

## Secondary Lunch – Week 3, Monday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
CHEESEBURGER	1 EACH	299	28	875	2.26	3.30	23.17	61	0.00	19.85	28.42	11.66	4.48
HAMBURGER	1 each	249	21	650	2.26	3.30	23.17	61	0.00	19.85	28.42	8.16	2.48
CHICKEN NUGGETS	6 EACH	311	58	621	1.15	1.24	23.01	115	0.00	17.26	12.66	20.71	5.18
Taco Salad	1 EACH	406	33	1173	2.29	2.29	104.92	626	7.39	10.93	12.31	22.94	6.03
Garden Salad	1 EACH	152	106	329	2.10	0.60	146.59	3272	12.82	8.47	7.91	8.05	0.82
MIXED VEGETABLES	1/2 cup	85	0	208	3.94	0.94	24.65	5007	10.26	3.28	17.59	0.51	0.09
TATER TOTS	2 OZ	142	0	283	1.67	0.30	0.00	0	4.00	1.67	8.33	8.33	2.08
LETTUCE, TOMATO & PICKLE	1.5 oz	11	0	6	0.91	0.35	9.50	317	7.07	0.68	2.19	0.00	0.00
Apples	1 each	81	0	0	3.73	0.25	9.66	73	7.87	0.26	21.04	0.00	0.00
Cookie-Chocolate Chip	1 EACH	130	5	95	1.00	0.72	0.00	100	0.00	1.00	17.00	6.00	2.00
JALAPENOS	1 oz	6	0	241	0.48	0.53	5.71	449	1.97	0.17	1.22	0.16	0.01
Salsa-Picante Mild	2 OZ	19	0	454	0.00	0.00	0.00	189	6.80	0.00	3.78	0.00	0.00
KETCHUP PACKET	1 EACH	10	0	100	0.00	0.00	0.00	0	0.00	0.00	2.00	0.00	0.00
MAYONNAISE	1 EACH	90	10	60	0.00	0.00	0.00	0	0.00	0.00	0.00	10.00	1.50
MUSTARD	1 EACH	4	0	62	0.18	0.10	4.40	8	0.16	0.22	0.43	0.17	0.09
RANCH	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
ITALIAN DRESSING CREAMY	1 OZ	52	0	170	0.00	0.00	0.00	0	0.00	0.00	1.00	5.00	0.60
BBQ Sauce	1 oz	33	0	167	0.00	0.00	0.00	0	0.00	0.00	6.67	0.00	0.00
Punch -12oz-Juice-100%	12 OZ	150	0	23	0.00	0.00	30.00	0	90.00	0.00	37.50	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

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## Secondary Lunch – Week 3, Tuesday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
PIZZA PEPP- BIG DADDY 10 SLICE	1/10 CUT	387	28	967	2.42	2.58	241.69	322	0.00	18.53	45.12	14.50	6.45
PIZZA CHEESE- BIG DADDY-10 SLICE	1/10 cut	380	32	858	2.43	2.59	323.78	405	0.00	19.43	44.52	14.57	7.28
FISH SANDWICH	1 EACH	280	15	470	2.00	1.98	0.00	0	0.00	14.00	40.00	9.00	1.00
SALAD, CHICKEN TENDER	1 EACH	302	35	942	1.84	1.35	151.93	754	12.00	18.37	16.85	16.49	2.03
Garden Salad	1 EACH	152	106	329	2.10	0.60	146.59	3272	12.82	8.47	7.91	8.05	0.82
Broccoli w/ Cheese	1/2 cup	36	6	201	0.83	0.22	63.57	264	15.00	2.31	2.40	1.66	1.10
MAC & CHEESE	1/2 CUP	104	0	148	0.70	0.83	20.03	0	0.00	3.30	18.57	1.85	0.50
TOSSED SALAD	1/2 CUP SERV	9	0	5	0.48	0.04	1.15	44	1.35	0.46	1.52	0.00	0.00
ORANGES	1 EACH	62	0	0	3.14	0.13	52.40	269	69.69	1.23	15.39	0.16	0.02
Gelatin w/ Topping& Fruit	1/2 CUP	140	0	94	1.39	0.02	4.39	0	8.20	1.72	31.58	1.00	1.00
Tarter Sauce	1 ounce	33	3	68	0.00	0.00	0.00	0	0.00	0.00	0.75	3.00	0.00
RANCH	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
ITALIAN DRESSING CREAMY	1 OZ	52	0	170	0.00	0.00	0.00	0	0.00	0.00	1.00	5.00	0.60
Punch -12oz- Juice-100%	12 OZ	150	0	23	0.00	0.00	30.00	0	90.00	0.00	37.50	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

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## Secondary Lunch – Week 3, Wednesday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
POPCORN CHICKEN	3 OZ	221	30	242	1.01	1.45	20.13	0	0.00	10.06	15.09	13.08	3.02
MEATBALLS & GRAVY	1 SERVING	214	40	424	0.92	1.49	22.50	24	2.57	13.69	5.34	15.08	5.95
Chicken Fajita Salad	1 EACH	242	0	800	1.59	0.04	504.53	1577	18.29	15.58	7.40	14.38	0.00
Garden Salad	1 EACH	152	106	329	2.10	0.60	146.59	3272	12.82	8.47	7.91	8.05	0.82
RICE WHITE	1/2 CUP	152	0	47	0.00	1.30	1.17	0	0.00	3.58	33.16	0.00	0.00
WHEAT ROLL	1 Each	100	0	190	2.40	1.00	24.00	0	2.90	3.90	19.24	1.80	0.58
GREEN BEANS	1/2 cup	28	0	0	1.84	0.66	36.78	0	8.28	0.92	5.52	0.00	0.00
Banana	1 EACH	105	0	1	2.74	0.35	6.84	92	10.37	1.17	26.71	0.55	0.21
PUDDING ASSORTED	1/2 CUP	146	0	161	0.00	0.18	10.18	0	0.00	0.51	25.80	4.75	1.04
JALAPENOS	1 oz	6	0	241	0.48	0.53	5.71	449	1.97	0.17	1.22	0.16	0.01
Salsa-Picante Mild	2 OZ	19	0	454	0.00	0.00	0.00	189	6.80	0.00	3.78	0.00	0.00
BROWN GRAVY	2 oz	19	0	357	0.00	0.01	1.20	0	0.00	0.00	3.84	0.00	0.00
KETCHUP PACKET	2 EACH	20	0	200	0.00	0.00	0.00	0	0.00	0.00	4.00	0.00	0.00
Punch -12oz- Juice-100%	12 OZ	150	0	23	0.00	0.00	30.00	0	90.00	0.00	37.50	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

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## SECONDARY LUNCH – Week 3, Thursday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
Beef Burrito	1 EACH	262	10	364	3.99	3.11	101.20	200	1.05	10.99	42.21	5.19	2.39
BAKED CHICKEN	serving	451	144	779	2.05	2.95	41.03	0	0.00	28.72	24.62	26.67	7.18
Chef Salad	1 EACH	163	112	434	1.84	1.29	241.32	844	12.11	10.89	7.48	8.36	0.91
Garden Salad	1 EACH	152	106	329	2.10	0.60	146.59	3272	12.82	8.47	7.91	8.05	0.82
CORN	1/2 CUP	98	0	164	0.97	0.00	0.00	97	2.33	2.91	21.58	0.97	0.00
Beans Pinto Seasoned	1/2 cup Serving	75	0	292	3.98	1.46	37.05	61	1.19	4.20	13.45	0.70	0.14
CUCUMBER & Carrots SLICES	1 cup	79	0	62	5.43	0.96	51.10	49453	17.57	1.94	18.58	0.36	0.06
Banana	1 EACH	105	0	1	2.74	0.35	6.84	92	10.37	1.17	26.71	0.55	0.21
RICE KRISPIE TREAT	1 EACH	45	0	53	0.00	0.18	0.00	101	0.00	0.50	8.54	1.26	0.50
Salsa-Picante Mild	1 OZ	9	0	227	0.00	0.00	0.00	94	3.40	0.00	1.89	0.00	0.00
RANCH	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
ITALIAN DRESSING CREAMY	1 OZ	52	0	170	0.00	0.00	0.00	0	0.00	0.00	1.00	5.00	0.60
Punch -12oz- Juice-100%	12 OZ	150	0	23	0.00	0.00	30.00	0	90.00	0.00	37.50	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

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## Secondary Lunch – Week 3, Friday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
PIZZA PEPP-BIG DADDY 10 SLICE	1/10 CUT	387	28	967	2.42	2.58	241.69	322	0.00	18.53	45.12	14.50	6.45
PIZZA CHEESE-BIG DADDY-10 SLICE	1/10 cut	380	32	858	2.43	2.59	323.78	405	0.00	19.43	44.52	14.57	7.28
Spaghetti and Meat Sauce	1/2 CUP	481	26	972	2.39	5.14	45.32	0	0.00	21.94	73.15	10.83	3.54
SALAD, POPCORN CHICKEN	1 EACH	257	20	455	2.51	1.22	145.05	653	12.00	11.90	16.74	14.04	2.00
Garden Salad	1 EACH	152	106	329	2.10	0.60	146.59	3272	12.82	8.47	7.91	8.05	0.82
PEAS	1/2 CUP	95	0	267	4.25	0.76	0.00	319	9.56	5.31	16.88	0.53	0.00
VEGETABLES WINTER MIX	1/2 CUP	44	0	160	2.00	0.36	20.04	301	36.08	2.00	7.74	0.00	0.00
TOSSSED SALAD	1/2 CUP	9	0	5	0.48	0.04	1.15	44	1.35	0.46	1.52	0.00	0.00
Pears, fresh	1 EACH	81	0	1	4.31	0.24	12.51	32	5.84	0.53	21.49	0.17	0.01
COOKIE SUGAR	1 EACH	120	5	110	0.00	0.36	0.00	200	0.00	1.00	18.00	5.00	2.50
RANCH	PACKET	70	5	100	0.00	0.00	0.00	0	0.00	0.00	1.00	7.00	1.00
ITALIAN DRESSING CREAMY	1 OZ	52	0	170	0.00	0.00	0.00	0	0.00	0.00	1.00	5.00	0.60
Punch -12oz- Juice-100%	12 OZ	150	0	23	0.00	0.00	30.00	0	90.00	0.00	37.50	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00