Cycle	Recipe Description	Portion Size	Weight	Cals	Cholest mg.	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Tot-Fat (g)	S-Fat (g)
Week 1 Monday	WG CHICKEN TENDERS/STRIPS	3 EACH	1	230	55	730	1	1.8	20	100	0	16	12	13	3
	HONEY BARBECUE SAUCE	2 TBSP	1	103	0	242	0.6	0.39	8	554	5.5	0.58	20.91	2.86	0.57
	CHEESY MASCOT BREAD	1 EACH	1	296	28	685	3.94	1.57	674.7	115	0	24.49	25.31	10.41	7.02
	MARINARA SAUCE	2 OZ CUP	1	40	0	460	0	0.54	10	500	6	0	6	1.5	0
	ROASTED SQUASH	WEDGE	2	38	0	48	2.88	0.45	22.8	5354	9.86	0.91	9.1	0.36	0.07
	CUBAN BLACK BEAN SALAD	1/2 CUP	2	157	0	265	3.45	1.31	31.3	361	18.51	5.08	17.16	1.59	0.24
	KIWIFRUIT	1 EACH	1	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
	PEARS,CANNED,SL,LT SYR,drained	1/2 CUP	1	72	0	6	2.03	0.36	6.3	0	0.89	0.24	19.24	0.04	0
	CORNBREAD	1 PIECE	2	108	13	151	1	0.9	68	51	0.1	2.65	18.03	2.82	0.45
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*849*	*62*	*1697*	*12.58*	*5.39*	*879.2*	*7092*	*71.48*	*40.56*	*116.37*	*19.72*	*6.63*
Week 1 Tuesday	BEEF PATTIE, USDA FOODS	1 EACH	1	120	35	370	1	1.8	20	100	0	14	2	6	2.5
	WG HAMBURGER BUN	1 EACH	1	110	0	210	2	1.08	100	0	0	4	21	1	0
	CHICKEN RICE BOWL WITH VEGETABLES	1 EACH	1	318	52	274	3.94	3.06	46.2	10366	8.91	21.15	36.53	11.22	1.81
	SWEET POTATO FRIES	3 OZ	2	180	0	200	3	0.35	20	7938	6	2	25	8	2
	SLICED PEPERS AND CHERRY TOM	1/2 CUP	2	11	0	3	0.84	0.18	6	395	23.22	0.53	2.53	0.11	0.02
	RANCH DIP	3 TBSP	2	105	7	392	0.2	0.1	49.2	72	0.43	1.48	7.49	7.84	1.33
	MELONS,CANTALOUPE,RAW	1/2 CUP	1	27	0	12	0.7	0.16	7	2638	28.63	0.66	6.36	0.15	0.04
	PINEAPPLE,CANNED,JUICE PACK	1/2 CUP	1	75	0	1	1	0.35	17.4	47	11.83	0.52	19.55	0.1	0.01
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*773*	*58*	*1198*	*8.69*	*4.15*	*555.2*	*15641*	*55.93*	*35*	*102.52*	*26.04*	*6.09*
Week 1 Wednesday	WG BEEF AND BEAN ENCHILADA	1 EACH	1	307	50	960	4.49	2.42	422.9	1243	10.77	23.45	22.51	13.82	6.89
	WG TURKEY CORN DOG	1 EACH	1	240	20	590	5	2.7	150	0	0	9	33	8	2
	TORTILLA CHIPS	1 OZ	2	150	0	105	2	0.36	20	0	1.2	2	18	7	1
	MEXICALI CORN	1/4 CUP	2	60	0	114	1.39	0.58	5.3	207	11.9	1.7	11.92	1.55	0.28
	MIXED GREENS SALAD	1 EACH	2	75	0	29	1.21	0.87	34.9	4692	14.5	1.26	3.5	6.67	0.94
	BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
	FRUIT COCKTAIL,CANNED,LIGHT SY	1/2 CUP	1	69	0	7	1.21	0.35	7.3	248	2.3	0.48	18.07	0.08	0.01
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*790*	*43*	*1198*	*11.6*	*4.97*	*737.4*	*6335*	*40.13*	*32.8*	*106.52*	*27.2*	*7.29*
Week 1 Thursday	ROASTED TURKEY	3 OZ	1	132	45	581	0	1.38	3	0	0	18.18	2.62	4.93	1.62
	TURKEY GRAVY	2 TBSP	1	21	0	18	0.07	0.11	1.4	64	0.02	0.26	1.79	1.46	0.29
	POLLOCK PIECES	4 EACH	1	267	27	920	1.33	2.4	26.7	0	3.2	16	21.33	13.33	2
	MASHED POTATOES	1/2 CUP	2	60	0	233	0.75	0.27	15	0	2.7	1.5	12.77	0.75	0
	BROCCOLI,raw: fresh	1/2 CUP	2	15	0	15	1.18	0.33	21.4	283	40.59	1.28	3.02	0.17	0.02
	GRAPES,FRESH	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05
	FRUIT DIP	1.5 OZ	1	53	0	26	0.17	0.04	85.2	7	0.67	0.88	12.65	0.02	0
	MANDARIN ORANGES,CND,LT SYRUP,	1/2 CUP	1	80	0	15	1	0.72	20	100	24	1	19	0	0
	WG SAGE DRESSING W DRIED CHERRIES	1/3 CUP	2	160	1	259	1.61	1.66	78.7	380	0.94	4.76	26.45	4.05	0.68
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*680*	*44*	*1457*	*5.37*	*4.94*	*571.1*	*1432*	*60.69*	*36.67*	*99.66*	*15.78*	*3.24*
Week 1 Friday	WG CHEESE PIZZA	1 EACH	1	300	25	570	4	1.8	300	400	0	18	33	11	4.5
	HOT HAM AND CHEESE ON WG BAGEL	1 EACH	1	239	47	1105	3	1.85	253.1	777	0	20.67	27.05	6.76	3.85
	CARROTS:frozen, boiled	1/2 CUP	2	27	0	43	2.41	0.39	25.5	12357	1.68	0.42	5.64	0.5	0.09
	MARINATED FRESH VEG SALAD	1/3 CUP	2	39	0	101	0.84	0.17	11.1	1595	16.12	0.6	4.15	2.66	0.66
	APPLE SLICES CUT 8	6 EACH	1	54	0	1	2.48	0.12	6.2	56	4.76	0.27	14.29	0.18	0.03
	Caramel Topping	2 TBSP	1	110	0	65	0	0	20	0	0	0	26	0	0
	PEACHES,CANNED,LIGHT SYRUP	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0
	WG APPLE CRISP	1 EACH	2	200	0	100	1.84	1.37	15.5	326	0.9	1.86	31.6	7.68	1.43
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*802*	*43*	*1288*	*10.98*	*4.33*	*728.4*	*15776*	*24.18*	*33.46*	*125.47*	*20.67*	*6.93*
	Simple Averaging Weekly Total			*779*	*50*	*1368*	*9.85*	*4.76*	*694.3*	*9255*	*50.48*	*35.7*	*110.11*	*21.88*	*6.04*
														25.3%	*7.0%*

Cycle	Recipe Description	Portion Size	Weight	Cals	Cholest mg.	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Tot-Fat (g)	S-Fat (g)
Week 2 Monday	TURKEY TETRAZZINI WITH WG NOODLES	1 EACH	1	394	54	417	5.44	3.1	169.1	1310	4.59	28.15	43.18	12.6	3.83
	WG SAUSAGE PIZZA	1 EACH	1	339	17	957	2	5.7	189	601	0	17.4	38.5	10.4	4.5
	CALIFORNIA BLEND VEG FRZ	1/2 CUP	2	53	0	63	4.23	0	42.3	3170	44.38	4.23	8.45	0	0
	CARROT-RAISIN SALAD	1/2 CUP	2	167	9	292	2.9	0.83	41.9	9924	4.44	1.73	32.58	4.55	0.74
	SEASONAL FRESH FRUIT	1/2 CUP	1	33	0	9	0.71	0.17	7.4	953	17.8	0.51	8.14	0.17	0.05
	FRUIT COCKTAIL,CANNED,LIGHT SY	1/2 CUP	1	69	0	7	1.21	0.35	7.3	248	2.3	0.48	18.07	0.08	0.01
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*789*	*52*	*1221*	*12.13*	*5.78*	*655.2*	*15309*	*62.76*	*40.05*	*119.75*	*17.03*	*5.5*
Week 2 Tuesday	MANDARIN ORANGE CHICKEN	SERVING	1	228	50	340	0	0.72	0	100	0	12	27	8	1
	BROWN RICE	1/2 CUP	1	118	0	2	1.1	0.47	7.6	0	0	2.53	24.65	0.93	0.19
	LASAGNA WITH GROUND BEEF	SERVING	1	269	34	406	2.29	2.64	304	910	16.3	19.87	28.34	8.69	4.69
	PEAS,FROZEN	1/2 CUP	2	71	0	65	4.99	1.38	21.8	1905	8.98	4.67	12.94	0.24	0.05
	SPINACH SALAD WITH TOMATOES	1 EACH	2	93	2	80	1.43	1.06	91.4	5053	16.78	3.46	4.29	7.39	1.55
	ORANGE FRESH WEDGES	4 EACH	1	30	0	0	1.54	0.06	25.6	144	34.05	0.6	7.52	0.08	0.01
	STRAWBERRY APPLESAUCE	1/2 CUP	1	45	0	5	1.15	1.45	1.5	4	4.79	0.04	11.46	0.01	0
	WHOLE GRAIN BREADSTICK	1 EACH	2	170	0	202	2.73	1.43	33.7	2	0.11	5.01	29.1	4.19	0.65
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*831*	*52*	*894*	*12.52*	*6.83*	*700.8*	*8199*	*55.05*	*41.49*	*120.59*	*21.52*	*5.75*
Week 2 Wednesday	CHILI CON CARNE W/ BEANS	1/2 CUP	1	180	42	204	2.5	2.7	46	813	14.49	15.43	10.67	8.58	3.56
	CHEESE OMELET	1 EACH	1	110	195	210	0	0.66	84.6	376	0	8	1	8	3.5
	POTATO WEDGES	1/2 CUP	2	94	0	38	1.59	0.54	11.9	0	8.55	2.05	19.28	1.67	0.42
	CELERY / CARROT STICKS	1/2 CUP	2	18	0	51	1.45	0.17	24.9	5294	2.95	0.54	4.02	0.14	0.03
	RANCH DIP	3 TBSP	2	105	7	392	0.2	0.1	49.2	72	0.43	1.48	7.49	7.84	1.33
	BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
	PINEAPPLE TIDBITS	1/2 CUP	1	63	0	1	0.98	0.48	17.1	18	9.15	0.44	16.41	0.15	0.01
	WG CINNAMON ROLLS	1 EACH	2	197	0	187	2.97	1.39	39	4	0.13	4.71	35.99	4.4	0.61
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*788*	*133*	*1045*	*9.59*	*4.54*	*586.1*	*6666*	*29.88*	*32.09*	*117.14*	*23.43*	*6.54*
Week 2 Thursday	STROMBOLI BITES	1 EACH	1	259	46	777	1.67	2.13	257	424	3.88	20.24	25.12	8.03	3.81
	TURKEY CLUB SANDWICH ON WG BUN	1 EACH	1	330	55	1038	2.6	2.07	333.9	1868	10.42	22.77	25.21	15.42	6.33
	SAUTEED SUMMER SQUASH	1/2 CUP	2	52	0	3	0.9	0.33	16.2	1005	11.61	1.03	2.42	4.68	0.73
	MIXED GREENS SALAD	1 EACH	2	75	0	29	1.21	0.87	34.9	4692	14.5	1.26	3.5	6.67	0.94
	APPLE SLICES CUT 8	6 EACH	1	54	0	1	2.48	0.12	6.2	56	4.76	0.27	14.29	0.18	0.03
	FRUIT DIP	1.5 OZ	1	53	0	26	0.17	0.04	85.2	7	0.67	0.88	12.65	0.02	0
	PEARS,CANNED,LIGHT SYRUP	1/2 CUP	1	72	0	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04	0
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*663*	*57*	*1126*	*6.91*	*3.85*	*780.1*	*7534*	*38.02*	*35.31*	*78.85*	*24.05*	*7.31*
Week 2 Friday	CHICKEN QUESADILLA	1 EACH	1	305	50	594	4.63	3.3	277.7	334	9.29	24.17	28.03	9.23	3.66
	OVEN BAKED FISH (COD)	1 EACH	1	210	20	330	0	0.72	20	0	0	10	15	12	2
	WG HAMBURGER BUN	1 EACH	1	110	0	210	2	1.08	100	0	0	4	21	1	0
	TARTAR SAUCE	2 TBSP	1	63	8	246	0.4	0.36	5	63	0.4	0.23	7.94	3.59	0.58
	STIR FRY VEGETABLES	1/2 CUP	2	66	0	146	1.95	0.37	29.9	2761	25.07	1.45	6.35	4.5	0.69
	BROCCOLI /CAUL, FRESH	1/2 CUP	2	12	0	13	0.96	0.23	13.8	111	27.88	0.98	2.42	0.14	0.02
	GRAPES,FRESH	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05
	APRICOTS,CANNED,LIGHT SYRUP	1/2 CUP	1	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0
	OATMEAL RAISIN COOKIES	1 EACH	2	204	26	229	2.43	1.01	19.8	278	0.16	3.8	33.71	6.85	1.46
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*834*	*72*	*1251*	*10.41*	*4.96*	*659.8*	*4866*	*62.19*	*36.74*	*117.61*	*25.37*	*5.88*
	Simple Averaging Weekly Total			*781*	*73*	*1107*	*10.31*	*5.19*	*676.4*	*8515*	*49.58*	*37.14*	*110.79*	*22.28*	*6.2*
														25.7%	*7.1%*

Cycle	Recipe Description	Portion Size	Weight	Cals	Cholest mg.	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Tot-Fat (g)	S-Fat (g)
Week 3 Monday	WG PEPPERONI PIZZA	1 EACH	1	260	15	830	4	2.7	250	300	0	15	30	10	3.5
	CHEF SALAD WITH GRILLED FAJITA CHICKEN	1 EACH	1	380	54	854	8.3	3.68	313.6	6972	54.37	27.3	37.02	14.83	4.63
	WHOLE GRAIN BREADSTICK	1 EACH	1	170	0	202	2.73	1.43	33.7	2	0.11	5.01	29.1	4.19	0.65
	SWEET POTATO SALAD W CITRUS VINAIGRETTE	1/2 CUP	2	54	0	16	1.34	0.33	16.2	3805	14.41	0.85	12.98	0.11	0.02
	RAW VEGGIES	1/2 CUP	2	19	0	27	1.32	0.22	18.4	5238	17.63	0.78	4.1	0.14	0.02
	RANCH DIP	3 TBSP	2	105	7	392	0.2	0.1	49.2	72	0.43	1.48	7.49	7.84	1.33
	HONEYDEW,FRESH	1/2 CUP	1	31	0	15	0.68	0.14	5.1	43	15.3	0.46	7.73	0.12	0.03
	MANDARIN ORANGES,CND,LT SYRUP,	1/2 CUP	1	80	0	15	1	0.72	20	100	24	1	19	0	0
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*790*	*49*	*1563*	*11.55*	*5.27*	*779.7*	*13483*	*80.96*	*38.32*	*110.78*	*23.5*	*6.33*
Week 3 Tuesday	TURKEY HOT DOG	1 EACH	1	130	50	570	0	8	8	0	0	6	2	11	3
	WG HOT DOG BUN	1 EACH	1	155	0	271	2.91	1.74	77.5	0	0	5.82	27.14	3.88	0.48
	SLOPPY JOE ON WG ROLL	SERVINGS	1	283	46	446	1.92	2.85	118	542	11.94	18.25	31.63	9.04	3.39
	BAKED BEANS	1/4 CUP	2	75	0	266	2.77	0.84	25.3	101	0.45	3.3	17.98	0.26	0.05
	MIXED GREENS SALAD	1 EACH	2	75	0	29	1.21	0.87	34.9	4692	14.5	1.26	3.5	6.67	0.94
	BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
	TROPICAL FRUIT, CANNED, LIGHT SYRUP	1/2 CUP	1	80	0	10	1	0.36	20	100	1.2	0	17	0	0
	CARROT CAKE	1 PIECE	2	171	28	74	1.41	0.77	51.9	2079	1.37	2.75	25.14	7.13	1.2
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*842*	*83*	*1189*	*9.96*	*9.38*	*611*	*7885*	*28.89*	*33.72*	*121.82*	*27.04*	*6.25*
Week 3 Wednesday	BJ PORK ROAST WITH APPLES	1 EACH	1	191	54	192	1.11	0.88	23.5	2323	2.47	17.11	8.56	9.38	3.2
	WHOLE GRAIN ROLL	1 EACH	1	165	0	201	2.57	1.26	31.2	2	0.11	4.96	28.63	4.03	0.55
	CHICKEN CAESAR WRAP	1 EACH	1	373	60	711	4.35	3.59	165.8	2750	10.69	22.3	23.25	22.34	4.08
	OVEN BROWNED POTATOES	1/2 CUP	2	95	0	297	2.82	1.54	6.1	110	6.25	1.73	16.73	2.6	0.49
	SAVORY CARROTS	1/2 CUP	2	80	0	63	1.53	0.73	33.5	11401	2.78	0.66	17.98	1.95	0.36
	STRAWBERRIES,FRESH	1/2 CUP	1	23	0	1	1.44	0.3	11.5	9	42.34	0.48	5.53	0.22	0.01
	APPLES, CANNED, UNSW, SLICED, IN WATER	1/2 CUP	1	35	0	5	1	1.44	0	0	1.2	0	9	0	0
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*720*	*65*	*1085*	*9.91*	*6.29*	*540.2*	*14712*	*39.03*	*35.64*	*96.97*	*23.39*	*5.33*
Week 3 Thursday	BEEF & BEAN NACHOS WG CORN TORTILLA CHIPS	1 EACH	1	461	47	1091	4.67	2.28	258.4	385	3.69	21.52	34.99	24.15	8.31
	SALSA CUP	2 OZ CUP	1	25	0	310	1	0.36	20	200	1.2	1	6	0	0
	HONEY MUSTARD DELI WRAP	1 EACH	1	301	33	1150	4.54	1.85	332.7	955	6.58	20.4	29.57	11.25	4.16
	SUN CHIPS, MULTIGRAIN	1 OZ	1	140	0	160	2	0.36	0	0	0	2	19	6	1
	GREEN BEANS, CANNED	1/2 CUP	2	25	0	140	2	1.44	20	300	0	0.78	4	0	0
	CUCUMBER,RAW,SLICED	1/2 CUP	2	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02
	RANCH DIP	3 TBSP	2	105	7	392	0.2	0.1	49.2	72	0.43	1.48	7.49	7.84	1.33
	ORANGE FRESH WEDGES	4 EACH	1	30	0	0	1.54	0.06	25.6	144	34.05	0.6	7.52	0.08	0.01
	PEACHES,CANNED,LIGHT SYRUP	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*802*	*54*	*2062*	*10.48*	*4.66*	*782.4*	*2150*	*27.75*	*36.47*	*95.83*	*29.5*	*8.65*
Week 3 Friday	CHEESY BROCCOLI OMELET	1 EACH	1	125	239	213	1.48	1.45	133.6	640	44.69	11.06	4.57	7.05	2.57
	BAKED FRENCH TOAST STRIPS	2 EACH	1	161	117	295	0.35	1.51	93.3	195	0.06	6.25	24.2	4.33	1.2
	PANCAKE SYRUP	1 OZ	1	66	0	23	0	0.01	0.9	0	0	0	17.43	0	0
	WG TUNA SALAD SANDWICH	1 EACH	1	331	71	806	3.82	2.4	275.3	210	1.29	21.21	38.13	10.52	2.69
	TATOR TOT POTATOES	8 EACH	2	134	0	214	2	0.32	0	0	1.06	2	18	6	2
	SPINACH SALAD WITH TOMATOES	1 EACH	2	93	2	80	1.43	1.06	91.4	5053	16.78	3.46	4.29	7.39	1.55
	APPLE SLICES CUT 8	6 EACH	1	54	0	1	2.48	0.12	6.2	56	4.76	0.27	14.29	0.18	0.03
	FRUIT DIP	1.5 OZ	1	53	0	26	0.17	0.04	85.2	7	0.67	0.88	12.65	0.02	0
	BLUEBERRIES,FRZ	1/2 CUP	1	40	0	1	2.09	0.14	6.2	36	1.94	0.33	9.43	0.5	0.04
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*794*	*223*	*1147*	*8.96*	*4.5*	*776.4*	*6285*	*46.15*	*36.28*	*107.41*	*25.54*	*7.38*
	Simple Averaging Weekly Total			*790*	*95*	*1409*	*10.17*	*6.02*	*697.9*	*8903*	*44.55*	*36.09*	*106.56*	*25.79*	*6.79*
														29.4%	*7.7%*

Cycle	Recipe Description	Portion Size	Weight	Cals	Cholest mg.	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Tot-Fat (g)	S-Fat (g)
Week 4 Monday	TURKEY PATTIE	1 EACH	1	130	35	290	1	1.44	20	0	0	14	3	7	2
	WG HAMBURGER BUN	1 EACH	1	110	0	210	2	1.08	100	0	0	4	21	1	0
	BAKED POTATO WITH CHILI	1 EACH	1	240	20	285	3.04	2.93	41.1	14	13.25	15.5	29.45	6.21	2.56
	CORNBREAD	SERVINGS	1	108	13	151	1	0.9	68	51	0.1	2.65	18.03	2.82	0.45
	BROCCOLI, FROZEN	1/2 CUP	2	26	0	10	2.76	0.56	30.4	930	36.89	2.85	4.92	0.11	0.02
	JICAMA SALAD	1/2 CUP	2	71	0	63	1.94	0.4	16.9	3151	34.95	0.79	7.6	4.55	0.7
	FRESH FRUIT,SEASONAL	1 EACH	1	67	0	1	2.48	0.18	18.3	123	22.04	0.79	17.32	0.24	0.06
	APRICOTS,CANNED,LIGHT SYRUP	1/2 CUP	1	80	0	5	2.02	0.49	13.9	1672	3.42	0.67	20.86	0.06	0
	TRIPLE BERRY BUCKLE	1 EACH	2	227	1	181	3.63	1.31	95.9	42	16.47	3.82	43.71	5.02	1.17
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*843*	*42*	*896*	*14.43*	*6.08*	*658.4*	*5712*	*109.31*	*37.09*	*135.84*	*19.2*	*4.98*
Week 4 Tuesday	BEEF TACO WG TORTILLA	1 EACH	1	286	42	478	4.01	2.78	182.4	564	7.18	19.09	23.85	12.39	4.56
	SALSA CUP	2 OZ CUP	1	25	0	310	1	0.36	20	200	1.2	1	6	0	0
	BREADED CHEESE STICKS	2 EACH	1	320	50	600	2	1.44	400	200	0	18	30	14	7
	MARINARA SAUCE	2 OZ CUP	1	40	0	460	0	0.54	10	500	6	0	6	1.5	0
	REFRIED BEANS	1/4 CUP	2	76	5	199	3.63	1.14	26.1	59	4.64	3.75	11.16	1.96	0.49
	MARINATED FRESH VEG SALAD	1/3 CUP	2	39	0	101	0.84	0.17	11.1	1595	16.12	0.6	4.15	2.66	0.66
	KIWIFRUIT	1 EACH	1	46	0	2	2.28	0.24	25.8	66	70.45	0.87	11.14	0.4	0.02
	FRUIT DIP	1.5 OZ	1	53	0	26	0.17	0.04	85.2	7	0.67	0.88	12.65	0.02	0
	PEARS,CANNED,HALVES,LIGHT SYRUP	1/2 CUP	1	65	0	6	1.83	0.32	5.7	0	0.8	0.22	17.37	0.03	0
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*684*	*59*	*1411*	*10.44*	*4.45*	*786.4*	*3082*	*65.52*	*35.2*	*93.59*	*19.65*	*7.5*
Week 4 Wednesday	BBQ PULLED PORK SANDWICH WG	1 EACH	1	374	102	871	1	2.24	100	0	0	37.25	29.94	11.15	3.18
	VEGETARIAN RICE BOWL	1 EACH	1	352	16	464	6.66	2.17	294.3	182	1.81	16.32	55.81	7.05	3.68
	STIR FRY VEGETABLES	1/2 CUP	2	66	0	146	1.95	0.37	29.9	2761	25.07	1.45	6.35	4.5	0.69
	CREAMY COLE SLAW	1/4 CUP	2	33	3	77	1	0.3	19	1005	11.1	0.6	4.52	1.63	0.26
	BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
	FRUIT COCKTAIL,CANNED,LIGHT SYRUP	1/2 CUP	1	69	0	7	1.21	0.35	7.3	248	2.3	0.48	18.07	0.08	0.01
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*694*	*69*	*1064*	*9.03*	*3.47*	*636.9*	*4672*	*44.22*	*40.45*	*99.09*	*16.3*	*5*
Week 4 Thursday	MEATBALL SUB SANDWICH	1 EACH	1	376	28	731	5.94	3.2	150.5	3226	39.04	20.76	46.83	13.66	5.52
	CHEF SALAD	1 EACH	1	357	48	812	3.95	2.26	439.4	55179	52.51	24.45	21.19	19.61	7.44
	WHOLE GRAIN BREADSTICK	1 EACH	1	170	0	202	2.73	1.43	33.7	2	0.11	5.01	29.1	4.19	0.65
	HONEY GLAZED CARROTS	1/2 CUP	2	52	0	36	1.07	0.2	12.4	5388	4.07	0.37	8.8	1.86	0.35
	CELERY STICKS	1/2 CUP	2	12	0	59	1.19	0.15	29.7	333	2.3	0.51	2.21	0.13	0.03
	SUNFLOWER BUTTER	1 TBSP	2	100	0	60	2	0.72	10	0	0	3.5	3.5	8	1
	MELON, GRAPES, AND STRAWBERRIES	1/2 CUP	1	33	0	9	0.71	0.17	7.4	953	17.8	0.51	8.14	0.17	0.05
	APPLESAUCE, UNSWEETENED	1/2 CUP	1	50	0	15	1	1.44	0	0	2.4	0	14	0	0
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*809*	*45*	*1210*	*11.75*	*5.6*	*752.2*	*36060*	*63.9*	*40.57*	*98.91*	*29.65*	*8.77*
Week 4 Friday	MACARONI AND CHEESE	1 EACH	1	319	27	634	2.39	1.47	450.7	721	0.3	17.44	31.17	14.31	6.39
	PORK SAUSAGE PATTIE	1 EACH	1	120	24	307	0	0.38	15.5	56	0	5.66	0.38	10.56	3.73
	CHICKEN PANINI	1 EACH	1	375	59	891	4.49	2.76	318.1	455	5.08	30.48	30.81	14.6	5.45
	PEAS,FROZEN	1/2 CUP	2	71	0	65	4.99	1.38	21.8	1905	8.98	4.67	12.94	0.24	0.05
	MIXED GREENS SALAD	1 EACH	2	75	0	29	1.21	0.87	34.9	4692	14.5	1.26	3.5	6.67	0.94
	GRAPES,FRESH	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05
	PINEAPPLE,CANNED,JUICE PACK	1/2 CUP	1	75	0	1	1	0.35	17.4	47	11.83	0.52	19.55	0.1	0.01
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*758*	*63*	*1182*	*10.68*	*5.09*	*845.4*	*7919*	*34.61*	*43.95*	*86.11*	*27.64*	*9.36*
	Simple Averaging Weekly Total			*757*	*56*	*1153*	*11.27*	*4.94*	*735.9*	*11489*	*63.51*	*39.45*	*102.7*	*22.49*	*7.12*
														26.7%	*8.5%*

Cycle	Recipe Description	Portion Size	Weight	Cals	Cholest mg.	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Tot-Fat (g)	S-Fat (g)
Week 5 Monday	SPAGHETTI AND MEAT SAUCE	1 CUP	1	322	126	312	2.98	3.94	42.2	6	5.36	21.23	34.22	10.71	4.39
	FAJITA CHICKEN WRAP	1 EACH	1	336	37	438	3.94	1.92	121	287	6.47	19.22	34.34	13.73	2.72
	GREEN BEANS, CANNED	1/2 CUP	2	25	0	140	2	1.44	20	300	0	0.78	4	0	0
	CUCUMBER,SLICED	1/2 CUP	2	8	0	1	0.26	0.15	8.3	55	1.46	0.34	1.89	0.06	0.02
	RANCH DIP	3 TBSP	2	105	7	392	0.2	0.1	49.2	72	0.43	1.48	7.49	7.84	1.33
	ORANGE FRESH WEDGES	4 EACH	1	30	0	0	1.54	0.06	25.6	144	34.05	0.6	7.52	0.08	0.01
	SPICED APPLES	1/2 CUP	1	122	0	10	1.43	1.8	22.1	2	1.18	0.56	30.77	0.06	0.01
	PUMPKIN BARS	1 EACH	2	143	31	177	0.7	0.72	26.9	2198	0.62	1.77	18.57	7.1	1.22
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*838*	*127*	*1260*	*8.43*	*6.56*	*594.5*	*3504*	*27.63*	*36*	*110.16*	28.14	6.69
Week 5 Tuesday	BREADED PORK PATTIE	1 EACH	1	300	50	560	1	1.8	20	100	0	15	17	18	5
	WG HAMBURGER BUN	1 EACH	1	110	0	210	2	1.08	100	0	0	4	21	1	0
	PIZZA DIPPERS BFY	2 EACH	1	280	15	540	3	1.8	350	300	1.2	18	30	8	3.5
	MARINARA SAUCE	2 OZ CUP	1	40	0	460	0	0.54	10	500	6	0	6	1.5	0
	BAKED BEANS	1/4 CUP	2	75	0	266	2.77	0.84	25.3	101	0.45	3.3	17.98	0.26	0.05
	SWEET POTATO CRISP CUTS	3 OZ	2	130	0	110	3	0.36	20	3500	6	1	22	5	0
	BLUEBERRIES,FROZEN	1/2 CUP	1	40	0	1	2.09	0.14	6.2	36	1.94	0.33	9.43	0.5	0.04
	FRUIT COCKTAIL,CANNED,LIGHT SYRUP	1/2 CUP	1	69	0	7	1.21	0.35	7.3	248	2.3	0.48	18.07	0.08	0.01
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*776*	*40*	*1435*	*10.76*	*4.34*	*676.6*	*4852*	*13.77*	*34.03*	*115.51*	*20.65*	*4.88*
Week 5 Wednesday	CHICKEN & SPINACH ALFREDO WITH WG PASTA	2/3 CUP	1	328	66	323	2.96	3.64	285.8	3029	0.9	27.9	28.1	12.82	4.69
	WHOLE GRAIN BREADSTICK	1 EACH	1	170	0	202	2.73	1.43	33.7	2	0.11	5.01	29.1	4.19	0.65
	DELI COMBO SUB	1 EACH	1	293	43	990	2.58	1.95	333.8	1260	7.33	19.72	24.69	12.85	5.81
	SAUTEED ZUCCHINI SQUASH	1/2 CUP	2	52	0	3	0.9	0.33	16.2	1005	11.61	1.03	2.42	4.68	0.73
	MIXED GREENS SALAD	1 EACH	2	75	0	29	1.21	0.87	34.9	4692	14.5	1.26	3.5	6.67	0.94
	BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11
	PEACHES,CANNED,LIGHT SYRUP	1/2 CUP	1	68	0	6	1.63	0.45	3.8	444	3.01	0.56	18.26	0.04	0
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*753*	*62*	*963*	*8.71*	*5.36*	*766.8*	*8757*	*37.78*	*40.26*	*92.31*	*27.33*	*7.86*
Week 5 Thursday	BEEF TACO SALAD	SERVINGS	1	269	37	371	2.99	1.98	98.1	581	4.81	16.12	20.46	12.96	3.7
	SALSA CUP	2 OZ CUP	1	25	0	310	1	0.36	20	200	1.2	1	6	0	0
	WG ROLL	1 EACH	1	165	0	201	2.57	1.26	31.2	2	0.11	4.96	28.63	4.03	0.55
	POPCORN CHICKEN	14 EACH	1	192	44	631	1	2	23	120	1	14	13	11	2
	BROWN RICE	1/2 CUP	1	118	0	2	1.1	0.47	7.6	0	0	2.53	24.65	0.93	0.19
	CELERY / CARROT STICKS	1/2 CUP	2	18	0	51	1.45	0.17	24.9	5294	2.95	0.54	4.02	0.14	0.03
	HUMMUS	1/2 CUP	2	149	0	357	5.41	1.71	45.7	27	8.83	6.15	28.74	1.43	0.16
	APPLES,FRESH,W/SKIN	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04
	FRUIT DIP	1.5 OZ	1	53	0	26	0.17	0.04	85.2	7	0.67	0.88	12.65	0.02	0
	PINEAPPLE MELON SALSA	1/2 CUP	1	43	0	32	1.31	0.36	15.5	1834	36.65	0.8	11.01	0.19	0.04
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*788*	*48*	*1365*	*13.92*	*5.48*	*599.7*	*7390*	*38.78*	*37.84*	*125.27*	*17.1*	*4.01*
Week 5 Friday	WG CHICKEN NUGGETS	5 EACH	1	180	20	450	2	1.8	40	0	0	13	14	8	1.5
	GRILLED CHEESE SANDWICH	1 EACH	1	389	55	1131	3	1.54	565.9	672	0	18.72	28.91	22.61	12.79
	TOMATO SOUP	3/4 CUP	1	125	4	505	5.86	2.18	106.4	4421	13.09	4.94	19.19	3.07	1.1
	SUGAR SNAP PEAS	1/2 CUP	2	35	0	12	2.33	0.63	37.6	135	5.24	2.33	6.97	0	0
	THREE BEAN SALAD	1/4 CUP	2	47	0	110	1	0.45	13	92	1.6	0.93	4.56	2.99	0.42
	STRAWBERRIES,FRESH	1/2 CUP	1	23	0	1	1.44	0.3	11.5	9	42.34	0.48	5.53	0.22	0.01
	MANDARIN ORANGES,CADNED,LIGHT SYRUP	1/2 CUP	1	80	0	15	1	0.72	20	100	24	1	19	0	0
	WHOLE GRAIN ROLL	1 EACH	1	170	0	202	2.73	1.43	33.7	2	0.11	5.01	29.1	4.19	0.65
	BANANA CAKE	1 EACH	2	100	10	93	1.61	0.55	27.2	21	0.77	1.96	17.29	3.13	0.53
	MILK SKIM,WHT,CH,STR OR 1%	1/2 pint	2	152	7	170	0.33	0.29	384.6	659	1.6	10.83	24.78	0.85	0.56
	Simple Averaging Daily Total		*2*	*818*	*57*	*1536*	*13.28*	*5.89*	*851.2*	*3509*	*48.98*	*37.61*	*111.46*	*26.01*	*9.53*
	Simple Averaging Weekly Total			*795*	*67*	*1312*	*11.02*	*5.53*	*697.8*	*5602*	*33.39*	*37.15*	*110.9*	*23.85*	*6.59*
														27.0%	7.5%