

OHS HOT BAR MAY, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 BBQ CHICKEN/BUN BEEFARONI ITALIAN BREAD SALAD TOSSED Assorted Dressing CRACKERS 4/PKG FRESH FRUIT MUFFINS, ASSORTED JUICE, ASSORTED MILK - Variety	Calories 726 Cholesterol 77 mg Sodium 831 mg Dietary Fiber 7.82 g Iron 9.01 mg Calcium 460.08 mg Vitamin A 5055 IU Vitamin C 128.33 mg Protein 36.80 g 20.3% Carbohydrate 102.60 g 56.5% Total Fat 19.37 g 24.0% Saturated Fat 6.59 g 8.2%
4 Turkey Roast/Gravy Breaded Beef Patty ITALIAN BREAD Rice Vegetable Casserole FRESH FRUIT SUGAR COOKIES Condiments, Assorted JUICE, ASSORTED MILK - Variety	5 HOT DOG w/CHILI CHILI w/ BEANS COLE SLAW Corn FRESH FRUIT APPLESAUCE CAKE Condiments, Hot Dog JUICE, ASSORTED MILK - Variety	6 FISH SANDWICH CHICKEN POT PIE CORNBREAD Fresh Collards Macaroni w/ Cheese PEACHES Condiments, Assorted Tartar Sauce, IND. PKG. JUICE, ASSORTED MILK - Variety	7 PIZZA, ASSORTED MEATLOAF ROLLS Parsley Potatoes Fresh Peas Canned Pears VANILLA PUDDING JUICE, ASSORTED MILK - Variety	8 CHICKEN SANDWICH PORK CHOP ROLLS PASTA SALAD GREEN BEANS LETTUCE & TOMATO FRESH FRUIT APPLE COBBLER Condiments, Assorted JUICE, ASSORTED MILK - Variety	Calories 872 Cholesterol 54 mg Sodium 1512 mg Dietary Fiber 9.96 g Iron 7.69 mg Calcium 522.27 mg Vitamin A 8012 IU Vitamin C 40.24 mg Protein 31.06 g 14.3% Carbohydrate 124.64 g 57.2% Total Fat 30.16 g 31.1% Saturated Fat 7.65 g 7.9%
11 BBQ PORK ON BUN BEEF STROGANOFF ROLLS CORN ON THE COB LIMA BEANS FRESH FRUIT FRUIT JUICE BAR JUICE, ASSORTED MILK - Variety	12 LASAGNA CORN DOG ITALIAN BREAD VEGETABLE MEDLEY SALAD TOSSED Assorted Dressing Yogurt, Assorted FRUITED JELLO Condiments, Assorted MILK - Variety JUICE, ASSORTED	13 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	14 BURRITO CHICKEN AND RICE ROLLS Corn Canned Pears Steamed Cabbage Brownies JUICE, ASSORTED MILK - Variety	15 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	Calories 943 Cholesterol 106 mg Sodium 1207 mg Dietary Fiber 11.35 g Iron 8.86 mg Calcium 479.35 mg Vitamin A 7547 IU Vitamin C 71.70 mg Protein 46.21 g 19.6% Carbohydrate 120.72 g 51.2% Total Fat 31.97 g 30.5% Saturated Fat 10.26 g 9.8%
18 PORK CHOP HAMBURGER LETTUCE & TOMATO BROCCOLI/CHEESE Sweet Potato Stix ROLLS VANILLA PUDDING Condiments, Assorted JUICE, ASSORTED MILK - Variety	19 CHILI w/ BEANS HOT DOG COLE SLAW Canned Pears Yogurt, Assorted Condiments, Assorted CRACKERS 4/PKG JUICE, ASSORTED MILK - Variety	20 HAM SANDWICH CHEESE SLICE CHIPS, VARIETY FRESH FRUIT Blueberry Muffin Condiments, Assorted MILK - Variety JUICE, ASSORTED	21 TURKEY SANDWICH CHEESE SLICE FRESH FRUIT CHIPS, VARIETY DONUTS MILK - Variety JUICE, ASSORTED	22	Calories 907 Cholesterol 57 mg Sodium 1490 mg Dietary Fiber 6.81 g Iron 6.91 mg Calcium 550.67 mg Vitamin A 7905 IU Vitamin C 32.81 mg Protein 31.52 g 13.9% Carbohydrate 116.50 g 51.4% Total Fat 35.99 g 35.7% Saturated Fat 9.66 g 9.6%

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 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%
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OHS SALAD/DELI BAR

MAY, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 SALAD GREEN MIX CHICKEN SALAD BACON BITS CROUTONS CUCUMBER SLICES TOMATO WEDGES CRACKERS 4/PKG MUFFINS, ASSORTED Assorted Dressing FRESH FRUIT JUICE, ASSORTED MILK - Variety	Calories 773 Cholesterol 60 mg Sodium 1354 mg Dietary Fiber 7.05 g Iron 8.47 mg Calcium 396.36 mg Vitamin A 7213 IU Vitamin C 128.65 mg Protein 34.82 g 18.0% Carbohydrate 106.91 g 55.4% Total Fat 24.41 g 28.4% Saturated Fat 5.93 g 6.9%
4 Roast Beef Sandwich CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL CHIPS, VARIETY SUGAR COOKIES Condiments, Assorted JUICE, ASSORTED MILK - Variety	5 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	6 HAM SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL PEACHES COTTAGE CHEESE CHIPS, VARIETY Condiments, Assorted JUICE, ASSORTED MILK - Variety	7 SALAD GREEN MIX DICED HAM CHEESE CUP CROUTONS BACON BITS TOMATO WEDGES CUCUMBER SLICES COTTAGE CHEESE OLIVES, 5/SERVING Canned Pears VANILLA PUDDING Assorted Dressing JUICE, ASSORTED MILK - Variety	8 Roast Beef Sandwich LETTUCE & TOMATO PICKLE SLICE, DILL CHIPS, VARIETY FRESH FRUIT APPLE COBBLER Condiments, Assorted JUICE, ASSORTED MILK - Variety	Calories 903 Cholesterol 74 mg Sodium 1978 mg Dietary Fiber 6.60 g Iron 9.82 mg Calcium 574.28 mg Vitamin A 12414 IU Vitamin C 65.29 mg Protein 39.13 g 17.3% Carbohydrate 109.47 g 48.5% Total Fat 35.89 g 35.8% Saturated Fat 9.39 g 9.4%
11 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	12 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	13 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	14 TURKEY SANDWICH CHEESE SLICE LETTUCE & TOMATO PICKLE SLICE, DILL Corn CHIPS, VARIETY Canned Pears COTTAGE CHEESE Brownies Condiments, Assorted JUICE, ASSORTED MILK - Variety	15 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%
18 HAM DELI/ SUB CHEESE SLICE PICKLE SLICE, DILL LETTUCE & TOMATO CHIPS, VARIETY FRESH FRUIT BANANA BREAD SQUARES Condiments, Assorted JUICE, ASSORTED MILK - Variety	19 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	20	21	22	Calories 865 Cholesterol 77 mg Sodium 2391 mg Dietary Fiber 8.46 g Iron 11.62 mg Calcium 676.12 mg Vitamin A 15435 IU Vitamin C 86.71 mg Protein 38.46 g 17.8% Carbohydrate 111.79 g 51.7% Total Fat 32.02 g 33.3% Saturated Fat 8.83 g 9.2%

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OHS Breakfast APRIL, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 Biscuits/Cinnamon CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED	Calories 656 Cholesterol 17 mg Sodium 706 mg Dietary Fiber 5.55 g Iron 9.44 mg Calcium 1697.89 mg Vitamin A 1103 IU Vitamin C 55.53 mg Protein 19.19 g 11.7% Carbohydrate 122.06 g 74.5% Total Fat 12.36 g 17.0% Saturated Fat 4.96 g 6.8%
4 Sausage Pattie Biscuit CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted	5 Ham Biscuit CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted	6 Egg/Cheese Biscuit CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted	7 Breakfast Burrito SALSA CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted	8 Breakfast Pizza CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted	Calories 496 Cholesterol 52 mg Sodium 611 mg Dietary Fiber 3.41 g Iron 3.32 mg Calcium 361.38 mg Vitamin A 767 IU Vitamin C 31.75 mg Protein 15.63 g 12.6% Carbohydrate 80.29 g 64.7% Total Fat 13.36 g 24.2% Saturated Fat 3.81 g 6.9%
11 Sausage Link Biscuit CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED	12 Breakfast Bagel CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED	13 Chicken Biscuit CEREAL, VARIETY JELLY, MIXED FRUIT FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED	14 Pancake Pup CEREAL, VARIETY FRESH FRUIT SYRUP Yogurt, Assorted MILK - Variety JUICE, ASSORTED	15 Ham Biscuit/Cheese CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety Juice/ Assorted	Calories 602 Cholesterol 28 mg Sodium 838 mg Dietary Fiber 3.85 g Iron 5.43 mg Calcium 434.05 mg Vitamin A 784 IU Vitamin C 29.26 mg Protein 19.19 g 12.8% Carbohydrate 100.95 g 67.1% Total Fat 14.01 g 20.9% Saturated Fat 5.14 g 7.7%
18 CHEESE TOAST CEREAL, VARIETY Yogurt, Assorted FRESH FRUIT Juice/ Assorted MILK - Variety	19 Biscuits/Cinnamon CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED	20 FRENCH TOAST Sausage Link CEREAL, VARIETY FRESH FRUIT Yogurt, Assorted SYRUP Juice/ Assorted MILK - Variety	21 Egg/Cheese Croissant CEREAL, VARIETY FRESH FRUIT JELLY, MIXED FRUIT Yogurt, Assorted MILK - Variety JUICE, ASSORTED	22	Calories 638 Cholesterol 61 mg Sodium 799 mg Dietary Fiber 4.75 g Iron 6.40 mg Calcium 767.15 mg Vitamin A 1072 IU Vitamin C 42.08 mg Protein 19.22 g 12.0% Carbohydrate 110.01 g 69.0% Total Fat 14.29 g 20.2% Saturated Fat 5.78 g 8.1%
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 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%

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