

**Menu 1**

<b>Item Description</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Blended Juice	4	ounce	60	0	0.0	0	14	0	0	0	0.4	0	0	60	113
BBQ Chicken	4	ounce	225	17	1	13	10	55	406	15	0.2	138	0.4	2	189
Green Lima Beans	4	ounce	151	9	7.0	1.0	29	0	72	40	2.5	385	0	10	513
Creamed Corn	4	ounce	102	2	2	1	23	0	205	4	0.5	70	0	2	168
Hamburger Bun	1	each	160	5	1.0	2.5	28	0	280	60	1.5	0	0	0	45
Orange Fruited Gelatin	4	ounce	97	0	0.5	0.0	24	0	0	7	0.0	135	0	14	15
<b>Totals</b>			<b>905</b>	<b>42</b>	<b>11.5</b>	<b>20.0</b>	<b>140</b>	<b>70</b>	<b>1078</b>	<b>426</b>	<b>5.5</b>	<b>1228</b>	<b>1.58</b>	<b>90</b>	<b>1409</b>

**Menu 2**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Smoked Sausage Link	3	ounce	270	10	0.0	24.0	4	52	698	17	0.8	0	0.6	0	160
Hot Dog Bun	1	each	140	5	1.0	2.0	25	0	240	50	1.3	0	0	0	40
Cabbage	4	ounce	33	1.5	3.0	0.5	7	0.0	20.0	53	0.6	129	0.0	42	170
Capri Blend Vegetables	4	ounce	35	1	2.0	2	4	0	26	20	0.0	2887	0	6	190
Fresh Apple or Fresh Fruit	1	each	95	0.5	4.5	0	25	0	2	11	0.2	98	0	8	113
Butterscotch Pudding	4	ounce	120	0.5	0	2	25	0	270	0	0.0	0	0	0	0
<b>Totals</b>			<b>803</b>	<b>27.5</b>	<b>10.5</b>	<b>32.5</b>	<b>102</b>	<b>67.0</b>	<b>1371.0</b>	<b>451</b>	<b>3.3</b>	<b>3614</b>	<b>1.8</b>	<b>58</b>	<b>1039</b>

Menu 3	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
<b>Item Description</b>															
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Apple Juice	4	ounce	60	0	0.0	0.0	14	0	0	0	0.7	0	0	60	210
Lemon Pepper Chicken (Breast)	3	ounce	140	27	0.0	3	0	60	610	0	1.0	0	0	0	0
Cheese Grits	4	ounce	102	3.5	0.5	8.0	19	13	175	90	0	202	0.1	0	32
Collard Greens	4	ounce	44	3	4.0	1.0	7	0	140	228	1.2	10441	0	45	305
Combread	1	slice	130	3.5	2.5	3.5	23	22	399	18	1.0	0	0.00	0	77
Brownie	1	each	280	2	1	12	40	0	160	20	2.2	0	0	0	80
<b>Totals</b>			<b>866</b>	<b>41.5</b>	<b>8.0</b>	<b>14.2</b>	<b>115</b>	<b>110.0</b>	<b>1599</b>	<b>656</b>	<b>4.0</b>	<b>11143</b>	<b>1.3</b>	<b>107</b>	<b>1070</b>

<b>Menu 4</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
<b>Item Description</b>															
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Orange Juice	4	ounce	60	0	0.0	0	15	0	0	20	0.1	196	0	30	210
Meatloaf w/Ketchup	3	ounce	160	14	0	9	3	40	475	38	2.0	0	1.5	0	247
Mashed Potatoes	4	ounces	80	2	2	0.0	17	0	20	10	0.3	52	0	7	352
Green Peas and Carrots	4	ounce	50	3	4	1	9	0	70	20	0.9	13618	0	10	170
Wheat Bread	1	slice	60	2	0.5	0.8	12	0	100	25	0.8	0	0	0	23
Chocolate Cake	1	slice	171	3	1	5	28	16	270	16	1.8	0	0	0	99
<b>Totals</b>			<b>691</b>	<b>33</b>	<b>7.5</b>	<b>18.3</b>	<b>96</b>	<b>71</b>	<b>1050</b>	<b>429</b>	<b>4.6</b>	<b>14366</b>	<b>2.68</b>	<b>49</b>	<b>1467</b>

<b>Menu 5</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
<b>Item Description</b>															
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Spaghetti with Meat Sauce	6	ounce	311	14	3.0	4	54	20	560	53	2.4	0	1.2	3	202
Italian Flat Beans	4	ounce	57	1.5	3.0	1	10	0	23	58	0.9	423	0	11	243
Mixed Green Salad	0.5	cup	25	1	2.0	0	5	0	20	52	0.5	1325	0	63	110
Italian Bread	1	each	110	3	0.5	2	20	0	190	50	1.1	0	0	0	25
Banana or Fresh Fruit	1	each	110	1	2.0	0.0	26	0	2	6	0.1	5	0	14	375
Lemon Cookie	1	each	130	2	0	5	22	0	110	3	1	0	0	0	40
<b>Totals</b>			<b>853</b>	<b>31.5</b>	<b>10.5</b>	<b>14.5</b>	<b>149</b>	<b>35</b>	<b>1020</b>	<b>522</b>	<b>6.4</b>	<b>2253</b>	<b>2.38</b>	<b>93.0</b>	<b>1361</b>
Total Weekly Average			824	35	10	20	120	71	1224	497	5	6521	2	79	1269

**Menu 6**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Apple Juice	4	ounce	60	0	0.0	0.0	14	0	0	0	0.7	0	0	60	210
Jambalaya	6	ounce	300	15	2.0	18.0	20	56	740	60	1	367	0	20	993
Navy Beans	4	ounce	135	10	8	0.5	24	0	3	77	2.4	2	0	1	443
California Blend Vegetables	4	ounce	49	1	2.0	2.0	6	0	160	32	0.1	4736	0	25	214
Crackers	2	packs	50	1	0.5	1	10	0	180	0	0.4	0	0	0	0
Fruit Cocktail	4	ounce	60	1	2.0	0.0	16	0	0	9	0.0	0	0	2	170
<b>Totals</b>			<b>764</b>	<b>37</b>	<b>14.5</b>	<b>24.0</b>	<b>102</b>	<b>71</b>	<b>1198</b>	<b>478</b>	<b>5.0</b>	<b>5605</b>	<b>1.18</b>	<b>110</b>	<b>2396</b>

**Menu 7**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Hamburger Steak w/Onion Gravy	5	ounce	204	16	0	16.0	8	45	662	9	1.9	5	0	0	350
Cheesy Mashed Potatoes	4	ounces	89	3	1.5	2.0	17	3	36	28	0.3	52	0.03	8	368
Mixed Vegetables	4	ounce	100	4	5	3.0	15	0	86	34	1	5840	0	12	241
Wheat Bread	1	slice	60	2	0.5	0.8	12	0	100	25	0.8	0	0	0	23
Sliced Peaches	4	ounce	50	1	1	0.0	12	0	0	9	0	432	0	7	210
Yellow Cake	1	slice	151	2.5	1	6.0	23	28	159	19	1.0	53	0	0	28
<b>Totals</b>			<b>764</b>	<b>37.5</b>	<b>9.0</b>	<b>29.0</b>	<b>99</b>	<b>91</b>	<b>1158</b>	<b>424</b>	<b>4.9</b>	<b>6882</b>	<b>1.21</b>	<b>29</b>	<b>1586</b>

**Menu 8**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Pork Loin w/Cranberry Gravy	5	ounce	335	28	0.0	23.0	13	58	588	18	1.0	3	0	1	420
Mashed Sweet Potato	4	ounce	120	2	3.0	1.0	25	0	180	60	0.4	5463	0	20	360
Green Beans	4	ounce	36	2	3	0	7.5	0	117	56	0.8	493	0	12	158
Cornbread	1	slice	130	3.5	2.5	3.5	23	22	399	18	1.0	0	0.00	0	77
Banana or Fresh Fruit	1	each	110	1	2.0	0.0	26	0	2	6	0.1	5	0	14	375
Vanilla Pudding	4	ounce	130	0.5	0.0	3.0	24	0	210	0	0.0	0	0	0	0
<b>Totals</b>			<b>971</b>	<b>46</b>	<b>10.5</b>	<b>33.0</b>	<b>131</b>	<b>95</b>	<b>1611</b>	<b>461</b>	<b>3.7</b>	<b>6464</b>	<b>1.2</b>	<b>49</b>	<b>1756</b>



**Menu 9**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Blended Juice	4	ounce	60	0	0.0	0.0	14	0	0	0	0.4	0	0	60	113
Italian Chicken Pasta Salad	6	ounce	345	18	2	15.0	32	39	498	18	1.4	1079	0	9	367
Mixed Green Salad	0.5	cup	25	1	2	0.0	5	0	20	52	0.5	1325	0	63	110
Dinner Roll	1	each	90	3	1.0	1	17	0	150	30	1	0	0	0	25
Fresh Apple or Fresh Fruit	1	each	95	0.5	4.5	0.0	25	0	2	11	0.2	98	0	8	113
Cherry Cookie	1	each	130	2	0.0	5.0	22	0	110	3	1.0	0	0	0	5
<b>Totals</b>			<b>855</b>	<b>33.5</b>	<b>9.5</b>	<b>23.5</b>	<b>127</b>	<b>54</b>	<b>895</b>	<b>414</b>	<b>4.9</b>	<b>3002</b>	<b>1.2</b>	<b>142</b>	<b>1099</b>

**Menu 10**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Orange Juice	4	ounce	60	0	0.0	0.0	15	0	0	20	0.1	196	0	30	210
Beef Dog	1	3 ounce	267	11	0.0	24.0	2	61	956	3	0.6	0	0.7	0	180
Hot Dog Bun	1	each	140	5	1.0	2.0	25	0	240	50	1.3	0	0	0	40
Baked Beans	4	ounce	140	6	6.0	0.0	28	0	471	42	4.7	0	0	0	276
Coleslaw	4	ounce	193	1.5	3.5	18.0	7	16	165	34	0.4	2768	0	28	110
Fruit Pie (Cherry)	1	each	260	2	1.0	13.0	34	0	150	30	1.2	0	0	0	50
<b>Totals</b>			<b>1170</b>	<b>34.5</b>	<b>11.5</b>	<b>59.5</b>	<b>123</b>	<b>92</b>	<b>2097</b>	<b>479</b>	<b>8.7</b>	<b>3464</b>	<b>1.9</b>	<b>60</b>	<b>1232</b>
Total Weekly Average			905	37.7	11.0	30.0	116	81	1392	451	5.4	5083	1.326	78	1614

**Menu 11**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9.0	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Apple Juice	4	ounce	60	0.0	0.0	0	14	0	0	0	0.7	0	0	60	123
Mexican Cheesy Beef Bake	6	ounce	330	18.0	2.5	14	33	9	422	91	1.4	592	1.5	8	352
Pinto Beans	4	ounce	164	10.0	10.0	1	30	0	16	55	2.4	8	0	1	209
Fiesta Corn	4	ounce	94	3	3.0	1	22	0	20	10	1.0	449	0	21	190
Flour Tortilla	1	each	90	2.0	1.0	2.5	14	0	170	36	1.0	0	0	0	20
Raspberry Fruited Gelatin	4	ounce	97	0.0	0.5	0	24	0	0	7	0.0	135	0	14	15
<b>Totals</b>			<b>945</b>	<b>42.0</b>	<b>17.0</b>	<b>21</b>	<b>149</b>	<b>24</b>	<b>743</b>	<b>499</b>	<b>2.8</b>	<b>1684</b>	<b>2.68</b>	<b>106</b>	<b>1275</b>

**Menu 12**

<b>Item Description</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
8 oz. Low Fat Milk, 1%	8	ounce	110	9.0	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Chicken Alfredo	6	ounce	355	17.0	1.5	14	42	37	569	64	0.28	2	0	3	400
Tuscan Blend Vegetables	4	ounce	43	3	3	0	8	0	41	27	0.5	2887	0	6	242
Mixed Green Salad	0.5	cup	25	1.0	2.0	0	5	0	20	52	0.5	1325	0	63	110
Wheat Bread	1	slice	60	2	0.5	0.8	12	0	100	25	0.8	0	0	0	23
Fresh Orange	1	each	66	1.0	3.5	0	17	0	13	60	0.2	295	0	88	233
Apple Spice Cookie	1	each	130	2	1	5.0	23	0	125	6	1	0	0	0	19
<b>Totals</b>			<b>789</b>	<b>35.0</b>	<b>11.5</b>	<b>22</b>	<b>119</b>	<b>52</b>	<b>983</b>	<b>534</b>	<b>5.1</b>	<b>5009</b>	<b>1.18</b>	<b>162</b>	<b>1393</b>

**Menu 13**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9.0	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Beef Patty	3	ounce	180	14.0	0.0	16.0	3	45	490	46	1.8	0	0	0	0
Hamburger Bun	1	each	160	5.0	1.0	2.5	28	0	280	60	1.5	0	0	0	45
Baked Beans	4	ounce	143	6.0	6.0	0.0	28	0	472	42	4.7	206	0	4	276
Potato Salad	4	ounce	163	2.0	2.0	11.0	14	21	185	17	0.9	35	0	19	240
Lettuce	4	ounce	4	0.0	0.5	0.0	1	0	3	5	0.0	143	0	1	40
Tomato	2	slice	7	0.0	0.5	0.0	2	0	2	4	0.1	466	0	7	95
Fruit Pie (apple)	1	each	260	2.0	1.0	13.0	33	0	170	20	1.2	0	0	0	55
<b>Totals</b>			<b>1027.0</b>	<b>38.0</b>	<b>11.0</b>	<b>45</b>	<b>121</b>	<b>81</b>	<b>1717</b>	<b>494</b>	<b>10.6</b>	<b>1350</b>	<b>1.2</b>	<b>33</b>	<b>1117</b>

**Menu 14**

<b>Item Description</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
8 oz. Low Fat Milk, 1%	8	ounce	110	9.0	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Orange Juice	4	ounce	60	0.0	0.0	0	15	0	0	20	0.1	196	0	30	210
Chicken Breast with Bell Pepper Poultry Gravy	5	ounce	177	26.0	1.0	5	10	70	858	27	0.4	175	0	10	105
Parslied Mashed Potatoes	4	ounces	80	2.0	2.0	0.0	17	0	20	10	0.3	52	0	7	352
Cabbage and Collard Greens	4	ounce	32	2	3.5	0.5	7	0	145	93	0.7	2688	0	42	220
Cornbread	1	slice	130	3.5	2.5	3.5	23	22	399	18	1.0	0	0.00	0	77
Chocolate Pudding	4	ounce	130	1.0	0.0	3.0	26	0	190	0	0.8	0	0	0	120
<b>Totals</b>			<b>719</b>	<b>43.5</b>	<b>9.0</b>	<b>15</b>	<b>110</b>	<b>107</b>	<b>1727</b>	<b>468</b>	<b>3.7</b>	<b>3611</b>	<b>1.18</b>	<b>91</b>	<b>1450</b>

**Menu 15**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9.0	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Blended Juice	4	ounce	60	0.0	0.0	0	14	0	0	0	0.4	0	0	60	113
Sloppy Joe	3	ounce	170	14.0	3.0	10	5	20	404	67	2.6	3	1.8	7	10
Hamburger Bun	1	each	160	5.0	1.0	2.5	28	0	280	60	1.5	0	0	0	45
Speckled Butter Beans	4	ounce	149	8.0	6.0	0.0	27	0	101	36	0.8	6	0	20	249
Glazed Carrots	4	ounce	76	1.0	3.0	4.0	9	0	78	40	1.1	15183	0	5	263
Red Velvet Cake	1	slice	171	3.0	0.7	5	28	16	270	16	1.8	0	0	0	99
<b>Totals</b>			<b>896</b>	<b>40.0</b>	<b>13.7</b>	<b>24</b>	<b>123</b>	<b>51</b>	<b>1248</b>	<b>519</b>	<b>8.6</b>	<b>15692</b>	<b>2.98</b>	<b>94</b>	<b>1145</b>
Total Weekly Average			875	40.0	12.4	25	124	883	1284	503	6.2	5469	1.84	97	1276

<b>Menu 16</b>															
<b>Item Description</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Apple Juice	4	ounce	60	0	0.0	0	14	0	0	0	0.7	0	0	60	210
Sweet and Sour Meatballs	5	ounce	235	17	0	12	13	42	237	41	1.5	30	0.8	7	834
Asian Style Rice	4	ounce	205	4.5	2.0	1	43	12	43	42	1.7	850	0	3	116
Asian Vegetable Blend	4	ounce	40	1	2.0	2.0	7	0	25	29	0.1	4736	0	25	200
Wheat Bread	1	slice	60	2	0.5	0.8	12	0	100	25	0.8	0	0	0	23
Strawberry Fruited Gelatin	4	ounce	97	0	0.5	0.0	24	0	0	7	0.0	135	0	14	15
<b>Totals</b>			<b>807</b>	<b>34</b>	<b>5.0</b>	<b>18.3</b>	<b>125</b>	<b>69</b>	<b>520</b>	<b>444</b>	<b>5.2</b>	<b>6251</b>	<b>1.98</b>	<b>111</b>	<b>1764</b>



<b>Menu 17</b>															
<b>Item Description</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Orange Juice	4	ounce	60	0	0.0	0	15	0	0	20	0.1	196	0	30	210
BBQ Pork Riblet	3	ounce	238	16	2.0	11.0	19	35	880	64	1.2	0	0	4	296
Mashed Potatoes	4	ounces	80	2	2.0	0.0	17	0	20	10	0.3	52	0	7	352
Okra and Tomatoes	4	ounce	36	2	3.0	0.0	9	0	204	62	0.6	755	0	13	201
Dinner Roll	1	each	90	3	1.0	1	17	0	150	30	1	0	0	0	25
Sponge Cake	1	slice	151	2.5	1.0	6.0	23	28	159	19	1.0	53	0	0	99
<b>Totals</b>			<b>765</b>	<b>34</b>	<b>9.0</b>	<b>20.5</b>	<b>112</b>	<b>78.0</b>	<b>1528</b>	<b>505</b>	<b>2.8</b>	<b>1556</b>	<b>1.2</b>	<b>56</b>	<b>1549</b>

<b>Menu 18</b>															
<b>Item Description</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Seasoned Ground Beef	3	ounce	163	12	1.0	10.0	6	40	428	119	1.0	0	1	6	268
Shredded Lettuce	1	cup	8	1	1.0	0.0	2	0	6	10	0.2	285	0	2	80
Shredded Cheese	2	fbsp	90	6	0.0	6.0	2	26	330	156	0.0	306	0.4	0	44
Diced Tomato	2	ounce	10	0	1.0	0.0	2	0	3	6	0.2	472	0	8	135
Corn Chips	1	package	160	2	1.0	10.0	16	0	170	27	0.0	0	0	0	35
Pinto Beans	4	ounce	164	10	10.0	1.0	30	0	16	55	2.4	8	0	1	490
Fresh Orange	1	each	66	1.0	3.5	0	17	0	13	60	0.2	295	0	88	233
<b>Totals</b>			<b>771</b>	<b>41</b>	<b>17.5</b>	<b>29.5</b>	<b>87</b>	<b>81.0</b>	<b>1081</b>	<b>733</b>	<b>4.4</b>	<b>1866</b>	<b>2.6</b>	<b>107</b>	<b>1651</b>

<b>Menu 19</b>															
<b>Item Description</b>	<b>Quantity</b>	<b>UoM</b>	<b>Calories</b>	<b>Protein</b>	<b>Fiber</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>NA</b>	<b>CA</b>	<b>FE</b>	<b>Vit A IU</b>	<b>Vit B12</b>	<b>Vit C</b>	<b>Potass</b>
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Blended Juice	4	ounce	60	0	0.0	0	14	0	0	0	0.4	0	0	60	113
Macaroni and Cheese	6	ounce	310	14	1.0	17.0	27	44	970	328	0.7	525	2	1	48
Blackeyed Peas	4	ounce	110	8	3.0	0	19	0	353	51	3	628	0	2	360
Turnip Greens w/Roots	4	ounce	25	2	2.0	0	5	0	490	96	1.7	7012	0	30	143
Cornbread	1	slice	130	3.5	2.5	3.5	23	22	399	18	1.0	0	0	0	77
Chocolate Moon Pie	1	each	110	1	1.0	3	20	0	35	0	0.5	0	0.0	0	40
<b>Totals</b>			<b>855</b>	<b>38</b>	<b>9.5</b>	<b>26.0</b>	<b>120</b>	<b>81</b>	<b>2362</b>	<b>793</b>	<b>7.7</b>	<b>8665</b>	<b>3.18</b>	<b>95</b>	<b>1147</b>

Menu 20															
Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Sliced Roast Beef	2	ounces	50	9	0	2	0	25	420	0	1.1	0	0.5	0	90
Sliced Cheese	1	ounce	100	5	0	9	0	25	510	212	0.0	246	0.12	0	48
Wheat Bread	2	slices	120	4	1.0	2.0	23	0	200	50	1.5	0	0	0	23
Lettuce	0.5	cup	5	0	1.0	0	1	0	3	5	0.0	143	0	2	35
Tomato	2	slice	7	0	0.5	0	2	0	2	4	0.1	466	0	7	95
Three Bean Salad	4	ounce	120	3	4.5	3	13	0	45	57	0.6	246	0	20	190
Banana or Fresh Fruit	1	each	110	1	2.0	0.0	26	0	2	6	0.1	5	0	14	375
Banana Pudding	4	ounce	130	0.5	0.0	3.5	23	0	180	0	0.0	0	0	0	0
<b>Totals</b>			<b>752</b>	<b>32</b>	<b>9.0</b>	<b>22.0</b>	<b>100</b>	<b>65</b>	<b>1477</b>	<b>634</b>	<b>3.8</b>	<b>1606</b>	<b>1.8</b>	<b>45</b>	<b>1222</b>
Total Weekly Average			790	35	10.0	30.0	109	75	1394	622	4.8	3989	2	83	1467

**Theme Meal: Easter**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
Orange Juice	4	ounce	60	0	0	0	15	0	0	20	0.12	196	0	30	210
Sliced Ham	3	ounce	120	20	0	3	2	5	1380	0	1.3	0	0.8	0	135
Pineapple Sauce	2	ounce	34	0	0	0	9	0	1	12	0	6	0	2	12
Scalloped Potatoes	4	ounce	145	3	2	2	32	0	273	39	0.5	31	0	4	785
Green Peas and Carrots	4	ounce	50	3	4	1	9	0	70	20	0.9	13618	0	10	170
Dinner Roll	1	each	90	3	1	1	17	0	150	30	1	0	0	0	25
German Chocolate Cake	1	slice	232	2.5	1	9	28	20	296	38	0.3	0	0	0	100
<b>Totals</b>			<b>841</b>	<b>40.5</b>	<b>8</b>	<b>18.5</b>	<b>124</b>	<b>40</b>	<b>2285</b>	<b>459</b>	<b>4.52</b>	<b>14351</b>	<b>1.98</b>	<b>48</b>	<b>1803</b>

**Theme Meal: Mem. Day**

Item Description	Quantity	UoM	Calories	Protein	Fiber	Fat	Carbs	Chol	NA	CA	FE	Vit A IU	Vit B12	Vit C	Potass
8 oz. Low Fat Milk, 1%	8	ounce	110	9	0.0	2.5	12	15	115	300	0.4	500	1.18	2	366
BBQ Chicken (Breast)	3	ounce	177	27	2.0	3	8	60	890	1	1.2	0	0	0	176
Potato Chips	1	bag	160	2	0	10	15	0	170	0	0.4	0	0	6	350
Mixed Green Salad	0.5	cup	25	1	2	0	5	0	20	52	0.5	1325	0	63	110
Texas Bread	1	slice	90	2	1.0	1	17	0	150	30	0	0	0	0	25
Banana or Fresh Fruit	1	each	110	1	2.0	0	26	0	2	6	0.1	5	0	14	375
Banana Pudding	4	ounce	130	0.5	0.0	3.5	23	0	180	0	0.0	0	0	0	0
<b>Totals</b>			<b>802</b>	<b>42.5</b>	<b>7</b>	<b>20</b>	<b>106</b>	<b>75</b>	<b>1527</b>	<b>389</b>	<b>2.55</b>	<b>1830</b>	<b>1.18</b>	<b>85</b>	<b>1402</b>