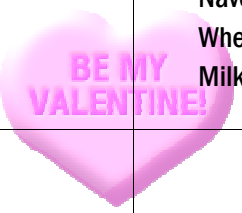
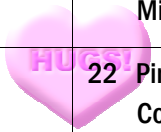
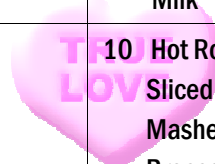




Nutrition Program Menu

Mon	Tue	Wed	Thu	Fri
		1 Fried Chicken Breast Baked Yams 1/2 cup Green Beans 1/2 cup Tapioca Pudding 1/2 cup Wheat Roll/Margarine Milk	2 Roast Pork loin/Gravy 3oz Green Peas 1/2 cup Parsley Noodles 1/2 cup Tropical Fruit Salad 1/2 cup Wheat Roll/Margarine Milk	3 Country Fried Steak 3oz Mashed Potatoes 1/2 cup Succotash 1/2 cup Wheat Roll Honeydew 1/2 cup Milk
6 Chicken Alfredo 3oz Fettuccini 1/2 cup Peas & Mushrooms 1/2 cup Sliced Peaches 1/2 cup Breadstick Milk	7 Hamburger 3oz Lettuce/Tomato Potato Wedges 1/2 cup Cabbage Salad 1/2 cup Pineapple Chunks 1/2 cup Milk	8 Pulled BBQ 3oz Cut Corn 1/2 cup Chopped Spinach 1/2 cup Fruit Salad 1/2 cup Wheat Bun Milk	9 Roast Turkey w/Gravy 3oz Roasted Potatoes 1/2 cup Asparagus Tips 1/2 cup Pumpkin Pie 1 Slice Wheat Roll/Margarine Milk	10 Hot Roast Beef 3oz Sliced Cheese 1 slice Mashed Sweet Potato 1/2 cup Broccoli /Cauliflower 1/2 cup Banana 1 medium Wheat Bun Milk
13 Chili with Spaghetti 1 cup Toss Salad 1 cup/Ranch Dressing Fruit Salad 1/2 cup Crackers 1-4Pk Chocolate ice cream 1/2 cup Milk	14 Chicken Salad 1/2 cup Lettuce/Tomato Vegetable Soup 1 cup Applesauce 1/2 cup Vanilla Wafers 6ea Wheat Bread 2 slice Milk	15 Cubed Beef w/Gravy 3oz Lima Beans 1/2 cup Mashed Potatoes 1/2 cup Wheat Roll/Margarine Pear Halves 1/2 cup Milk	16 Pork Choppette 3oz Northern Beans 1/2 cup Broccoli Slaw 1/2 cup Mandarin Oranges 1/2 cup Biscuit 2 oz Milk	17 Baked Chicken 6 oz Chopped Spinach 1/2 cup Northern Bean Soup 6 oz Chocolate Brownie 2" Bran Muffin 1 Milk
20 CLOSED PRESIDENT'S DAY	21 Sliced Turkey 3oz /Gravy Mixed Vegetables 1/2 cup Mashed Potatoes 1/2 cup Carrot Salad 1/2 cup Peach Cobbler 1/2 cup Milk	22 Pinto Beans & Ham 6 oz Collard Greens 1/2 cup Baked Apples 1/2 cup French Dressing Corn Muffin Milk	23 Sloppy Joe 3 oz Corn Obrien 1/2 cup Pea Salad 1/2 cup Navel Orange Wheat Bun Milk	24 BBQ Chicken Breast 3 oz Brussels Sprout 1/2 cup Cucumber Salad 1/2 cup Butterscotch Pudding 1/2 cup Wheat Bun Milk
27 Beef Stew 6 oz Spinach Salad 1 cup/Ranch Dressing Pear Half 1/2 cup Cottage Cheese 1/2 cup Biscuit / Margarine Milk	28 Baked Chicken Breast 3 oz With Black Bean Salsa Fiesta Corn 1/2 cup Spanish Rice 1/2 cup Banana 1 medium Milk	29 Tuna Salad 1/2 cup Lettuce & Tomato Tomato Soup 6 oz Cole Slaw 1/2 cup Pineapple Chunks 1/2 cup Wheat Bread Milk		



NUTRITION PROGRAM MENU ANALYSIS (Jan Menu)

(NOTE: Nutrient totals are based on a 2000 calorie diet)

Wk ave.	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
WEEK 1	Menu:	Chicken Alfredo	Menu:	Hamburger Meal	Menu:	Pulled BBQ Pork	Menu:	Roast Turkey Meal	Menu:	Hot Roast Beef Meal
688.5	Calories	653.8	Calories	635.7	Calories	712.5	Calories	641.5	Calories	699
84 gr	Carbs	82.7 gr	Carbs	69 gr	Carbs	93 gr	Carbs	80 gr	Carbs	96 gr
24.8%	Fat	14.3 gr/20%	Fat	25.2 gr/35.6%	Fat	22.3 gr/28.2%	Fat	16 gr/22.4%	Fat	13.8gr/17.8%
8.6 gr	Fiber	8.4 gr	Fiber	5.7 gr	Fiber	11.1 gr	Fiber	7.84 gr	Fiber	9.9 gr
469 mg	Calcium	420 mg	Calcium	422 mg	Calcium	510 mg	Calcium	438 mg	Calcium	553 mg
794.3 mg	Sodium	928.3 mg	Sodium	645.2 mg	Sodium	864.8 mg	Sodium	664 mg	Sodium	869 mg
WEEK 2	Menu:	Chili Spagh. Meal	Menu:	Chicken Salad	Menu:	Cubed Beef Meal	Menu:	Pork Choppette Meal	Menu:	Baked Chicken Meal
650.3	Calories	630.3	Calories	722.2	Calories	633.3	Calories	639.8	Calories	625.7
87.2 gr	Carbs	99 gr	Carbs	94.4 gr	Carbs	86.5 gr	Carbs	81.1 gr	Carbs	75.1 gr
22.7%	Fat	15.3 gr/21.8%	Fat	25.1 gr/31.3%	Fat	13 gr/18.5%	Fat	15.7 gr/22%	Fat	11.9 gr/19.7%
10 gr	Fiber	11.2 gr	Fiber	9.5 gr	Fiber	11.6 gr	Fiber	8.34 gr	Fiber	9.54 gr
488.2 mg	Calcium	584 mg	Calcium	435.7 mg	Calcium	413 mg	Calcium	427 mg	Calcium	581.3 mg
993.4 mg	Sodium	1160 mg	Sodium	1132 mg	Sodium	786.3 mg	Sodium	987 mg	Sodium	901.6 mg
WEEK 3	Menu:	Spaghetti Meal	Menu:	Sliced Turkey Meal	Menu:	Beans & Ham	Menu:	Sloppy Joe Meal	Menu:	BBQ Chicken Meal
725.6	Calories	734.9	Calories	791.4	Calories	754.4	Calories	711.9	Calories	635.6
96.7 gr	Carbs	87.6 gr	Carbs	109 gr	Carbs	121.5 gr	Carbs	89.2 gr	Carbs	76.2 gr
28.1%	Fat	27 gr/33%	Fat	22.8gr/26%	Fat	15.3 gr/18.3%	Fat	29 gr/36.7%	Fat	18.7 gr/26.5%
12.5 gr	Fiber	12.3 gr	Fiber	10.9 gr	Fiber	20.3 gr	Fiber	11.8 gr	Fiber	7.3 gr
522.2 mg	Calcium	569.1 mg	Calcium	448 mg	Calcium	664.9 mg	Calcium	456.3 mg	Calcium	472.6 mg
970.9 mg	Sodium	1128 mg	Sodium	629.4 mg	Sodium	1026 mg	Sodium	1074 mg	Sodium	996.9 mg
WEEK 4	Menu:	Beef Stew Meal	Menu:	Baked Chicken Meal	Menu:	Tuna Salad Meal	Menu:	Chicken Parmesan	Menu:	Beef Frank Meal
667.1	Calories	633.7	Calories	699.2	Calories	649.2	Calories	637.3	Calories	715.9
93 gr	Carbs	69.1 gr	Carbs	103 gr	Carbs	100 gr	Carbs	81.6 gr	Carbs	111.2 gr
22.8%	Fat	20.4gr/28.9%	Fat	13.7 gr/17.6%	Fat	16.2 gr/22.5%	Fat	13.9 gr/19.6%	Fat	20.3/25.5%
9.4 gr	Fiber	6 gr	Fiber	11.7 gr	Fiber	8.24 gr	Fiber	7.35 gr	Fiber	13.5 gr
501 mg	Calcium	464.8 mg	Calcium	457.9 mg	Calcium	439.9 mg	Calcium	627.2 mg	Calcium	515.2 mg
973 mg	Sodium	1030 mg	Sodium	768.4 mg	Sodium	826.7 mg	Sodium	1119 mg	Sodium	1121 mg
WEEK 5	Menu:	Chicken Caciatore	Menu:	Meatloaf Meal	Menu:	Fried Chicken	Menu:	Roast Porkloin Meal	Menu:	Country Fried Steakl
648.5	Calories	627.8	Calories	677.8	Calories	654.1	Calories	627.3	Calories	655.3
87.4 gr	Carbs	74.2 gr	Carbs	106.5 gr	Carbs	88.2gr	Carbs	77.2 gr	Carbs	91.1 gr
21.5%	Fat	16.6/23.8%	Fat	13.9/18.5%	Fat	14.8gr/20.4%	Fat	16.2 gr/23.2%	Fat	15.7gr/21.6%
9.1 gr	Fiber	10.9 gr	Fiber	9.34 gr	Fiber	6.6 gr	Fiber	9.27 gr	Fiber	9.5 gr
438.2 mg	Calcium	490.6 mg	Calcium	407.9 mg	Calcium	478.1 mg	Calcium	404.6 mg	Calcium	409.6 mg
831.3 mg	Sodium	996.8 mg	Sodium	709.7 mg	Sodium	874 mg	Sodium	574.8 mg	Sodium	1001 mg