

FOREST HIGH SCHOOL DECEMBER 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 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 752 Cholesterol 49 mg Sodium 1505 mg Dietary Fiber 9.10 g Iron 3.46 mg Calcium 315.81 mg Vitamin A 1205 IU Vitamin C 21.25 mg Sugars 54.55 g 29.0% Protein 25.92 g 13.8% Carbohydrate 112.03 g 59.6% Total Fat 23.87 g 28.6% Saturated Fat 9.29 g 11.1%
4 Chef Salad BBQ Pulled Pork Burger Ham and Cheese Wrap Creamy Coleslaw Seasoned Lima Beans Mashed Potatoes Fresh Pears Chilled Diced Pears Rolls, Enriched Flour MS1352 Brownies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	5 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	6 Chef Salad Cheesy Chicken Over/Rice Fish Melt Green Peas Garden Salad W/Dressing Steamed Broccoli Florets Fresh Pears Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding Rolls, Enriched Flour MS1352	7 Chef Salad Beefy Nachos Grande Hot Dog Whole Kernel Corn Baked Beans Garden Salad W/Dressing Fresh Bananas Mandarin Fruit Cup Fruit Crisp Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	8 Chef Salad Buffalo Hot Wings Philly Cheese Steak Sandwich Oven Baked Potato Wedges Glazed Carrots Garden Salad W/Dressing 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 817 Cholesterol 70 mg Sodium 1289 mg Dietary Fiber 9.42 g Iron 4.98 mg Calcium 476.97 mg Vitamin A 3325 IU Vitamin C 28.35 mg Sugars 56.73 g 27.8% Protein 35.38 g 17.3% Carbohydrate 117.04 g 57.3% Total Fat 24.25 g 26.7% Saturated Fat 8.52 g 9.4%
11 Chef Salad Salisbury Steak W/Gravy Chicken Spaghetti Southern Turnip Greens Glazed Carrots Garden Salad W/Dressing Fresh Oranges Pineapple Tidbits Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	12 Chef Salad Grilled Chicken Sandwich Philly Cheese Steak Sandwich Whole Kernel Corn Southern Green Beans Tossed Salad w/ Dressing Chilled Peach Slices Fresh Plums Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	13 Chef Salad Chicken Nuggets Hot Dog Mashed Potatoes with Cheese Garden Salad W/Dressing Seasoned Lima Beans Fresh Pears Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding Rolls, Enriched Flour MS1352	14 Christmas Lunch	15 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	Calories 617 Cholesterol 61 mg Sodium 1163 mg Dietary Fiber 7.09 g Iron 3.59 mg Calcium 419.07 mg Vitamin A 3766 IU Vitamin C 46.02 mg Sugars 41.34 g 26.8% Protein 30.36 g 19.7% Carbohydrate 86.47 g 56.1% Total Fat 17.09 g 24.9% Saturated Fat 5.70 g 8.3%
18 Chef Salad Cheesy Chicken Over/Rice Ham & Cheese on Hoagie Black-Eyed Peas Seasoned Lima Beans 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	19 Chef Salad Cheesy Breadsticks/Chili Grilled Chicken Sandwich Steamed Broccoli Florets 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	20 Chef Salad Beefy Nachos Grande Spicy Chicken Sandwich Whole Kernel Corn 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	21 Sack Lunch	22	Calories 764 Cholesterol 70 mg Sodium 1394 mg Dietary Fiber 9.99 g Iron 4.37 mg Calcium 544.66 mg Vitamin A 2828 IU Vitamin C 64.79 mg Sugars 47.15 g 24.7% Protein 37.48 g 19.6% Carbohydrate 107.76 g 56.4% Total Fat 21.56 g 25.4% Saturated Fat 7.56 g 8.9%
25	26	27	28	29	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%
					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%

This agency is an equal opportunity employer and provider
Esta agencia es un proveedor de igualdad de oportunidades