change due to availability of food.



MENU KEY

- P** Contains Pork
- ^** Contains nuts or peanut butter
- √** 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Stew Mashed Potatoes</p> <p><u>Grill</u> Smoked Turkey & Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or 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 Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>21 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chicken Breast Patty with Marinara Sauce Baked Rigatoni ^v Corn</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>22 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Tater Tot Hot Dish Roasted Squash</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Fruit Salad Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>23</p> <p style="text-align: center;">NO SCHOOL</p>
Build & Go: Taco Bar (Build your own with Fixings)				
<p>26 <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>27 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce ^v Green Beans</p> <p><u>Grill</u> Sloppy Joe Steak Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p>28 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread Fresh Steamed Carrots</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>29 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans ^v Brown Rice, Corn</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or 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 with Cheese Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
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 main, 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	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.



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
October 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

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-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
*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
*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	fl. oz	130	5	130	0	0	300	500	0	8	23	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
*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
*Watermelon	wedge	24	0	1	0	0	6	455	6	0	6	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	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)
Monday, October 05, 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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

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
*Autumn Vegetables	1/2 cup	16	0	22	1	0	13	2569	18	1	3	0	0	0
*Corn Dog, lite, Foster Farms	corn dog	210	15	740	1	3	40	0	0	12	27	6	2	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

Saint Paul Public Schools Nutrition Services
October 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, 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
*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
*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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

Thursday, October 08, 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
*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
*Potatoes, roasted w/rosemary	1/2 cup	129	0	143	3	1	18	5	26	3	23	3	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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

Saint Paul Public Schools Nutrition Services
October 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)
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
*Hot dog, trky on bun-SEC (2)	2 sand	538	100	1720	1	5	280	0	2	23	52	27	8	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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

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
*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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

Saint Paul Public Schools Nutrition Services
October 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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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
School Choice	1	0	0	0	0	0	0	0	0	0	0	0	0	0
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

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
*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 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	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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Monday, October 19, 2009														
*Chicken stew	4 oz.	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	fl. oz	130	5	130	0	0	300	500	0	8	23	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
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	0	0
*Pears, diced, light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	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														
*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
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Hot dog, trky on bun-SEC (2)	2 sand	538	100	1720	1	5	280	0	2	23	52	27	8	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
*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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
Thursday, October 22, 2009														
*Tater Tot Hotdish	3/4 cup	211	36	460	2	1	19	1083	3	11	15	11	3	0
*Squash, butternut	1/4 cup	21	0	2	0	0	21	5717	8	0	5	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
*Fruit Salad	1/2 cup	135	0	260	0	0	84	39	1	0	30	3	3	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	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, 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
*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
*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
*Cous Cous, Herbed Corn	#8 scoops	126	0	319	2	0	17	22	2	4	26	1	0	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
*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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

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
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

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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
*Carrots, fresh steamed	1/2 cp	25	0	42	2	0	20	10255	4	1	6	0	0	0
School Choice	1	0	0	0	0	0	0	0	0	0	0	0	0	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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

Thursday, October 29, 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
*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
*Seasoned Steak Fries	1/2 cup	103	0	116	2	1	18	2	12	3	19	2	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	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

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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
*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	fl. oz	130	5	130	0	0	300	500	0	8	23	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

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

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)
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	oz. (18 sl)	138	29	463	0	0	6	0	0	6	0	12	4	0
*Cheese, pepper jack	3/4 oz slice	81	19	140	0	0	140	253	0	5	0	7	4	0
*Cheese, provolone	3/4 oz. sl	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 (.4 oz)	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

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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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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	1 TBSP	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	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	.08 cup	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	.5 cup	27	0	43	2	0	26	12137	2	0	6	1	0	0
*Broccoli; frozen, boiled	.5 cp	26	0	10	3	1	30	1029	37	3	5	0	0	0
*Pepper, Red, Sweet	.12 cup	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

Good to Go														
*GtG-Chef Salad	salad	120	123	308	2	2	162	6185	19	11	6	6	3	0
*GtG-Chicken Caesar Salad	salad	199	34	415	2	2	297	5935	18	15	9	11	3	0
*GtG-Vegetarian Chef Salad	salad	117	215	121	2	2	109	8378	18	9	6	7	2	0
*GtG-Chipotle Turkey/Ched	1/2 sand.	195	22	665	3	2	153	3903	13	13	18	8	3	0
*Peanut butter & jelly sand	1 each	320	0	150	2	0	0	0	0	11	36	17	3	0
*GtG-Asian Noodle Salad	3/4 cup	180	18	427	2	1	14	1502	23	10	25	3	1	0
*GtG-Buffalo Chicken Salad	salad	206	78	744	2	2	60	6265	23	25	9	7	2	0
*GtG-Thai Chicken Salad	salad	228	48	441	3	2	59	5867	19	19	12	11	2	0
*GtG-Chicken Salad Wrap	wraps	208	44	520	1	1	153	603	8	16	17	8	3	0
*GtG-Sub Sandwich-small	sandwich	241	28	837	4	2	85	272	17	15	33	6	3	0
*GtG-Sub Sandwich-large	sandwich	482	56	1674	7	4	170	544	34	29	67	11	6	0
*GtG-Baja Salad	salad	288	20	564	6	3	285	6409	21	15	20	8	4	0
*GtG-Pizza Pasta Salad	salad	405	26	650	6	4	323	4619	10	23	57	9	5	0
*GtG-Salad, Pasta Cr. Chick	1 cup	435	50	803	3	2	94	440	27	19	25	28	6	0
*GtG-Sm. Turk/Cheese Rollup	1/2 sand	260	50	857	2	1	216	577	3	12	18	16	7	0
*GtG-Buffalo Chicken Wrap	1/2 sand	340	101	963	1	2	32	596	2	35	23	11	2	0
*Soup, Cheese, wisconsin	6 oz.	221	38	1011	0	1	346	1332	1	12	6	17	9	0
*Chicken Rice Soup	3/4 cup	128	27	403	1	1	166	1559	2	9	14	3	1	0