

# FOREST HIGH SCHOOL OCTOBER 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2  Chef Salad Personal Pan Pizza Chicken Fajitas Tater Tots Broccoli Salad Garden Salad W/Dressing Fresh Oranges Chilled Diced Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding	3  Chef Salad Spaghetti & Meatballs Grilled Chicken Sandwich Black-Eyed Peas Potato Salad Tossed Salad w/ Dressing Mandarin Fruit Cup Fresh Kiwi Wedges Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yellow Cake	4  Chef Salad Salisbury Steak W/Gravy Fish Melt Southern Collard Greens Scalloped Potatoes Raw Veggies with Dip Fresh Grapes Pineapple Tidbits Cornbread Rice Krispy Bars Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	5  Chef Salad Chicken with Alfredo Sauce Corn Dog Southern Green Beans 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	6  Chef Salad Buffalo Hot Wings Hot Dog Baked Potato with Margarine Glazed Carrots Baked Beans Sliced Strawberries Fresh Plums Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie Rolls, Enriched Flour MS1352	Calories 768 Cholesterol 83 mg Sodium 1340 mg Dietary Fiber 8.05 g Iron 4.36 mg Calcium 584.51 mg Vitamin A 4408 IU Vitamin C 44.18 mg Sugars 50.82 g 26.5% Protein 34.94 g 18.2% Carbohydrate 111.97 g 58.3% Total Fat 20.78 g 24.4% Saturated Fat 7.06 g 8.3%
9  Chef Salad Philly Cheese Steak Sandwich Spicy Chicken Sandwich 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	10  Chef Salad Steak Fingers Ham & Cheese on Hoagie Corn on the Cob Seasoned Lima Beans Yam Patties Fresh Pears Chilled Diced Pears Rolls, Enriched Flour MS1352 Brownies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	11  Chef Salad Beefy Nachos Grande Grilled Chicken Sandwich Baked Beans Tater Tots California Veggies Fresh Oranges Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	12	13	Calories 757 Cholesterol 59 mg Sodium 1260 mg Dietary Fiber 9.22 g Iron 4.76 mg Calcium 484.21 mg Vitamin A 1810 IU Vitamin C 31.64 mg Sugars 49.51 g 26.2% Protein 32.76 g 17.3% Carbohydrate 108.14 g 57.2% Total Fat 23.01 g 27.4% Saturated Fat 7.57 g 9.0%
16	17  Chef Salad Red Beans and Rice with Sausage Ham & Cheese on Hoagie Southern Green Beans Glazed Carrots Pinto Beans Cornbread Fresh Oranges Pineapple Tidbits Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Vanilla Pudding	18  Chef Salad John Wayne Casserole Grilled Chicken Sandwich Steamed Broccoli Florets Potato Salad Garden Salad W/Dressing Fresh Pears Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	19  Chef Salad Chicken Nuggets Glazed BBQ Meatballs on Hoagie Bun Whole Kernel Corn Black Bean Salad Baked Beans Fresh Bananas Chilled Peach Slices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	20  Chef Salad Bacon Cheese Burger Hot Dog 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 734 Cholesterol 65 mg Sodium 1372 mg Dietary Fiber 9.43 g Iron 3.98 mg Calcium 453.55 mg Vitamin A 3516 IU Vitamin C 32.67 mg Sugars 51.69 g 28.2% Protein 30.99 g 16.9% Carbohydrate 106.15 g 57.8% Total Fat 22.09 g 27.1% Saturated Fat 8.37 g 10.3%
23  Chef Salad Buffalo Hot Wings Mini Hot Dogs 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	24  Chef Salad Spaghetti & Meat Sauce Grilled Chicken Sandwich 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	25  Chef Salad Steak Fingers Ham & Cheese on Hoagie Corn on the Cob Seasoned Lima Beans Yam Patties Fresh Pears Chilled Diced Pears Rolls, Enriched Flour MS1352 Brownies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	26  Chef Salad Beefy Nachos Grande Turkey & Cheese Hoagie Whole Kernel Corn Baked Beans Garden Salad W/Dressing Fresh Bananas Mandarin Fruit Cup Yellow Cake Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	27  Chef Salad Philly Cheese Steak Sandwich Spicy Chicken Sandwich Seasoned Potato Wedges 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	Calories 777 Cholesterol 67 mg Sodium 1309 mg Dietary Fiber 9.09 g Iron 4.85 mg Calcium 500.17 mg Vitamin A 1962 IU Vitamin C 30.51 mg Sugars 52.88 g 27.2% Protein 33.29 g 17.1% Carbohydrate 112.53 g 57.9% Total Fat 22.86 g 26.5% Saturated Fat 8.03 g 9.3%
30  Chef Salad Salisbury Steak W/Gravy Mini Hot Dogs Seasoned Cabbage 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	31  Chef Salad Vegetable Beef Soup Grilled Cheese Sandwich 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 Sugar Cookie				Calories 720 Cholesterol 73 mg Sodium 1204 mg Dietary Fiber 8.87 g Iron 4.53 mg Calcium 477.26 mg Vitamin A 3294 IU Vitamin C 88.89 mg Sugars 43.67 g 24.3% Protein 31.46 g 17.5% Carbohydrate 99.30 g 55.2% Total Fat 21.69 g 27.1% Saturated Fat 7.13 g 8.9%

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