

OHS HOT BAR

MARCH, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	2	3	4	5	Calories 791 Cholesterol 50 mg Sodium 941 mg Dietary Fiber 8.84 g Iron 9.21 mg Calcium 487.36 mg Vitamin A 13117 IU Vitamin C 46.69 mg Protein 35.48 g 17.9% Carbohydrate 112.46 g 56.9% Total Fat 23.52 g 26.8% Saturated Fat 5.50 g 6.3%
CHICKEN SANDWICH BEEF STEAK/GRAVY MIXED VEGETABLES HASHED POTATOES ROLLS FRESH FRUIT Chocolate Pudding Condiments, Assorted JUICE, ASSORTED MILK - Variety	OVEN CHICKEN SLOPPY JOE ROLLS Rice ITALIAN VEGETABLES PICKLE STICKS, DILL FRUIT COCKTAIL Yogurt, Assorted JUICE, ASSORTED MILK - Variety	CHICKEN SALAD SAUSAGE DOG VEGETABLE SOUP CRACKERS 4/PKG VEGETABLE DIPPERS Assorted Dressing APPLES, Fresh MUFFINS, ASSORTED JUICE, ASSORTED MILK - Variety	PORK CHOP HAMBURGER LETTUCE & TOMATO BROCCOLI/CHEESE Sweet Potato Stix ROLLS VANILLA PUDDING Condiments, Assorted JUICE, ASSORTED MILK - Variety	BBQ RIB SANDWICH Spaghetti, OHS ITALIAN BREAD LETTUCE & TOMATO CORN ON THE COB Peas PEACHES Brownies JUICE, ASSORTED MILK - Variety	
	9	10	11	12	Calories 783 Cholesterol 75 mg Sodium 1034 mg Dietary Fiber 9.67 g Iron 4.52 mg Calcium 428.13 mg Vitamin A 2335 IU Vitamin C 47.27 mg Protein 34.64 g 17.7% Carbohydrate 116.43 g 59.5% Total Fat 21.82 g 25.1% Saturated Fat 5.35 g 6.2%
BURRITO CHICKEN AND RICE ITALIAN BREAD Fresh Peas BROCCOLI FRUIT COCKTAIL APPLE COBBLER JUICE, ASSORTED MILK - Variety	Roast Beef Sandwich BBQ CHICKEN ROLLS Parsley New Potatoes Green Beans PINEAPPLE CHUNKS Condiments, Assorted JUICE, ASSORTED MILK - Variety	FISH SANDWICH TACO PIE ROLLS CORN ON THE COB COLE SLAW FRUIT JUICE BAR Tartar Sauce, IND. PKG. Condiments, Assorted JUICE, ASSORTED MILK - Variety	CHICKEN STIR FRY Egg Rolls, Assorted Rice MIXED VEGETABLES ITALIAN BREAD PINEAPPLE CAKE ORANGES Condiments, Assorted JUICE, ASSORTED MILK - Variety	CHILI w/ BEANS HOT DOG COLE SLAW Canned Peas Yogurt, Assorted Condiments, Assorted CRACKERS 4/PKG JUICE, ASSORTED MILK - Variety	
	16	17	18	19	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 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%
	23	24	25	26	Calories 751 Cholesterol 54 mg Sodium 1194 mg Dietary Fiber 7.72 g Iron 9.61 mg Calcium 489.62 mg Vitamin A 9920 IU Vitamin C 70.18 mg Protein 31.63 g 16.8% Carbohydrate 106.37 g 56.6% Total Fat 23.31 g 27.9% Saturated Fat 6.03 g 7.2%
Breaded Beef Patty TUNA SALAD BAKED BEANS LETTUCE & TOMATO FRESH FRUIT CRACKERS 4/PKG Chocolate Cake Condiments, Assorted JUICE, ASSORTED MILK - Variety	PIZZA, ASSORTED BEEF STEW (OCS) CRACKERS 4/PKG Corn FRESH FRUIT SALAD TOSSED Assorted Dressing STRAWBERRY CAKE JUICE, ASSORTED MILK - Variety	CHICKEN NUGGETS CHEESEBURGER Cheesy Broccoli Canned Peas ROLLS Chocolate Pudding Sweet and Sour Sauce Condiments, Assorted JUICE, ASSORTED MILK - Variety	Spaghetti, OHS CHICKEN SANDWICH ITALIAN BREAD CORN ON THE COB PEACHES LETTUCE & TOMATO Yogurt, Assorted Oatmeal Raisin Cookie JUICE, ASSORTED MILK - Variety	BBQ CHICKEN/BUN BEEFARONI ITALIAN BREAD SALAD TOSSED Assorted Dressing CRACKERS 4/PKG FRESH FRUIT MUFFINS, ASSORTED JUICE, ASSORTED MILK - Variety	
	30	31			Calories 743 Cholesterol 58 mg Sodium 1034 mg Dietary Fiber 7.64 g
Turkey Roast/Gravy Breaded Beef Patty	HOT DOG w/CHILI CHILI w/ BEANS	FISH SANDWICH CHICKEN POT PIE			

ITALIAN BREAD Rice Vegetable Casserole FRESH FRUIT SUGAR COOKIES Condiments, Assorted JUICE, ASSORTED MILK - Variety	COLE SLAW Corn FRESH FRUIT APPLESAUCE CAKE Condiments, Hot Dog JUICE, ASSORTED MILK - Variety	CORNBREAD Fresh Collards Macaroni w/ Cheese PEACHES Condiments, Assorted Tartar Sauce,IND.PKG. JUICE, ASSORTED MILK - Variety			Iron 4.31 mg Calcium 390.21 mg Vitamin A 4131 IU Vitamin C 29.27 mg Protein 29.50 g 15.9% Carbohydrate 103.18 g 55.5% Total Fat 25.71 g 31.1% Saturated Fat 6.90 g 8.4%
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OHS SALAD/DELI BAR

MARCH, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>2</p> <p>TURKEY SANDWICH LETTUCE & TOMATO CHEESE SLICE PICKLE SLICE, DILL CHIPS, VARIETY FRESH FRUIT Chocolate Pudding Condiments, Assorted JUICE, ASSORTED MILK - Variety</p>	<p>2</p> <p>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</p>	<p>3</p> <p>HAM DELI/ SUB CHEESE SLICE PICKLE SLICE, DILL LETTUCE & TOMATO CHIPS, VARIETY FRESH FRUIT BANANA BREAD SQUARES Condiments, Assorted JUICE, ASSORTED MILK - Variety</p>	<p>4</p> <p>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</p>	<p>5</p> <p>Tuna Salad Sandwich LETTUCE & TOMATO PICKLE SLICE, DILL CHIPS, VARIETY CORN ON THE COB PEACHES Brownies Condiments, Assorted JUICE, ASSORTED MILK - Variety</p>	<p>Calories 817 Cholesterol 63 mg Sodium 1680 mg Dietary Fiber 8.96 g Iron 12.47 mg Calcium 609.54 mg Vitamin A 18223 IU Vitamin C 57.62 mg Protein 34.53 g 16.9% Carbohydrate 122.02 g 59.8% Total Fat 24.00 g 26.5% Saturated Fat 7.10 g 7.8%</p>
<p>9</p> <p>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</p>	<p>9</p> <p>HAM SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL CHIPS, VARIETY PINEAPPLE CHUNKS COTTAGE CHEESE Condiments, Assorted JUICE, ASSORTED MILK - Variety</p>	<p>10</p> <p>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</p>	<p>11</p> <p>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</p>	<p>12</p> <p>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</p>	<p>Calories 799 Cholesterol 61 mg Sodium 1955 mg Dietary Fiber 9.36 g Iron 11.34 mg Calcium 652.43 mg Vitamin A 16324 IU Vitamin C 95.85 mg Protein 40.48 g 20.3% Carbohydrate 110.06 g 55.1% Total Fat 24.03 g 27.1% Saturated Fat 7.72 g 8.7%</p>
<p>16</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<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 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>
<p>23</p> <p>SALAD GREEN MIX TUNA SALAD TOMATO WEDGES VEGETABLE DIPPERS CROUTONS BACON BITS CRACKERS 4/PKG</p>	<p>23</p> <p>Roast Beef Sandwich CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL CHIPS, VARIETY FRESH FRUIT STRAWBERRY CAKE</p>	<p>24</p> <p>SALAD GREEN MIX HAM STICKS CHEESE CUP TOMATO WEDGES VEGETABLE DIPPERS OLIVES, 5/SERVING MANDARIN ORANGE</p>	<p>25</p> <p>TURKEY SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL CORN ON THE COB CHIPS, VARIETY FRESH FRUIT</p>	<p>26</p> <p>SALAD GREEN MIX CHICKEN SALAD BACON BITS CROUTONS CUCUMBER SLICES TOMATO WEDGES CRACKERS 4/PKG</p>	<p>Calories 804 Cholesterol 67 mg Sodium 1485 mg Dietary Fiber 8.20 g Iron 9.71 mg Calcium 533.51 mg Vitamin A 11501 IU Vitamin C 108.34 mg Protein 35.95 g 17.9%</p>

FRESH FRUIT Chocolate Cake Assorted Dressing JUICE, ASSORTED MILK - Variety	Condiments, Assorted JUICE, ASSORTED MILK - Variety	COTTAGE CHEESE EGG, BOILED BEETS JALAPENO PEPPER Assorted Dressing CRACKERS 4/PKG Chocolate Pudding JUICE, ASSORTED MILK - Variety	Yogurt, Assorted Oatmeal Raisin Cookie Condiments, Assorted JUICE, ASSORTED MILK - Variety	MUFFINS, ASSORTED Assorted Dressing FRESH FRUIT JUICE, ASSORTED MILK - Variety	Carbohydrate 110.96 g 55.2% Total Fat 25.68 g 28.7% Saturated Fat 7.50 g 8.4%
Roast Beef Sandwich CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL CHIPS, VARIETY SUGAR COOKIES Condiments, Assorted JUICE, ASSORTED MILK - Variety	30 SALAD GREEN MIX DICED HAM CHEESE WEDGE TOMATO WEDGES CUCUMBER SLICES BACON BITS CROUTONS FRESH FRUIT CRACKERS 4/PKG APPLE SAUCE CAKE Assorted Dressing JUICE, ASSORTED MILK - Variety	31 HAM SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL PEACHES COTTAGE CHEESE CHIPS, VARIETY Condiments, Assorted JUICE, ASSORTED MILK - Variety			Calories 783 Cholesterol 68 mg Sodium 1598 mg Dietary Fiber 6.06 g Iron 11.05 mg Calcium 623.75 mg Vitamin A 14769 IU Vitamin C 59.32 mg Protein 38.42 g 19.6% Carbohydrate 97.79 g 50.0% Total Fat 27.51 g 31.6% Saturated Fat 9.08 g 10.4%

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OHS Breakfast

MARCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>Sausage Link Biscuit CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED</p>	<p>2</p> <p>Breakfast Bagel CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED</p>	<p>3</p> <p>Chicken Biscuit CEREAL, VARIETY JELLY, MIXED FRUIT FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED</p>	<p>4</p> <p>Pancake Pup CEREAL, VARIETY FRESH FRUIT SYRUP Yogurt, Assorted MILK - Variety JUICE, ASSORTED</p>	<p>5</p> <p>Ham Biscuit/Cheese CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted</p>	<p>Calories 588 Cholesterol 28 mg Sodium 843 mg Dietary Fiber 3.60 g Iron 4.67 mg Calcium 466.64 mg Vitamin A 694 IU Vitamin C 28.14 mg Protein 19.62 g 13.4% Carbohydrate 97.06 g 66.1% Total Fat 14.10 g 21.6% Saturated Fat 5.18 g 7.9%</p>
<p>CHEESE TOAST CEREAL, VARIETY Yogurt, Assorted FRESH FRUIT Juice/ Assorted MILK - Variety</p>	<p>9</p> <p>Biscuits/Cinnamon CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED</p>	<p>10</p> <p>FRENCH TOAST Sausage Link CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted SYRUP Juice/ Assorted MILK - Variety</p>	<p>11</p> <p>Egg/Cheese Croissant CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED</p>	<p>12</p> <p>Pancakes/Sausage CEREAL, VARIETY FRESH FRUIT SYRUP Yogurt, Assorted MILK - Variety JUICE, ASSORTED</p>	<p>Calories 664 Cholesterol 57 mg Sodium 946 mg Dietary Fiber 4.18 g Iron 7.33 mg Calcium 703.43 mg Vitamin A 884 IU Vitamin C 38.41 mg Protein 20.54 g 12.4% Carbohydrate 106.97 g 64.5% Total Fat 18.26 g 24.8% Saturated Fat 5.20 g 7.1%</p>
	16	17	18	19	<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 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>
<p>Sausage Pattie Biscuit CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted</p>	<p>23</p> <p>Ham Biscuit CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted</p>	<p>24</p> <p>Egg/Cheese Biscuit CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted</p>	<p>25</p> <p>Breakfast Burrito SALSA CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted</p>	<p>26</p> <p>Breakfast Pizza CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted</p>	<p>Calories 482 Cholesterol 52 mg Sodium 617 mg Dietary Fiber 3.00 g Iron 1.98 mg Calcium 373.89 mg Vitamin A 609 IU Vitamin C 29.71 mg Protein 15.99 g 13.3% Carbohydrate 76.38 g 63.4% Total Fat 13.47 g 25.1% Saturated Fat 3.87 g 7.2%</p>
<p>Sausage Link Biscuit CEREAL, VARIETY</p>	<p>30</p> <p>Breakfast Bagel CEREAL, VARIETY</p>	<p>31</p> <p>Chicken Biscuit CEREAL, VARIETY</p>			<p>Calories 573 Cholesterol 20 mg Sodium 633 mg Dietary Fiber 3.73 g</p>

FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED	FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED	JELLY, MIXED FRUIT FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED			Iron 6.06 mg Calcium 502.87 mg Vitamin A 766 IU Vitamin C 29.39 mg Protein 18.88 g 13.2% Carbohydrate 99.30 g 69.4% Total Fat 11.92 g 18.7% Saturated Fat 4.24 g 6.7%
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