



WEEKLY MENU DETAILS : 18-19 lunch wk 3

Item Description	# Students	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B(oz)	WG Rich	Dessert	Milk	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*
MONDAY: 18-19 lunch wk 3 mon															
ENTREE 1															
CHICKEN - PATTIES BREADED B REAST FC WG 3.15OZ	425	1.000 Each	210.000	2.500	370.000	11.000	2.000 oz	0.500 oz	YES						
WG Hamburger Bun	425	1.000 Each	120.000	0.000	190.000	22.000		2.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
District 287 Buffalo Cauliflower	500	0.500 Cups	35.000	1.000	160.000	4.000						0.500 cups O			
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
POTATOES - FRIES CURLY REASTONE CANYON SPIRALS	500	2.110 Ounces	110.000	0.500	300.000	15.000						0.500 cups S			
ENTREE 2															
Alternate Sandwich	75	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
District 287 Buffalo Cauliflower	500	0.500 Cups	35.000	1.000	160.000	4.000						0.500 cups O			



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MONDAY: 18-19 lunch wk 3 mon																	
ENTREE 2																	
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
POTATOES - FRIES CURLY RE DSTONE CANYON SPIRALS	500	2.110 Ounces	110.000	0.500	300.000	15.000						0.500 cups	S				
TUESDAY: 18-19 lunch wk3 tues																	
ENTREE 1																	
CHEESE SAUCE - CHEDDAR REDU CED SODIUM ULTIMATE POUCHES	375	1.000 Ounces	43.333	1.999	183.333	1.333	0.250 oz										
BURRITOS - CHICKEN & CHEESE WG 5OZ	375	1.000 Each	330.000	6.000	570.000	33.000	2.000 oz	2.000 oz	YES								
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups	DG	0.250 cups	RO	0.250 cups	BP
SALADS - BLACK BEAN, CORN AND TOMATO FIESTA SALAD	500	0.500 Cups	170.000	1.000	150.000	24.000						0.125 cups	RO	0.250 cups	S	0.125 cups	BP
Milk Carton Recipe 60% fa t free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup						
ENTREE 2																	
Alternate Sandwich	125	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES								
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups	Fruit				



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TUESDAY: 18-19 lunch wk3 tues

ENTREE 2

Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
SALADS - BLACK BEAN, CORN AND TOMATO FIESTA SALAD	500	0.500 Cups	170.000	1.000	150.000	24.000						0.125 cups RO	0.250 cups S	0.125 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				

WEDNESDAY: 18-19 lunch wk 3 wed

ENTREE 1

District 287 Pepperoni Pizza a Bake	400	8.000 Ounces	430.000	8.000	1030.00	44.000	2.500 oz	1.250 oz	YES			0.375 cups RO			
BREADSTICKS - GARLIC WHEAT WG 1.3OZ	400	1.000 Each	110.000	1.000	230.000	17.000		1.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
BROCCOLI - CUTS IQF	500	1.000 Cups	30.000	0.000	20.000	4.000						1.000 cups DG			

ENTREE 2

Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
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WEDNESDAY: 18-19 lunch wk 3 wed

ENTREE 2

Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup			
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit		
BROCCOLI - CUTS IQF	500	1.000 Cups	30.000	0.000	20.000	4.000						1.000 cups DG		

THURSDAY: 18-19 lunch wk3 thur

ENTREE 1

Grilled Cheese Sandwich	400	1.000 Each	380.000	11.000	800.000	28.000	2.000 oz	2.000 oz	YES					
POTATOES - HASH BROWNS TR IANGLES PARK PREMIUM	500	2.000 Each	97.000	0.670	200.000	12.000						0.375 cups S		
PEAS - GREEN IQF BULK	500	0.500 Cups	70.000	0.000	0.000	13.000						0.500 cups S		
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup			
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit		

ENTREE 2



WEEKLY MENU DETAILS : 18-19 lunch wk 3

Item Description	# Students	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B(oz)	WG Rich	Dessert	Milk	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*
THURSDAY: 18-19 lunch wk3 thur															
ENTREE 2															
Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
POTATOES - HASH BROWNS TR IANGLES PARK PREMIUM	500	2.000 Each	97.000	0.670	200.000	12.000						0.375 cups S			
PEAS - GREEN IQF BULK	500	0.500 Cups	70.000	0.000	0.000	13.000						0.500 cups S			
Milk Carton Recipe 60% fa t free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
FRIDAY: 18-19 lunch wk3 fri															
ENTREE 1															
Pep Pizza Slices	250	1.000 Each	440.000	10.000	620.000	35.000	2.000 oz	2.000 oz	YES			0.125 cups RO			
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fa t free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			



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FRIDAY: 18-19 lunch wk3 fri															
ENTREE 1															
CORN - CUT DAILY PICK IQF	500	0.500 Cups	90.000	0.000	0.000	19.000						0.500 cups S			
ENTREE 2															
Cheese Pizza Slices	150	1.000 Each	370.000	8.000	370.000	35.000	2.000 oz	2.000 oz	YES			0.125 cups RO			
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
CORN - CUT DAILY PICK IQF	500	0.500 Cups	90.000	0.000	0.000	19.000						0.500 cups S			
ENTREE 3															
Alternate Sandwich	100	1.000 Each	340.000	6.000	720.000	31.000	2.000 oz	2.000 oz	YES						
Salad/Condiment Bar	500	1.000 Each	60.000	0.600	105.000	7.000						0.250 cups DG	0.250 cups RO	0.250 cupsBP	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			



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FRIDAY: 18-19 lunch wk3 fri															
ENTREE 3															
CORN - CUT DAILY PICK IQF	500	0.500 Cups	90.000	0.000	0.000	19.000						0.500 cups	S		
