

CLS Food Service
 (1/3 RDA) : Grade 4-12
 MAY 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 managers special HAMBURGER ON A BUN CHICK ON BUN Rib Sandwich FRENCH FRIES CELERY STICKS APPLESAUCE FRUIT,FRESH ASSORTE MILK - Variety	2 Trout Melt Pizza CHICK ON BUN HAMBURGER ON A BUN Rib Sandwich LETTUCE & TOMATO MIXED VEGETABLES FRENCH FRIES MUFFIN SQUARES FRUIT SALAD FRUIT,FRESH ASSORTE MILK - Variety	Avg Nutrients Target Cals... 720 92% Chol... 44 mg Sodium. 1010 mg Fiber... 9.2 g Iron... 4.2 mg 98% Calcium 493.0 mg 133% Vit A 2083 IU 146% Vit C 42.3 mg 243% Prot 27.2g 15.1%Cal Carb 105.6g 58.6%Cal T.Fat 22.4g 28.0%Cal S.Fat 6.9g 8.6%Cal
			Nutrients Target Cals... 646 82% Chol... 37 mg Sodium. 826 mg Fiber... 9.3 g Iron... 3.8 mg 89% Calcium 388.8 mg 105% Vit A 1013 IU 71% Vit C 57.1 mg 328% Prot 23.4g 14.5%Cal Carb 95.2g 58.9%Cal T.Fat 20.6g 28.7%Cal S.Fat 6.0g 8.3%Cal	Nutrients Target Cals... 794 101% Chol... 51 mg Sodium. 1194 mg Fiber... 9.0 g Iron... 4.6 mg 108% Calcium 597.1 mg 161% Vit A 3154 IU 221% Vit C 27.6 mg 158% Prot 31.0g 15.6%Cal Carb 115.9g 58.4%Cal T.Fat 24.3g 27.5%Cal S.Fat 7.9g 8.9%Cal	
5 BEEF BURRITO RICE,Cooked Brown HAMBURGER ON A BUN CHICK ON BUN Rib Sandwich SALAD,TOSSSED SALAD DRESSING,Assor SALSA CORN CHOCOLEANA CAKE FRUIT,FRESH ASSORTE MILK - Variety	6 POPCORN CHICKEN W HAMBURGER ON A BUN CHICK ON BUN Rib Sandwich Pizza FRENCH FRIES Italian Mix Vegetables FRUIT,FRESH ASSORTE MILK - Variety	7 NACHOS WITH GROUN NACHO CHEESE SAUC HAMBURGER ON A BUN CHICK ON BUN Rib Sandwich Pizza REFRIED BEANS ONION TOMATOES DICED FRUIT COCKTAIL FRUIT,FRESH ASSORTE MILK - Variety	8 Salad w/chicken bread stick SALAD DRESSING,Assor HAMBURGER ON A BUN CHICK ON BUN Rib Sandwich Pizza Yoplait yogurt FRUIT,FRESH ASSORTE FRUIT JUICE,ASSORTE MILK - Variety	9 Trout Melt Pizza CHICK ON BUN HAMBURGER ON A BUN Rib Sandwich LETTUCE & TOMATO MIXED VEGETABLES FRENCH FRIES MUFFIN SQUARES FRUIT SALAD FRUIT,FRESH ASSORTE MILK - Variety	Avg Nutrients Target Cals... 789 100% Chol... 89 mg Sodium. 1167 mg Fiber... 8.8 g Iron... 4.7 mg 112% Calcium 615.9 mg 166% Vit A 5277 IU 370% Vit C 39.4 mg 226% Prot 36.0g 18.3%Cal Carb 104.3g 52.9%Cal T.Fat 26.0g 29.7%Cal S.Fat 8.6g 9.8%Cal
Nutrients Target Cals... 770 98% Chol... 50 mg Sodium. 1004 mg Fiber... 9.6 g Iron... 5.2 mg 123% Calcium 510.4 mg 138% Vit A 3256 IU 228% Vit C 38.9 mg 223% Prot 33.7g 17.5%Cal Carb 110.9g 57.6%Cal T.Fat 23.8g 27.8%Cal S.Fat 7.5g 8.7%Cal	Nutrients Target Cals... 797 102% Chol... 41 mg Sodium. 1209 mg Fiber... 10.9 g Iron... 4.3 mg 102% Calcium 469.7 mg 127% Vit A 2196 IU 154% Vit C 41.9 mg 240% Prot 31.6g 15.9%Cal Carb 107.5g 53.9%Cal T.Fat 26.9g 30.4%Cal S.Fat 7.0g 7.9%Cal	Nutrients Target Cals... 688 88% Chol... 65 mg Sodium. 1340 mg Fiber... 6.8 g Iron... 4.0 mg 93% Calcium 759.9 mg 205% Vit A 1530 IU 107% Vit C 21.7 mg 124% Prot 36.8g 21.4%Cal Carb 78.2g 45.4%Cal T.Fat 25.2g 32.9%Cal S.Fat 10.7g 13.9%Cal	Nutrients Target Cals... 893 114% Chol... 236 mg Sodium. 1088 mg Fiber... 7.6 g Iron... 5.7 mg 134% Calcium 742.5 mg 200% Vit A 16251 IU1140% Vit C 66.7 mg 383% Prot 46.9g 21.0%Cal Carb 109.2g 48.9%Cal T.Fat 30.1g 30.4%Cal S.Fat 9.9g 10.0%Cal	Nutrients Target Cals... 794 101% Chol... 51 mg Sodium. 1194 mg Fiber... 9.0 g Iron... 4.6 mg 108% Calcium 597.1 mg 161% Vit A 3154 IU 221% Vit C 27.6 mg 158% Prot 31.0g 15.6%Cal Carb 115.9g 58.4%Cal T.Fat 24.3g 27.5%Cal S.Fat 7.9g 8.9%Cal	

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12 Chicken Hoagie HAMBURGER ON A BUN Rib Sandwich Pizza SPAGHETTI AND MEAT LETTUCE & TOMATO California Vegetables FRENCH FRIES FRUIT,FRESH ASSORTE MILK - Variety	13 managers special	14 TACO SALAD SALSA ONION TOMATOES DICED HAMBURGER ON A BUN CHICK ON BUN Pizza LETTUCE & TOMATO CORN ON THE COB FRUIT SALAD FRUIT,FRESH ASSORTE Yoplait yogurt MILK - Variety	15 HOT DOG ON A BUN BAKED BEANS POTATO PUFFS OATMEAL RAISIN COOK PINEAPPLE CHUNKS FRUIT,FRESH ASSORTE MILK - Variety	16 Trout Melt Pizza CHICK ON BUN HAMBURGER ON A BUN Rib Sandwich LETTUCE & TOMATO MIXED VEGETABLES FRENCH FRIES MUFFIN SQUARES FRUIT SALAD FRUIT,FRESH ASSORTE MILK - Variety	Avg Nutrients Target Cals... 730 93% Chol... 51 mg Sodium. 1053 mg Fiber... 9.4 g Iron... 4.4 mg 104% Calcium 578.2 mg 156% Vit A 3774 IU 265% Vit C 31.3 mg 180% Prot 28.6g 15.7%Cal Carb 112.9g 61.8%Cal T.Fat 20.0g 24.7%Cal S.Fat 6.7g 8.3%Cal
Nutrients Target Cals... 643 82% Chol... 37 mg Sodium. 783 mg Fiber.. 10.2 g Iron... 4.3 mg 102% Calcium 586.0 mg 158% Vit A 8475 IU 595% Vit C 46.8 mg 269% Prot 26.7g 16.6%Cal Carb 94.9g 59.0%Cal T.Fat 19.1g 26.7%Cal S.Fat 6.1g 8.5%Cal	Nutrients Target Cals... 0 0% Chol... 0 mg Sodium. 0 mg Fiber.. 0.0 g Iron... 0.0 mg 0% Calcium 0.0 mg 0% Vit A 0 IU 0% Vit C 0.0 mg 0% Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 776 99% Chol... 63 mg Sodium. 1032 mg Fiber.. 7.7 g Iron... 4.0 mg 94% Calcium 697.6 mg 188% Vit A 2483 IU 174% Vit C 27.8 mg 159% Prot 33.8g 17.4%Cal Carb 116.6g 60.1%Cal T.Fat 20.2g 23.5%Cal S.Fat 8.2g 9.5%Cal	Nutrients Target Cals... 708 90% Chol... 53 mg Sodium. 1202 mg Fiber.. 10.5 g Iron... 4.8 mg 113% Calcium 432.1 mg 117% Vit A 982 IU 69% Vit C 23.1 mg 132% Prot 22.8g 12.9%Cal Carb 124.3g 70.2%Cal T.Fat 16.5g 20.9%Cal S.Fat 4.9g 6.2%Cal	Nutrients Target Cals... 794 101% Chol... 51 mg Sodium. 1194 mg Fiber.. 9.0 g Iron... 4.6 mg 108% Calcium 597.1 mg 161% Vit A 3154 IU 221% Vit C 27.6 mg 158% Prot 31.0g 15.6%Cal Carb 115.9g 58.4%Cal T.Fat 24.3g 27.5%Cal S.Fat 7.9g 8.9%Cal	
19 SLOPPY JOE ON A BUN HAMBURGER ON A BUN Rib Sandwich Pizza LETTUCE & TOMATO MASHED POTATOES PEAS & CARROTS FRUIT COCKTAIL FRUIT,FRESH ASSORTE Yoplait yogurt MILK - Variety	20 CHICKEN,OVEN FRIED HAMBURGER ON A BUN Rib Sandwich Pizza CHICK ON BUN MASHED POTATOES PEAS & CARROTS PINEAPPLE CHUNKS FRUIT,FRESH ASSORTE MILK - Variety	21 NACHOS WITH GROUN NACHO CHEESE SAUC HAMBURGER ON A BUN CHICK ON BUN Rib Sandwich Pizza REFRIED BEANS ONION TOMATOES DICED FRUIT COCKTAIL FRUIT,FRESH ASSORTE MILK - Variety	22 managers special	23 Trout Melt Pizza CHICK ON BUN HAMBURGER ON A BUN Rib Sandwich LETTUCE & TOMATO MIXED VEGETABLES FRENCH FRIES MUFFIN SQUARES FRUIT SALAD FRUIT,FRESH ASSORTE MILK - Variety	Avg Nutrients Target Cals... 755 96% Chol... 71 mg Sodium. 1087 mg Fiber... 7.3 g Iron... 4.1 mg 98% Calcium 622.3 mg 168% Vit A 4157 IU 292% Vit C 32.9 mg 189% Prot 34.4g 18.2%Cal Carb 100.4g 53.2%Cal T.Fat 24.6g 29.3%Cal S.Fat 10.2g 12.1%Cal

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Nutrients Target Cals... 862 110% Chol... 89 mg Sodium. 1079 mg Fiber.. 8.0 g Iron... 4.6 mg 108% Calcium 671.3 mg 181% Vit A 8781 IU 616% Vit C 40.1 mg 230% Prot 37.9g 17.6%Cal Carb 122.7g 56.9%Cal T.Fat 25.2g 26.4%Cal S.Fat 12.6g 13.2%Cal	Nutrients Target Cals... 675 86% Chol... 77 mg Sodium. 735 mg Fiber.. 5.5 g Iron... 3.4 mg 80% Calcium 460.8 mg 124% Vit A 3162 IU 222% Vit C 42.4 mg 243% Prot 32.0g 19.0%Cal Carb 85.0g 50.4%Cal T.Fat 23.7g 31.6%Cal S.Fat 9.5g 12.7%Cal	Nutrients Target Cals... 688 88% Chol... 65 mg Sodium. 1340 mg Fiber.. 6.8 g Iron... 4.0 mg 93% Calcium 759.9 mg 205% Vit A 1530 IU 107% Vit C 21.7 mg 124% Prot 36.8g 21.4%Cal Carb 78.2g 45.4%Cal T.Fat 25.2g 32.9%Cal S.Fat 10.7g 13.9%Cal	Nutrients Target Cals... 0 0% Chol... 0 mg Sodium. 0 mg Fiber.. 0.0 g Iron... 0.0 mg 0% Calcium 0.0 mg 0% Vit A 0 IU 0% Vit C 0.0 mg 0% Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 794 101% Chol... 51 mg Sodium. 1194 mg Fiber.. 9.0 g Iron... 4.6 mg 108% Calcium 597.1 mg 161% Vit A 3154 IU 221% Vit C 27.6 mg 158% Prot 31.0g 15.6%Cal Carb 115.9g 58.4%Cal T.Fat 24.3g 27.5%Cal S.Fat 7.9g 8.9%Cal	
26 HOLIDAY	27 managers special	28 pork chopette on a bun CHICK ON BUN Rib Sandwich HAMBURGER ON A BUN Pizza MASHED POTATOES BROCCOLI FRUIT COCKTAIL FRUIT,FRESH ASSORTE MILK - Variety	29 Chef Salad bread stick CARROT STICKS RANCH DRESSING APPLE CRISP FRUIT,FRESH ASSORTE MILK - Variety	30 Trout Melt Pizza CHICK ON BUN HAMBURGER ON A BUN Rib Sandwich LETTUCE & TOMATO MIXED VEGETABLES FRENCH FRIES MUFFIN SQUARES FRUIT SALAD FRUIT,FRESH ASSORTE MILK - Variety	Avg Nutrients Target Cals... 685 87% Chol... 57 mg Sodium. 1153 mg Fiber.. 9.3 g Iron... 4.2 mg 99% Calcium 559.4 mg 151% Vit A 11548 IU 810% Vit C 49.6 mg 285% Prot 29.1g 17.0%Cal Carb 93.7g 54.7%Cal T.Fat 23.2g 30.4%Cal S.Fat 9.6g 12.6%Cal
Nutrients Target Cals... 0 0% Chol... 0 mg Sodium. 0 mg Fiber.. 0.0 g Iron... 0.0 mg 0% Calcium 0.0 mg 0% Vit A 0 IU 0% Vit C 0.0 mg 0% Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 0 0% Chol... 0 mg Sodium. 0 mg Fiber.. 0.0 g Iron... 0.0 mg 0% Calcium 0.0 mg 0% Vit A 0 IU 0% Vit C 0.0 mg 0% Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 727 93% Chol... 66 mg Sodium. 999 mg Fiber.. 9.5 g Iron... 4.5 mg 107% Calcium 497.7 mg 134% Vit A 2370 IU 166% Vit C 79.5 mg 457% Prot 32.3g 17.8%Cal Carb 95.2g 52.4%Cal T.Fat 25.8g 31.9%Cal S.Fat 11.0g 13.6%Cal	Nutrients Target Cals... 535 68% Chol... 55 mg Sodium. 1267 mg Fiber.. 9.3 g Iron... 3.4 mg 81% Calcium 583.5 mg 158% Vit A 29119 IU2043% Vit C 41.7 mg 240% Prot 23.9g 17.9%Cal Carb 69.9g 52.3%Cal T.Fat 19.5g 32.8%Cal S.Fat 10.0g 16.8%Cal	Nutrients Target Cals... 794 101% Chol... 51 mg Sodium. 1194 mg Fiber.. 9.0 g Iron... 4.6 mg 108% Calcium 597.1 mg 161% Vit A 3154 IU 221% Vit C 27.6 mg 158% Prot 31.0g 15.6%Cal Carb 115.9g 58.4%Cal T.Fat 24.3g 27.5%Cal S.Fat 7.9g 8.9%Cal	

SALAD BAR AND PASTA BAR AVAILABLE

HAMBURGER, CHEESEBURGER, PIZZA SLICE, CHICKEN & RIB SANDWICH MAY BE SUBSTITUTED FOR DAILY ENTREE. SMALL SALAD BAR MAY BE SUBSTITUTED FOR VEGGIES ON MEAL. IF YOU HAVE ANY QUESTIONS PLEASE ASK ONE OF THE NUTRITION STAFF SERVING YOU.