

FOREST HIGH SCHOOL MAY 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 <p style="text-align: center;">Chef Salad Spaghetti & Meat Sauce 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</p>	2 <p style="text-align: center;">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</p>	3 <p style="text-align: center;">Chef Salad Chicken with Alfredo Sauce Corn Dog Nuggets Southern Green Beans Glazed Carrots 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</p>	4 <p style="text-align: center;">Chef Salad Buffalo Hot Wings Hot Dog Baked Potato with Margarine Broccoli Salad 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</p>	<p>Calories 781 Cholesterol 88 mg Sodium 1303 mg Dietary Fiber 8.04 g Iron 4.85 mg Calcium 581.63 mg Vitamin A 5176 IU Vitamin C 46.82 mg Sugars 49.50 g 25.3% Protein 34.66 g 17.7% Carbohydrate 112.26 g 57.5% Total Fat 22.14 g 25.5% Saturated Fat 7.01 g 8.1%</p>
7 <p style="text-align: center;">Chef Salad Red Beans and Rice with Sausage Grilled Chicken Sandwich Black-Eyed Peas Potato Salad Tossed Salad w/ Dressing Mandarin Fruit Cup Fresh Kiwi Wedges Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Fruit Crisp</p>	8 <p style="text-align: center;">Chef Salad Steak Fingers Corn Dog Nuggets Southern Collard Greens Mashed 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</p>	9 <p style="text-align: center;">Chef Salad Beef-A-Roni Fish Nuggets 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 Yeast Roll Sugar Cookie</p>	10 <p style="text-align: center;">Chef Salad Beefy Nachos Grande Ham and Turkey on Bun Whole Kernel Corn 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</p>	11 <p style="text-align: center;">Chef Salad Philly Cheese Steak Sandwich Chicken Nuggets 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 Rolls, Enriched Flour MS1352</p>	<p>Calories 799 Cholesterol 64 mg Sodium 1316 mg Dietary Fiber 9.16 g Iron 4.72 mg Calcium 530.90 mg Vitamin A 3432 IU Vitamin C 43.92 mg Sugars 59.01 g 29.5% Protein 32.57 g 16.3% Carbohydrate 119.56 g 59.8% Total Fat 22.34 g 25.1% Saturated Fat 7.96 g 9.0%</p>
14 <p style="text-align: center;">Chef Salad Spicy Chicken Sandwich Hot Dog Baked Potato with Margarine Garden Salad W/Dressing Chilled Diced Pears Fresh Bananas Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yeast Roll Yellow Cake</p>	15 <p style="text-align: center;">Chef Salad BBQ Pulled Pork Burger Chicken Fajitas Whole Kernel Corn Southern Green Beans Garden Salad W/Dressing Fresh Oranges Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding</p>	16 <p style="text-align: center;">Chef Salad Spaghetti & Meat Sauce Grilled Chicken Sandwich Black-Eyed Peas Yam Patties 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</p>	17 <p style="text-align: center;">Chef Salad Steak Fingers Fish Melt Southern Collard Greens Macaroni and Cheese Raw Veggies with Dip Fresh Pears Pineapple Tidbits Cornbread Rice Krispy Bars Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>	18 <p style="text-align: center;">Chef Salad Buffalo Hot Wings Ham and Cheese Wrap Oven Baked Potato Wedges Garden Salad W/Dressing Mixed Vegetables 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</p>	<p>Calories 789 Cholesterol 76 mg Sodium 1349 mg Dietary Fiber 8.26 g Iron 4.79 mg Calcium 537.39 mg Vitamin A 3444 IU Vitamin C 26.05 mg Sugars 52.35 g 26.5% Protein 35.76 g 18.1% Carbohydrate 116.74 g 59.2% Total Fat 21.15 g 24.1% Saturated Fat 7.50 g 8.6%</p>
21 <p style="text-align: center;">Chef Salad Steak Fingers Ham & Cheese on Hoagie Steamed Broccoli Florets Seasoned Lima Beans Steamed Brown Rice Fresh Pears Chilled Diced Pears Rolls, Enriched Flour MS1352 Brownies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>	22 <p style="text-align: center;">Chef Salad Philly Cheese Steak Sandwich Spicy Chicken Sandwich Whole Kernel Corn Baked 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</p>	23 <p style="text-align: center;">Chef Salad B. B. Que Nachos Fish Melt Glazed Carrots Oven Baked Potato Wedges Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding</p>	24 <p style="text-align: center;">Sack Lunches</p>	25 <p style="text-align: center;">Sack Lunches</p>	<p>Calories 786 Cholesterol 57 mg Sodium 1281 mg Dietary Fiber 9.21 g Iron 4.57 mg Calcium 494.62 mg Vitamin A 4202 IU Vitamin C 22.47 mg Sugars 56.62 g 28.8% Protein 32.34 g 16.5% Carbohydrate 114.61 g 58.3% Total Fat 23.72 g 27.2% Saturated Fat 8.33 g 9.5%</p>
28	29	30	31		<p>Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Sugars 0.00 g 0.0% Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%</p>

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