



WEEKLY MENU DETAILS : 18-19 lunch wk 4

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 wk4 mon															
ENTREE 1															
BREADSTICKS - MAXSTIX MOZZA RELLA WG 1.93OZ	400	1.000 Each	160.000	2.500	400.000	17.000	1.000 oz	1.000 oz	YES						
MARINARA SAUCE	400	0.500 Cups	60.000	0.000	490.000	11.000						0.500 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
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		
BEANS - GREEN BEANS REG C UT 1.5" IQF	500	3.000 Ounces	30.000	0.000	0.000	6.000						0.625 cups	O		
ENTREE 2															
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
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		
BEANS - GREEN BEANS REG C UT 1.5" IQF	500	3.000 Ounces	30.000	0.000	0.000	6.000						0.625 cups	O		



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TUESDAY: 18-19 lunch wk 4 tue

ENTREE 1

Super Nachos	425	1.000 Cups	440.000	5.000	760.000	55.000	2.000 oz	2.000 oz	YES			0.375 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			

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				
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			

WEDNESDAY: 18-19 lunch wk 4 wed

ENTREE 1

WG Dinner Roll	400	1.000 Each	80.000	0.000	130.000	15.000		1.000 oz	YES						
District 287 Spicy Thai Chicken	400	6.000 Ounces	150.000	0.000	430.000	10.000	2.500 oz								



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WEDNESDAY: 18-19 lunch wk 4 wed															
ENTREE 1															
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				
BROCCOLI - CUTS IQF	500	0.500 Cups	15.000	0.000	10.000	2.000						0.500 cups DG			
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
RICE - BROWN WG	500	0.500 Cups	85.000	0.000	0.000	17.500		1.000 oz	YES						
ENTREE 2															
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				
BROCCOLI - CUTS IQF	500	0.500 Cups	15.000	0.000	10.000	2.000						0.500 cups DG			
Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
RICE - BROWN WG	500	0.500 Cups	85.000	0.000	0.000	17.500		1.000 oz	YES						



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THURSDAY: 18-19 lunch wk4 thur																	
ENTREE 1																	
Manwich Sandwich	400	1.000 Each	320.000	3.000	830.000	39.000	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
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						
CORN COBBETTES 5.5" IQF	500	1.000 Each	0.000	0.000	0.000	0.000											
POTATOES - FRIES 3/8 DEEP V CC 6/5#	500	2.060 Ounces	100.000	0.000	170.000	16.000						0.500 cups	S				
ENTREE 2																	
Alternate Sandwich	100	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				
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
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						
CORN COBBETTES 5.5" IQF	500	1.000 Each	0.000	0.000	0.000	0.000											



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THURSDAY: 18-19 lunch wk4 thur

ENTREE 2

POTATOES - FRIES 3/8 DEEP V CC 6/5#	500	2.060 Ounces	100.000	0.000	170.000	16.000						0.500 cups S			
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FRIDAY: 18-19 lunch wk4 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			
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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	
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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				
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Lunch Fruit Variety	500	1.000 Cups	90.000	0.000	0.000	25.000						1.000 cups Fruit			
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District 287 Broccoli Sal ad	500	0.500 Each	40.000	0.250	50.000	4.500						0.250 cups DG			
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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			
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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	
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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				
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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 wk4 fri															
ENTREE 2															
District 287 Broccoli Salad	500	0.500 Each	40.000	0.250	50.000	4.500						0.250 cups DG			
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			
District 287 Broccoli Salad	500	0.500 Each	40.000	0.250	50.000	4.500						0.250 cups DG			