

# OHS HOT BAR OPELIKA HIGH SCHOOL NOVEMBER, 2008 HOT BAR

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 BBQ PORK ON BUN BEEF STROGANOFF ROLLS CORN ON THE COB LIMA BEANS FRESH FRUIT FRUIT JUICE BAR JUICE, ASSORTED MILK - Variety	4 LASAGNA CORN DOG ITALIAN BREAD VEGETABLE MEDLEY SALAD TOSSED Assorted Dressing Yogurt, Assorted FRUITED JELLO Condiments, Assorted MILK - Variety JUICE, ASSORTED	5 CHICKEN SANDWICH TUNA SALAD CRACKERS 4/PKG Broccoli Casserole LETTUCE & TOMATO PICKLE STICKS, DILL FRUIT CUP, FRESH SUGAR COOKIES Condiments, Assorted JUICE, ASSORTED MILK - Variety	6 BURRITO CHICKEN AND RICE ROLLS Corn Canned Pears Steamed Cabbage Brownies JUICE, ASSORTED MILK - Variety	7 Turkey/Cheese/Bun CHICKEN NUGGETS LETTUCE & TOMATO VEGETABLE SOUP ROLLS CRACKERS 4/PKG APPLES, Fresh Chocolate Chip Cookie ASSORTED SAUCES Condiments, Assorted JUICE, ASSORTED MILK - Variety	Calories 909 Cholesterol 90 mg Sodium 1315 mg Dietary Fiber 10.82 g Iron 8.68 mg Calcium 468.90 mg Vitamin A 9086 IU Vitamin C 66.05 mg Protein 38.84 g 17.1% Carbohydrate 123.72 g 54.4% Total Fat 30.03 g 29.7% Saturated Fat 7.86 g 7.8%
10 CHICKEN SANDWICH BEEF STEAK/GRAVY MIXED VEGETABLES MASHED POTATOES ROLLS FRESH FRUIT Chocolate Pudding Condiments, Assorted JUICE, ASSORTED MILK - Variety	11	12 CHICKEN SALAD SAUSAGE DOG VEGETABLE SOUP CRACKERS 4/PKG VEGETABLE DIPPERS Assorted Dressing APPLES, Fresh Banana Bread Square JUICE, ASSORTED MILK - Variety	13 BBQ RIB SANDWICH Spaghetti, OHS ITALIAN BREAD LETTUCE & TOMATO CORN ON THE COB Peas PEACHES Brownies JUICE, ASSORTED MILK - Variety	14 CHEESEBURGER "Hot" Wings VEGETABLE DIPPERS RANCH DRESSING Bulldog Pasta Salad FRESH FRUIT CRACKERS 4/PKG CINNAMON ROLLS JUICE, ASSORTED MILK - Variety	Calories 798 Cholesterol 52 mg Sodium 965 mg Dietary Fiber 9.65 g Iron 7.34 mg Calcium 422.32 mg Vitamin A 6524 IU Vitamin C 44.42 mg Protein 33.67 g 16.9% Carbohydrate 118.77 g 59.5% Total Fat 22.56 g 25.4% Saturated Fat 5.14 g 5.8%
17 BURRITO CHICKEN AND RICE ITALIAN BREAD Fresh Peas BROCCOLI FRUIT COCKTAIL APPLE COBBLER JUICE, ASSORTED MILK - Variety	18 Roast Beef Sandwich BBQ CHICKEN ROLLS Parsley New Potatoes Green Beans PINEAPPLE CHUNKS Condiments, Assorted JUICE, ASSORTED MILK - Variety	19 FISH SANDWICH TACO PIE ROLLS CORN ON THE COB COLE SLAW FRUIT JUICE BAR Tartar Sauce, IND. PKG. Condiments, Assorted JUICE, ASSORTED MILK - Variety	20 CHICKEN STIR FRY Egg Rolls, Assorted Rice MIXED VEGETABLES ITALIAN BREAD PINEAPPLE CAKE ORANGES Condiments, Assorted JUICE, ASSORTED MILK - Variety	21 Turkey w/Dressing HOT DOG Gravy/ Dressing Green Beans Sweet Potato Souffle FRUIT CUP, FRESH CRANBERRY SAUCE ROLLS Condiments, Assorted JUICE, ASSORTED MILK - Variety	Calories 850 Cholesterol 75 mg Sodium 1448 mg Dietary Fiber 9.82 g Iron 4.86 mg Calcium 404.35 mg Vitamin A 3075 IU Vitamin C 46.51 mg Protein 33.90 g 16.0% Carbohydrate 117.99 g 55.5% Total Fat 28.79 g 30.5% Saturated Fat 5.73 g 6.1%
24 Breaded Beef Patty TUNA SALAD BAKED BEANS LETTUCE & TOMATO FRESH FRUIT CRACKERS 4/PKG Chocolate Cake Condiments, Assorted JUICE, ASSORTED MILK - Variety	25 CHILI w/ BEANS Baked Potato w/ chili CHEESE CUP SOUR CREAM, IND. BROCCOLI CRACKERS 4/PKG BACON BITS FRUIT JUICE BAR JUICE, ASSORTED MILK - Variety	26	27	28	Calories 898 Cholesterol 94 mg Sodium 1318 mg Dietary Fiber 10.97 g Iron 9.46 mg Calcium 501.89 mg Vitamin A 6905 IU Vitamin C 41.84 mg Protein 43.12 g 19.2% Carbohydrate 108.69 g 48.4% Total Fat 33.70 g 33.8% Saturated Fat 10.70 g 10.7%

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# OHS SALAD/DELI BAR OPELIKA HIGH SCHOOL NOVEMBER, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3  SALAD GREEN MIX DICED HAM CHEESE WEDGE COTTAGE CHEESE OLIVES,5/SERVING CUCUMBER SLICES TOMATO WEDGES CROUTONS BACON BITS FRESH FRUIT Assorted Dressing CRACKERS 4/PKG FRUIT JUICE BAR JUICE, ASSORTED MILK - Variety	4  HAM SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL CHIPS, VARIETY FRUITED JELLO FRUIT CUP, FRESH Yogurt, Assorted Cheerio Sprinkles Condiments, Assorted JUICE, ASSORTED MILK - Variety	5  SALAD GREEN MIX TUNA SALAD THREE BEAN SALAD BACON BITS CROUTONS TOMATO WEDGES PICKLE STICKS, DILL VEGETABLE DIPPERS COTTAGE CHEESE FRESH FRUIT SUGAR COOKIES CRACKERS 4/PKG JUICE, ASSORTED MILK - Variety	6  TURKEY SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL Corn CHIPS, VARIETY Canned Pears COTTAGE CHEESE Brownies Condiments, Assorted JUICE, ASSORTED MILK - Variety	7  SALAD GREEN MIX DICED HAM CUCUMBER SLICES BACON BITS CHEESE WEDGE CROUTONS OLIVES,5/SERVING COTTAGE CHEESE CARROT STICKS CRACKERS 4/PKG FRESH FRUIT Chocolate Chip Cookie JUICE, ASSORTED MILK - Variety	Calories 888 Cholesterol 56 mg Sodium 2197 mg Dietary Fiber 8.78 g Iron 10.15 mg Calcium 600.70 mg Vitamin A 12658 IU Vitamin C 101.77 mg Protein 38.22 g 17.2% Carbohydrate 115.80 g 52.1% Total Fat 32.20 g 32.6% Saturated Fat 9.22 g 9.3%
10  TURKEY SANDWICH LETTUCE & TOMATO CHEESE SLICE PICKLE SLICE, DILL CHIPS, VARIETY FRESH FRUIT Chocolate Pudding Condiments, Assorted JUICE, ASSORTED MILK - Variety	11	12  SALAD GREEN MIX- SPINACH Grilled Chicken CHEESE WEDGE EGG, BOILED BEETS VEGETABLE DIPPERS OLIVES,5/SERVING CROUTONS BACON BITS FRUIT COCKTAIL ASSORTED YOGURT CRACKERS 4/PKG Assorted Dressing JUICE, ASSORTED MILK - Variety	13  HAM DELI/ SUB CHEESE SLICE PICKLE SLICE, DILL LETTUCE & TOMATO CHIPS, VARIETY FRESH FRUIT BANANA BREAD SQUARES Condiments, Assorted JUICE, ASSORTED MILK - Variety	14  SALAD GREEN MIX HAM STICKS CHEESE CUP EGG, BOILED COTTAGE CHEESE FRESH FRUIT CARROT STICKS BACON BITS CROUTONS VANILLA PUDDING CRACKERS 4/PKG Assorted Dressing JUICE, ASSORTED MILK - Variety	Calories 904 Cholesterol 68 mg Sodium 2196 mg Dietary Fiber 8.58 g Iron 11.12 mg Calcium 628.92 mg Vitamin A 16405 IU Vitamin C 63.20 mg Protein 35.26 g 15.6% Carbohydrate 125.34 g 55.5% Total Fat 31.87 g 31.7% Saturated Fat 8.29 g 8.3%
17  SALAD GREEN MIX TUNA SALAD VEGETABLE DIPPERS BEETS CUCUMBER SLICES COTTAGE CHEESE BACON BITS OLIVES,5/SERVING CROUTONS FRUIT COCKTAIL APPLE COBBLER CRACKERS 4/PKG JUICE, ASSORTED MILK - Variety	18  HAM SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL CHIPS, VARIETY PINEAPPLE CHUNKS COTTAGE CHEESE Condiments, Assorted JUICE, ASSORTED MILK - Variety	19  SALAD GREEN MIX DICED HAM EGG, BOILED TOMATO WEDGES CHEESE CUP CUCUMBER SLICES BACON BITS CROUTONS COLE SLAW VEGETABLE DIPPERS Assorted Dressing CRACKERS 4/PKG FRUIT JUICE BAR JUICE, ASSORTED MILK - Variety	20  TURKEY SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE STICKS, DILL CHIPS, VARIETY MIXED VEGETABLES FRESH FRUIT Pineapple Upside/Down Cake Condiments, Assorted JUICE, ASSORTED MILK - Variety	21  SALAD GREEN MIX HAM STICKS CHEESE CUP COTTAGE CHEESE VEGETABLE DIPPERS TOMATO WEDGES BEETS BACON BITS CROUTONS Assorted Dressing Canned Pears Yogurt, Assorted JUICE, ASSORTED MILK - Variety	Calories 877 Cholesterol 67 mg Sodium 2234 mg Dietary Fiber 9.37 g Iron 11.49 mg Calcium 648.94 mg Vitamin A 15596 IU Vitamin C 96.08 mg Protein 41.75 g 19.0% Carbohydrate 112.62 g 51.4% Total Fat 30.93 g 31.7% Saturated Fat 8.49 g 8.7%

24  SALAD GREEN MIX TUNA SALAD TOMATO WEDGES VEGETABLE DIPPERS CROUTONS BACON BITS CRACKERS 4/PKG FRESH FRUIT Chocolate Cake Assorted Dressing JUICE, ASSORTED MILK - Variety	25  HAM SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL VEGETABLE MEDLEY CHIPS, VARIETY VANILLA COOKIES Condiments, Assorted JUICE, ASSORTED MILK - Variety	26	27	28	Calories 863 Cholesterol 73 mg Sodium 2005 mg Dietary Fiber 8.95 g Iron 12.23 mg Calcium 594.79 mg Vitamin A 20515 IU Vitamin C 116.97 mg Protein 35.49 g 16.4% Carbohydrate 102.73 g 47.6% Total Fat 35.82 g 37.3% Saturated Fat 9.15 g 9.5%
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