

# FOREST HIGH SCHOOL MARCH 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 Chef Salad Chicken Fajita Wrap Fish Sandwich Seasoned Potato Wedges Glazed Carrots Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Cinnamon Rolls	2 Chef Salad Buffalo Hot Wings Hot Dog Baked Potato with Margarine Baked Beans Garden Salad W/Dressing 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	Calories 795 Cholesterol 85 mg Sodium 1314 mg Dietary Fiber 9.80 g Iron 4.47 mg Calcium 514.62 mg Vitamin A 5974 IU Vitamin C 21.60 mg Sugars 50.28 g 25.3% Protein 38.81 g 19.5% Carbohydrate 109.14 g 54.9% Total Fat 23.78 g 26.9% Saturated Fat 7.26 g 8.2%
5 Chef Salad Chicken Spaghetti Ham and Cheese Wrap Southern Green Beans Black-Eyed Peas Yam Patties Whole Wheat Garlic Toast Fresh Oranges Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rice Krispy Bars	6 Chef Salad Salisbury Steak W/Gravy Grilled Chicken Sandwich Steamed Brown Rice Seasoned Lima Beans Fresh Pears Chilled Diced Pears Rolls, Enriched Flour MS1352 Brownies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	7 Chef Salad John Wayne Casserole Turkey & Cheese Hoagie 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	8 Chef Salad Chicken Tenders 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	9 Chef Salad BBQ Pulled Pork Burger Fried Catfish Seasoned Potato Wedges Creamy Coleslaw Baked Beans Fresh Apples Rosy Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding Yeast Roll	Calories 767 Cholesterol 70 mg Sodium 1235 mg Dietary Fiber 8.94 g Iron 4.42 mg Calcium 455.44 mg Vitamin A 1702 IU Vitamin C 27.70 mg Sugars 50.91 g 26.5% Protein 34.90 g 18.2% Carbohydrate 112.31 g 58.6% Total Fat 21.07 g 24.7% Saturated Fat 7.42 g 8.7%
12	13	14	15	16	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%
19 Chef Salad Cheesy Chicken Over/Rice BBQ Pork Sandwich Seasoned Lima Beans Yam Patties 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	20 Chef Salad Steak Fingers Fish Melt Green Peas Macaroni and Cheese 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 Sugar Cookie	21 Chef Salad Salisbury Steak W/Gravy Turkey & Cheese Hoagie Southern Collard Greens 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	22 Chef Salad Cheeseburger Spicy Chicken Sandwich Tater Tots 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	23 Chef Salad Stuffed Crust Pizza Beef & Bean Burrito Whole Kernel Corn Glazed Carrots Baked Beans Fruited Gelatin Fresh Fruit Bowl Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 751 Cholesterol 61 mg Sodium 1246 mg Dietary Fiber 9.58 g Iron 4.34 mg Calcium 492.35 mg Vitamin A 4603 IU Vitamin C 41.64 mg Sugars 49.43 g 26.3% Protein 33.70 g 18.0% Carbohydrate 108.99 g 58.1% Total Fat 20.66 g 24.8% Saturated Fat 7.39 g 8.9%
26 Chef Salad Macaroni & Cheese with Ham Slice Turkey & Cheese Hoagie Southern Green Beans Tossed Salad w/ Dressing Pinto Beans Cornbread Fresh Oranges Pineapple Tidbits Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Vanilla Pudding	27 Chef Salad Barbecue Chicken 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	28 Chef Salad Cheesy Chicken Over/Rice BBQ Pork Sandwich Seasoned Lima Beans Glazed Carrots Steamed Broccoli Florets Fresh Pears Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rolls, Enriched Flour MS1352	29 Chef Salad Bacon Cheese Burger Fried Catfish Seasoned Potato Wedges Creamy Coleslaw Baked Beans Fresh Apples Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding Yeast Roll	30	Calories 824 Cholesterol 78 mg Sodium 1385 mg Dietary Fiber 9.28 g Iron 4.38 mg Calcium 556.30 mg Vitamin A 4258 IU Vitamin C 56.85 mg Sugars 51.88 g 25.2% Protein 40.26 g 19.6% Carbohydrate 115.42 g 56.1% Total Fat 22.79 g 24.9% Saturated Fat 8.87 g 9.7%

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"Some Menu Items Were Presented by Coach Orr's Class"