

HOLY SPIRIT MENU MARCH 2010



Menu is Subject to Change Due to Product Availability

Note: These
Nutrients Give a
Combined Weekly
Average.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Chicken Nuggets Green Beans Peaches Mixed Fruit Whole Wheat Bread Variety Milk	2 Warm Egg & Cheese English Muffin Tator Tots Cinn/Sugar Plums Pineapple Tidbits Variety Milk	3 Chicken Patty Mashed Potatoes and Gravy Mixed Romaine Salad Rosey Applesauce Bread & Variety Milk	4 Turkey & Cheese Deli Tortilla Chips/Salsa Fresh Baby Carrots Sliced Beets Peas Variety Milk	5 Bowl of Tomato Soup Grilled Cheese Sandwich Celery Sticks Baby Carrots & Peaches Variety Milk	Cal 661 Tfat 1554.6 Sfat 5.46 Chol 44.3 Mg Sodm 150.05 Mg Carb 87.66 G Fiber 6.3 G Protm 11.1 G Iron 3.67 Mg Cals 546.02 Mg Vit A 52.53 Mg Vit C 22.32 Mg
8 Hamburger on Whole Wheat Bun Tator Tots Broccoli Pieces Peas Variety Milk	9 Soft Shell Beef Taco Corn Nibblers Peaches & Applesauce Tortilla Chips/Salsa Variety Milk	10 BBQ Chicken on Bun Green Beans Colelaw Orange Wedges Variety Milk	11 Jumbo Corn Dog Sunshine Carrots Peas Mixed Fruit Triscuits Variety Milk	12 Double Stuffed Cheese Pizza Fresh Baby Carrots Peaches Pineapple Tidbits Variety Milk	Cal 541 Tfat 1309.6 Sfat 4.3 G Chol 44.7 Mg Sodm 150.75 Mg Carb 75.2 G Fiber 7.2 G Protm 17.9 G Iron 3.47 Mg Cals 444.32 Mg Vit A 46.23 Mg Vit C 22.54 Mg
15 Chicken Nuggets Sug/Cinn Apple Slices Mixed Romaine Salad Graham Crackers Peaches Variety Milk	16 Italian Penne Pasta Green Beans Cauliflower Pieces Apple Wedges Whole Wheat Bread Variety Milk	17 Hot Dog on Bun Tator Tots Colelaw Orange Wedges Animal Crackers Variety Milk	18 Chicken Enchilada Corn Nibblers Fresh Baby Carrots Cinn/Sugar Plums Tortilla Chips/Salsa Variety Milk	19 Bowl of Soup PB & J Unrustable Fresh Baby Carrots Mandarin Oranges Peas & Pretzels Variety Milk	Cal 754 Tfat 2382.6 Sfat 6.1 G Chol 71.5 Mg Sodm 157.53 Mg Carb 140.85 G Fiber 4.4 G Protm 18.57 G Iron 4.89 Mg Cals 434.70 Mg Vit A 50.47 Mg Vit C 28.24 Mg
22 Chicken Tenders Rosey Applesauce Peas Graham Crackers Variety Milk	23 Sloppy Joe on Bun Green Beans Celery Sticks Peaches Variety Milk	24 Popcorn Chicken Tator Tots Rosey Applesauce Mixed Fruit Wheat Bread & Jam Variety Milk	25 Turkey and Noodles Mashed Potatoes Fresh Baby Carrots Sug/Cinn Apple Slices Triscuits Variety Milk	26 NO SCHOOL	Cal 576 Tfat 1299.6 Sfat 3.7 G Chol 31.8 Mg Sodm 151.75 Mg Carb 76.36 G Fiber 6.8 G Protm 20.12 G Iron 3.74 Mg Cals 374.67 Mg Vit A 44.63 Mg Vit C 12.75 Mg
29 Crispy Corn Burrito Corn Nibblers Peaches Sug/Cinn Apple Slices Tortilla Chips/Salsa Variety Milk	30 Chicken Nuggets Sug/Cinn Apple Slices Mixed Romaine Salad Mandarin Oranges Triscuits Variety Milk	31 Bowl of Chili w/Grated Cheese Peas Rosey Applesauce Cinnamon Triangles Variety Milk			Cal 486 Tfat 1344.6 Sfat 5.5 G Chol 53.4 Mg Sodm 144.48 Mg Carb 82.8 G Fiber 6.2 G Protm 24.4 G Iron 3.44 Mg Cals 362.32 Mg Vit A 44.63 Mg Vit C 16.53 Mg

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