

# FOREST HIGH SCHOOL APRIL 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2	3 Chef Salad Salisbury Steak W/Gravy Hot Dog Southern Turnip Greens Mashed Potatoes with Cheese Garden Salad W/Dressing Fresh Oranges Chilled Peaches Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Cinnamon Rolls	4 Chef Salad Cheesy Chicken Over/Rice BBQ Pork Sandwich Seasoned Lima Beans Yam Patties Steamed Broccoli Florets Fresh Peas Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rolls, Enriched Flour MS1352	5 Chef Salad Philly Cheese Steak Sandwich Chicken Fajita Wrap Corn on the Cob Baked Beans Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding	6 Chef Salad Bacon Cheese Burger Fish Nuggets Seasoned Potato Wedges Creamy Coleslaw California Veggies Fresh Apples Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding Yeast Roll	Calories 802 Cholesterol 67 mg Sodium 1382 mg Dietary Fiber 9.48 g Iron 4.43 mg Calcium 480.67 mg Vitamin A 2469 IU Vitamin C 50.91 mg Sugars 54.54 g 27.2% Protein 35.28 g 17.6% Carbohydrate 118.95 g 59.4% Total Fat 20.86 g 23.4% Saturated Fat 7.50 g 8.4%
9 Chef Salad Salisbury Steak W/Gravy Grilled Chicken Sandwich Steamed Brown Rice Seasoned Lima Beans Yam Patties Fresh Peas Chilled Diced Peas Rolls, Enriched Flour MS1352 Brownies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	10 Chef Salad Chicken with Alfredo Sauce Ham & Cheese on Hoagie Southern Green Beans Black-Eyed Peas California Veggies Whole Wheat Garlic Toast Fresh Oranges Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Vanilla Pudding	11 Chef Salad Sliced Turkey with Gravy Hot Dog Mashed Potatoes Steamed Broccoli Florets Pinto Beans Chilled Peach Slices Fresh Apples Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	12 Chef Salad Philly Cheese Steak Sandwich Spicy Chicken Sandwich Baked Potato with Margarine California Veggies Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding	13 Chef Salad B B Que Beef Nachos Turkey & Cheese Hoagie Whole Kernel Corn Baked Beans Tossed Salad w/ Dressing Fresh Bananas Mandarin Fruit Cup Rice Krispy Bars Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Calories 775 Cholesterol 66 mg Sodium 1339 mg Dietary Fiber 8.62 g Iron 4.68 mg Calcium 541.55 mg Vitamin A 2047 IU Vitamin C 30.94 mg Sugars 55.69 g 28.7% Protein 34.16 g 17.6% Carbohydrate 116.23 g 60.0% Total Fat 20.36 g 23.6% Saturated Fat 7.61 g 8.8%
16 Chef Salad Mandarin Chicken Steamed Brown Rice Corn Dog Nuggets Green Peas Garden Salad W/Dressing Chilled Peach Slices Fresh Bananas Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yeast Roll	17 Chef Salad Spaghetti & Meat Sauce Grilled Chicken Sandwich Black-Eyed Peas Potato Salad Tossed Salad w/ Dressing Mandarin Fruit Cup Fresh Apples Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding	18 Chef Salad Steak Fingers Fish Melt Southern Collard Greens Mashed Potatoes Raw Veggies with Dip Fresh Peas Pineapple Tidbits Cornbread Rice Krispy Bars Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	19 Chef Salad BBQ Pulled Pork Burger Chicken Fajitas Baked Ranch Fries Broccoli Salad Garden Salad W/Dressing Fresh Oranges Chilled Diced Peas Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding	20 Chef Salad Stuffed Crust Pizza Beef & Bean Burrito Whole Kernel Corn Glazed Carrots Baked Beans Rosey Applesauce Fresh Plums Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 755 Cholesterol 64 mg Sodium 1216 mg Dietary Fiber 9.40 g Iron 4.34 mg Calcium 546.33 mg Vitamin A 4399 IU Vitamin C 30.71 mg Sugars 53.22 g 28.2% Protein 33.96 g 18.0% Carbohydrate 115.87 g 61.4% Total Fat 18.50 g 22.1% Saturated Fat 6.62 g 7.9%
23 Chef Salad Chicken Spaghetti BBQ Pulled Pork Burger Seasoned Lima Beans Mashed Potatoes with Cheese Garden Salad W/Dressing Fresh Oranges Pineapple Tidbits Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Cinnamon Rolls	24 Chef Salad John Wayne Casserole Grilled Chicken Sandwich Black-Eyed Peas Potato Salad Tossed Salad w/ Dressing Chilled Peach Slices Fresh Plums Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	25 Chef Salad Cheesy Chicken Over/Rice BBQ Pork Sandwich Seasoned Lima Beans Yam Patties Steamed Broccoli Florets Fresh Peas Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding Rolls, Enriched Flour MS1352	26 Chef Salad Philly Cheese Steak Sandwich Spicy Chicken Sandwich Corn on the Cob Baked Beans Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding	27 Chef Salad Bacon Cheese Burger Fish Melt Seasoned Potato Wedges Creamy Coleslaw California Veggies Fresh Apples Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding	Calories 793 Cholesterol 73 mg Sodium 1379 mg Dietary Fiber 9.61 g Iron 4.19 mg Calcium 462.03 mg Vitamin A 2327 IU Vitamin C 44.31 mg Sugars 53.71 g 27.1% Protein 37.42 g 18.9% Carbohydrate 117.35 g 59.2% Total Fat 19.66 g 22.3% Saturated Fat 7.09 g 8.1%
30 Chef Salad Pepperoni Pizza Wedge Chicken Fajitas Tater Tots Broccoli Salad Garden Salad W/Dressing Fresh Oranges Chilled Diced Peas Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding					Calories 736 Cholesterol 70 mg Sodium 1486 mg Dietary Fiber 8.70 g Iron 2.64 mg Calcium 682.29 mg Vitamin A 2643 IU Vitamin C 63.38 mg Sugars 53.28 g 29.0% Protein 34.37 g 18.7% Carbohydrate 109.39 g 59.5% Total Fat 19.50 g 23.9% Saturated Fat 8.15 g 10.0%

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