

February 2024

FOR RESERVATIONS CALL 535-7470 BY 9AM

MENU SUBJECT TO CHANGE
ALL MEALS ARE SERVED WITH
1% OR SKIM MILK

5 Vegetable Lasagna
 Roasted Potatoes
 Squash
 Fruit Cocktail
 12 Grain Bread

6 Chicken and WG Biscuit
 Carrots
 Tossed Salad w/Dressing
 Peaches w/ Raspberries

7 Swiss Steak
 Mashed Yams
 Green Beans
 Pears w/Blueberries
 12 Grain Bread

1 Sloppy Joe on WG Bun
 Carrots & Parsnips
 Cucumber & Tomato Salad
 Applesauce w/Cinnamon

2 Shredded BBQ Chicken
 Baked Beans
 Cole Slaw
 Cinnamon Muffin

8 Breakfast Souffle
 Waffles w/Syrup
 Sausage Patty
 Applesauce

9 Chicken Corn Casserole
 Radish and Turnips
 Bean & Spinach Salad
 Fruited Jello
 Whole Grain Biscuit

12 Pasta Primavera
 Spinach
 Calico Salad
 Baked Apples w/ Cinnamon
 Whole Grain Garlic Roll

13 Parmesan Crusted Fish
 Mashed Potatoes
 Peas
 Seven Layer Salad
 Peaches

14 Macaroni & Cheese
 Peas
 Mixed Berries w/Whipped
 Topping
 WG Dinner Roll
 Chocolate Brownie



**15 Baked Ham w/Brown
 Maple Glaze**
 WG Farro
 Succotash
 Cabbage Pineapple Salad
 Whole Grain Dinner Roll

16 Lemon Garlic Chicken
 Parsley Potatoes
 Broccoli
 Molded Apricot & Cheese Salad
 Whole Grain Apple Muffin

19 OFA CLOSED



20 Sante Fe Chicken
 Black Beans w/Peppers & Onions
 Whole Grain Rice
 Rosy Apple Relish
 Whole Grain Berry Muffin

21 Pork Cutlet w/Sauerkraut
 Baked Sweet Potato
 Mixed Vegetables
 Citrus Salad
 12 Grain Bread

**22 Beef Stir Fry over WG
 Rice**
 Vegetable Blend
 Cranberry Salad
 Orange Juice
 Whole Grain Dinner Roll

23 Broccoli Bake
 Spinach
 Chickpea Salad
 Pineapple
 Whole Grain Dinner Roll

26 Chili Con Carne
 Baked Potato w/Sour Cream
 Fresh Grapes
 Cranberry Juice
 Cornbread

27 Lentil & Vegetable Stew
 Tossed Salad w/Dressing
 V8 Juice
 Whole Grain Roll

28 Italian Crusted Fish
 Mushroom Quinoa Pilaf
 Winter Blend Vegetables
 Cole Slaw
 Fruit Cocktail

**29 Chicken Alfredo w/WG
 Pasta**
 Italian Blend Veggies
 Four Bean Salad
 Mixed Berries

Nutritional Analysis
February 2024



Thursday, February 1	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Sloppy Joe sauce	182	8	6	15	10	4	375	1	429
Whole Grain Roll	74	14	2	2	1	0	146	2	76
Carrots	27	6	3	0	0	0	43	2	140
Lima beans	95	18	1	6	0	0	26	4	370
Applesauce w/cinnamon	51	14	11	0	0	0	2	1	90
1% Milk	102	12	12	8	2	2	107	0	366
Totals	531	72	35	31	13	6	699	10	1471

Friday, February 2	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Fish Patty	160	1	0	36	1	0	390	0	--
Whole Grain Roll	74	14	2	2	1	0	146	2	76
Tartar Sauce	32	2	1	0	3	0	100	0	10
Baked Beans	237	40	12	11	4	0	59	9	816
Coleslaw	160	10	8	1	13	2	136	2	142
Cinnamon Muffin	176	32	0	2	5	2	286	1	1
1% Milk	102	12	12	8	2	2	107	0	366
Totals	941	111	35	60	29	6	1224	14	1411

Monday, February 5	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Vegetable Lasagna	274	32	3	16	8	4	362	4	465
Roasted Potatoes	37	7	0	1	0	0	45	2	254
Squash	47	12	--	1	0	0	2	4	160
Fruit cocktail	55	14	13	1	0	0	5	1	113
12 Grain Bread	110	19	4	5	2	0	115	3	70
1% Milk	102	12	12	8	2	2	107	0	366
Totals	625	96	32	32	12	6	636	14	1428

Tuesday, February 6	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Parmesan Crusted Fish	260	4	1	46	6	1	420	0	337
Confetti Rice	143	28	2	5	2	0	37	2	216
Cauliflower	22	4	1	2	0	0	20	3	158
7 Layer Salad	114	8	4	6	7	1	251	1	200
Peaches	40	9	9	0	0	0	10	0	60
12 Grain Bread	110	19	4	5	2	0	115	3	70
1% Milk	102	12	12	8	2	2	107	0	366
Totals	791	84	33	72	19	4	960	9	1407

Wednesday, February 7	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Swiss Steak	272	10	5	26	14	5	211	3	228
Mashed Yams	111	21	9	2	2	1	177	3	195
Green beans	19	4	1	1	0	0	1	2	107
Pears w blueberries	60	14	11	0	0	0	5	2	80
12 Grain Bread	110	19	4	5	2	0	115	3	70
1% Milk	102	12	12	8	2	2	107	0	366
Totals	674	80	42	42	20	8	616	13	1046

Thursday, February 8	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Breakfast Souffle	137	5	4	12	7	3	280	1	152
Waffles	190	30	2	6	5	1	328	1	131
Syrup	66	17	6	0	0	0	23	0	4
Sausage patty	82	5	0	7	4	1	145	0	346
Applesauce	51	14	11	0	0	0	2	1	90
1% Milk	102	12	12	8	2	2	107	0	366
Totals	628	83	35	33	18	7	885	3	1089

Friday, February 9	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Santa Fe Chicken	369	31	5	27	11	4	505	7	534
Brown Rice	124	26	0	3	1	0	4	2	87
Collard Greens	16	2	0	1	0	0	17	1	35
Fruited Jello	78	19	19	1	0	0	105	0	37
1% Milk	102	12	12	8	2	2	107	0	366
Totals	689	90	36	40	14	6	738	10	1059

Monday, February 12	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Pasta Primavera	273	25	3	28	7	3	281	5	596
Spinach	32	5	0	4	1	0	92	4	287
Calico salad	96	21	11	3	0	0	92	3	112
Baked apples	140	31	20	0	2	0	60	1	72
Whole Grain Garlic Roll	74	14	2	2	1	0	146	2	76
1% Milk	102	12	12	8	2	2	107	0	366
Totals	717	108	48	45	13	5	778	15	1509

Tuesday, February 13	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Chicken and biscuit	334	11	3	29	18	3	86	0	297
Carrots	27	6	3	0	0	0	43	2	140
Tossed salad	34	7	3	2	0	0	50	2	153
LS Italian Dressing	24	--	5	0	--	--	130	--	142
Peaches w/Raspberries	60	13	12	0	0	0	10	0	60
1% Milk	102	12	12	8	2	2	107	0	366
Totals	581	49	38	39	20	5	426	4	1158

Wednesday, February 14	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Macaroni & Cheese	417	43	6	21	18	10	376	2	305
Peas	62	11	4	4	0	0	58	4	88
Mixed Berries	40	9	6	1	0	0	0	2	62
Whipped topping	25	2	2	0	2	2	2	0	1
Whole Grain Roll	74	14	2	2	1	0	146	2	76
Chocolate Brownie	292	30	21	3	17	4	89	2	132
1% Milk	102	12	12	8	2	2	107	0	366
Totals	1012	121	53	39	40	18	778	12	1030

Thursday, February 15	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Baked Ham w/ Brown Maple Glaze	158	8	8	24	4	1	697	0	5
Farro	101	21	0	4	0	0	0	--	137
Succotash	105	23	3	5	1	0	51	5	301
Cabbage Pineapple Salad	66	16	14	1	0	0	13	2	160
Whole Grain Roll	74	14	2	2	1	0	146	2	76
1% Milk	102	12	12	8	2	2	107	0	366
Totals	606	94	39	44	8	3	1014	9	1045

Friday, February 16	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Lemon Garlic Chicken	178	1	0	21	9	1	44	0	327
Parsley Potatoes	113	18	1	4	3	0	103	5	614
Peas & carrots	38	8	3	2	0	0	54	2	126
Molded apricot cheese salad	109	23	23	5	0	0	61	1	87
Whole Grain Apple Muffin	176	32	0	2	5	2	286	1	1
1% Milk	102	12	12	8	2	2	107	0	366
Totals	716	94	39	42	19	5	655	9	1521

Tuesday, February 20	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Roast Pork	290	1	0	53	8	3	160	1	733
Gravy	47	3	0	0	4	1	105	0	6
Mashed Potatoes	138	21	1	2	5	1	21	2	168
Rosy Apple Relish	106	21	18	0	0	0	4	2	88
Whole Grain Berry Muffin	176	32	0	2	5	2	286	1	1
1% Milk	102	12	12	8	2	2	107	0	366
Totals	859	90	31	65	24	9	683	6	1362

Wednesday, February 21	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Italian Crusted Fish	260	4	1	46	6	1	420	0	337
Mushroom Quinoa Pilaf	109	15	1	4	4	2	35	1	130
Winter Blend Vegetables	33	5	1	3	0	0	20	3	40
Coleslaw	160	10	8	1	13	2	136	2	142
Fruit cocktail	55	14	13	1	0	0	5	1	113
1% Milk	102	12	12	8	2	2	107	0	366
Totals	719	60	36	63	25	7	723	7	1128

Thursday, February 22	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Beef Stir Fry	426	22	4	29	24	8	293	6	549
Brown Rice	124	26	0	3	1	0	4	2	87
Cranberry Salad	132	32	25	1	0	0	6	2	235
Orange Juice	58	13	10	1	0	0	2	0	226
Whole Grain Roll	74	14	2	2	1	0	146	2	76
1% Milk	102	12	12	8	2	2	107	0	366
Totals	916	119	53	44	28	10	558	12	1539

Friday, February 23	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Broccoli Bake	258	14	5	19	13	5	394	2	245
Spinach	23	3	1	3	0	0	58	2	270
Chickpea Salad	155	21	5	7	6	1	177	6	238
Pineapple	50	15	13	0	0	0	10	1	110
Whole Grain Roll	74	14	2	2	1	0	146	2	76
1% Milk	102	12	12	8	2	2	107	0	366
Totals	662	79	38	39	22	8	892	13	1305

Monday, February 26	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Chili Con Carne	358	21	3	23	20	7	332	4	566
Baked Potato	128	29	2	3	0	0	14	3	738
Sour Cream	42	2	0	1	3	2	26	0	66
Grapes	52	14	12	1	0	0	2	1	144
Cornebread	143	27	--	2	3	1	253	--	21
1% Milk	102	12	12	8	2	2	107	0	366
Totals	791	110	32	30	26	10	630	8	1553

Tuesday, February 27	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Lentil and Vegetable Stew	244	42	5	14	3	0	155	2	741
Broccoli	26	5	1	3	0	0	10	3	131
Tossed salad	34	7	3	2	0	0	50	2	153
LS Italian Dressing	24	--	5	0	--	--	130	--	142
LS V8 Juice	26	5	4	1	0	0	70	1	409
Whole Grain Roll	74	14	2	2	1	0	146	2	76
Peanut Butter Oatmeal Bar	313	39	28	5	15	5	200	2	165
1% Milk	102	12	12	8	2	2	107	0	366
Totals	843	124	60	35	21	7	868	12	2183

Wednesday, February 28	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Pork Cutlet w/Kraut	129	0	0	17	7	3	299	0	372
Confetti Rice	143	28	2	5	2	0	37	2	216
Mixed vegetables	54	10	4	2	0	0	18	2	--
Citrus Salad	107	21	4	5	1	0	152	6	396
1/2 Grain Bread	110	19	4	5	2	0	115	3	--
1% Milk	102	12	12	8	2	2	107	0	366
Totals	645	90	26	42	14	5	728	13	1350

Thursday, February 29	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Potassium (mg)
Chicken Alfredo	425	39	5	33	14	7	213	2	370
Peas and Carrots	38	8	3	2	0	0	54	2	126
Four Bean Salad	144	23	16	2	5	1	100	3	132
Strawberries	13	3	2	0	0	0	1	1	55
Whipped Topping	25	2	2	0	2	2	2	0	1
1% Milk	102	12	12	8	2	2	107	0	366
Totals	747	87	40	45	23	12	477	8	1050

MARCH 2024

SCHUYLER COUNTY OFA NUTRITION PROGRAM

FOR RESERVATIONS CALL
535-7470 BY 9AM

****Menu subject to change**

1% milk served at every meal



Allergen information for menu items is available, ask a food service employee for details

1 Brunch 10AM
Scrambled Eggs
Breakfast Sausage
Roasted Red Radish
Tropical Fruit Salad
Whole Grain Biscuit

4 Baked Ziti
Broccoli
Mandarin Oranges
Cranberry Juice
Whole Grain Dinner Roll

5 Chicken Spiedie on WG Bun
Italian Green Beans
Sunshine Salad
Fruit Cocktail

6 Pork Supreme
Baked Potatoes
Spinach
Coleslaw
Rosy Apple Relish

7 Swedish Meatballs Over Egg Noodles
Cauliflower
Pea & Beet Salad
Grapes
Whole Grain Dinner Roll


8 Chickpea Stew
WG Rice
Carrots
Cucumber Dill Yogurt
Mangos

11 Green Bean & Mushroom Casserole
Squash
Mixed Berries
12 Grain Bread

13 Sweet & Sour Pork
WG Farro
Southwestern Salad
Peaches
WG Roll

14 Stuffed Shells
Italian Blend Vegetables
Molded Cucumber Salad
Banana
WG Garlic Dinner Roll

15 Chicken Corn Casserole
Roasted Root Vegetables
Tangy Green Bean Salad
Pears w/Blueberries
Whole Grain Dinner Roll

16 St. Patrick's Day Irish Pork Stew 
Sweet and Sour Cabbage
Whole Grain Biscuit
Apples
Leprechaun Jell-o Cake

18 Salisbury Steak
Mashed Potatoes & Gravy
Brussels Sprouts
Grapes
Whole Grain Pumpkin Muffin

19 Turkey Divan over WG Rice
Peas
Fruit Cocktail
12 Grain Bread
MARCH FOR MEALS LUNCH

20 Chicken Riggies
California Blend Vegetables
7-Layer Salad
Mangos
WG Garlic Roll

21 Vegetarian Chili
Baked Potatoes & Sour Cream
Watermelon
WG Corn muffin

22 Parmesan Crusted Fish
Rice Pilaf
Harvard Beets
Cabbage Delight Salad
Carrot Cake
WG Dinner roll

25 Baked Ham Mustard Glaze
Yams
Collard Greens
Applesauce
12 Grain Bread

26 Macaroni & Cheese
Tomatoes w/Zucchini
Tropical Fruit
Apricots
12 Grain bread

27 Sliced Beef & Au Jus on WW Roll
Cabbage & Carrots
Chickpea Salad
Peach and Apple Salad

28 Scalloped Potatoes w/Turkey
Lima Beans
Frijole Salad
Cranberry Juice
WG Biscuit

29 OFA Closed Good Friday

March 2024 Nutritional Analysis

Friday, March 1	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Scrambled Eggs	180	2	1	12	14	5	159	0	125
Breakfast sausage	132	8	0	11	6	2	235	0	560
Radish	0	35	29	1	0	0	42	6	0
Tropical Fruit Salad	98	24	24	0	0	0	8	0	64
Whole Grain Biscuit	91	11	2	2	4	3	172	1	0
1% Milk	95	11	11	8	2	1	100	0	340
Totals	596	91	67	34	26	11	716	7	1089

Monday, March 4	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Baked Ziti	510	22	4	42	30	18	585	3	438
Broccoli	26	5	1	3	0	0	10	3	131
Mandarin Oranges	54	10	4	2	0	0	18	2	0
Cranberry Juice	94	23	21	0	0	0	3	0	24
WG dinner Roll	74	14	2	2	1	0	146	2	76
1% Milk	95	11	11	8	2	1	100	0	340
Totals	853	85	43	57	33	19	862	10	1009

Tuesday, March 5	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Chicken Speidie	187	0	0	35	4	1	84	0	290
WG Bun	74	14	2	2	1	0	146	2	76
Italian Green Beans	19	4	1	1	0	0	1	2	107
Sunshine salad	73	5	4	11	0	0	15	1	128
Fruit Cocktail	70	18	16	0	0	0	15	1	0
1% Milk	95	11	11	8	2	1	100	0	340
Totals	518	52	34	57	7	2	361	6	941

Wednesday, March 6	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Pork Supreme	285	18	15	41	5	2	223	1	779
Baked Potatoes	128	29	2	3	0	0	14	3	738
Spinach	23	3	1	3	0	0	58	2	270
Coleslaw	160	10	8	1	13	2	136	2	142
Rosy apple Relish	106	21	18	0	0	0	4	2	65
1% Milk	95	11	11	8	2	1	100	0	340
Totals	797	92	55	56	20	5	535	10	2334

Thursday, March 7	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Swedish Meatballs	349	8	4	23	24	9	117	1	438
Egg Noodles	110	20	0	4	2	0	189	1	0
Cauliflower	17	3	1	1	0	0	16	2	125
Pea & Beet Salad	283	16	9	4	22	3	210	4	227
Grapes	52	14	12	1	0	0	2	1	144
WG dinner Roll	74	14	2	2	1	0	146	2	76
1% Milk	95	11	11	8	2	1	100	0	340
Totals	885	75	28	35	49	12	680	11	1010

Friday, March 8	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Chickpea stew	121	17	4	8	3	0	434	5	208
WG rice	124	26	0	3	1	0	4	2	87
Carrots	27	6	3	0	0	0	43	2	140
Cucumber Dill Yogurt	38	2	1	2	3	0	198	0	0
Mangos	73	17	11	1	0	0	0	2	0
1% Milk	95	11	11	8	2	1	100	0	340
Totals	478	79	30	22	9	1	779	11	775

Monday, March 11	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
White & Green Bean Mu	60	6	1	2	3	1	475	1	0
Squash	47	12	0	1	0	0	2	4	160
Mixed Berries	40	9	6	1	0	0	0	2	0
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	95	11	11	8	2	1	100	0	340
Totals	352	57	20	17	8	2	757	10	600

Tuesday, March 12	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Sweet & Sour Pork	255	3	24	18	7	3	462	1	450
WG Farro	101	21	0	4	0	0	0		137
Southwestern Salad	69	6	3	3	4	1	176	2	0
Peaches	55	14	13	1	0	0	5	2	159
WG Dinner Roll	74	14	2	2	1	0	146	2	76
1% Milk	95	11	11	8	2	1	100	0	340
Totals	649	69	53	36	14	5	889	7	1162

Wednesday, March 13	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Stuffed Shells	314	36	7	14	12	6	583	3	569
Italian Blend Vegetables	26	5	2	1	0	0	16	2	140
Molded Cucumber Salad	209	23	21	3	12	5	228	1	156
Banana	90	23	12	1	0	0	1	3	362
WG Garlic Roll	71	13	0	3	1	2	107	0	366
1% Milk	95	11	11	8	2	1	100	0	340
Totals	805	111	53	30	27	14	1035	9	1933

Nutritional Analysis

Thursday, March 14	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Chicken Corn Casserole	283	25	4	21	11	6	115	3	291
Roasted Root Veggies	96	17	5	1	3	0	246	3	0
Green Bean Salad	107	5	2	1	9	1	10	1	26
Pears & Blueberries	51	13	9	0	0	0	2	2	81
WG dinner Roll	74	14	2	2	1	0	146	2	76
1% Milk	95	11	11	8	2	1	100	0	340
Totals	706	85	33	33	26	8	619	11	814

Friday, March 15	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Irish Pork Stew	175	12	3	24	3	2	373	2	785
Sweet & sour Cabbage	80	20	16	0	0	0	380	0	192
Apples	88	23	18	0	0	0	2	4	182
WG biscuit	91	11	2	2	4	3	172	1	0
Jello	147	28	19	2	3	1	329	0	1
1% Milk	95	11	11	8	2	1	100	0	340

Totals 676 105 69 36 12 7 1356 7 1500

Monday, March 18	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Salisbury Steak	282	12	2	15	20	7	535	2	43
Mashed Potatoes & gravy	237	27	2	3	12	2	60	2	178
Brussel Sprouts	33	6	2	3	0	0	12	3	225
Grapes	52	14	12	1	0	0	2	1	144
WG Muffin	176	32	0	2	5	2	286	1	1
1% Milk	95	11	11	8	2	1	100	0	340

Totals 875 102 29 32 39 12 995 9 931

Tuesday, March 19	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Turkey Divan	443	11	3	30	31	13	478	3	213
WG Rice	124	26	0	3	1	0	4	2	87
Peas	62	11	4	4	0	0	58	4	88
Fruit Cocktail	70	18	16	0	0	0	15	1	0
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% Milk	95	11	11	8	2	1	100	0	340

Totals 904 96 36 50 37 14 835 13 828

Wednesday, March 20	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Chicken Riggies	403	38	7	30	16	5	244	4	224
California Blend Vegetabl	20	4	0	1	0	0	24	2	145
7-layer Salad	114	8	4	6	7	1	251	1	200
Mangos	73	17	11	1	0	0	0	2	0
WG Garlic Roll	88	13	0	3	3	0	168	1	0
1% Milk	95	11	11	8	2	1	100	0	340

Totals 793 91 33 49 28 7 787 10 909

Thursday, March 21	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Vegetarian Chili	367	50	13	40	3	0	167	17	194
Baked Potatoes & Sour C	170	31	2	4	3	2	40	3	805
Watermelon	23	6	5	0	0	0	1	0	85
WG Corn Muffin	168	28	8	3	5	2	305	1	68
1% Milk	95	11	11	8	2	1	100	0	340

Totals 823 126 39 55 13 5 613 21 1492

Friday, March 22	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Parmesan Crusted Fish	260	4	1	46	6	1	420	0	337

Rice pilaf	209	37	1	4	4	1	55	2	157
Harvard Beets	143	21	13	1	6	1	123	1	236
Cabbage Delight Salad	277	5	3	1	28	4	192	2	108
WG Dinner Roll	74	14	2	2	1	0	146	2	76
1% milk	95	11	11	8	2	1	100	0	340
Totals	1058	92	31	62	47	8	1036	7	1254

Nutritional Analysis

Monday, March 25	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Baked Ham w Mustard S:	95	5	5	15	2	1	421	0	3
Yams	11	21	9	2	2	1	177	3	195
Collard Greens	16	2	0	1	0	0	17	1	0
Applesauce	81	20	15	0	0	0	0	1	73
12 grain bread	110	19	2	5	3	0	180	3	100
1% milk	95	11	11	8	2	1	100	0	340
Totals	408	78	42	31	9	3	895	8	711

Tuesday, March 26	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Macaroni & Cheese	417	43	6	21	18	10	376	2	305
Tomatoes w/zucchini	43	7	0	1	1	0	127	2	283
Tropical Fruit	80	21	20	0	0	0	10	1	0
Apricots	107	28	25	1	0	0	7	3	235
12 Grain Bread	110	19	2	5	3	0	180	3	100
1% milk	95	11	11	8	2	1	100	0	340
Totals	852	129	64	36	24	11	800	11	1263

Wednesday, March 27	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Sliced Beef & Au jus	160	0	0	19	9	4	240	0	0
Whole wheat roll	74	14	2	2	1	0	146	2	76
Cabbage & carrots	40	8	4	1	0	0	33	3	253
Chicke pea salad	155	21	5	7	6	1	177	6	238
Peach & Apple Salad	98	10	8	1	7	1	53	2	140
1% milk	95	11	11	8	2	1	100	0	340
Totals	622	64	30	38	25	7	749	13	1047

Thursday, March 28	Cals (kcal)	Carb (g)	Sugar (g)	Prot (g)	Fat (g)	SatFat (g)	Sod (mg)	TotFib (g)	Pot(mg)
Scalloped Potatoe & Ham	95	11	3	4	4	1	258	1	
Lima Beans	95	18	1	6	0	0	26	4	370
Frijole Salad	61	13	5	2	0	0	176	3	141
Cranberry Juice	94	23	21	0	0	0	3	0	24
WG biscuit	91	11	2	2	4	3	172	1	0
1% Milk	95	11	11	8	2	1	100	0	340
Totals	531	87	43	22	10	5	735	9	875