

# OMS LUNCH

## OPELIKA MIDDLE SCHOOL

### MAY 2009 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1  Pizza, Assorted Salad Bar Entree OMS SIDE SALAD Potato Bar CORN ON THE COB LIMA BEANS BROWNIES, LARGE Dressing/Assorted SOUR CREAM FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	Calories 864 Cholesterol 77 mg Sodium 1089 mg Dietary Fiber 13.12 g Iron 5.80 mg Calcium 559.82 mg Vitamin A 1439 IU Vitamin C 54.36 mg Protein 30.43 g 14.1% Carbohydrate 133.90 g 62.0% Total Fat 25.32 g 26.4% Saturated Fat 7.44 g 7.7%
4  HAMBURGER Hamburger Steak/Gravy RICE,Cooked White TOAST Salad Bar Entree OMS SIDE SALAD GREEN BEANS APPLE CRISP Condiments FRUIT,FRESH ASSORTED Dressing/Assorted MILK - Variety Juice/ Assorted TEA, SWEETENED ICE CREAM	5  CHICKEN POT PIE Bread Slices Rib Sandwich Salad Bar Entree OMS SIDE SALAD Dressing/Assorted FRUIT,FRESH ASSORTED CORN PUDDING SWIRL Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	6  FISH NUGGETS HAMBURGER BUN Salad Bar Entree TACO BAR OMS OMS SIDE SALAD FRUIT,FRESH ASSORTED SUGAR COOKIES BLACKEYE PEAS FROZEN TURNIP GREENS OMS REFRIED BEANS SOUR CREAM taco sauce OLIVES,5/SERVING JALAPENO PEPPER Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	7  STEAK SANDWICH BURRITO, BEEF AND BEAN Salad Bar Entree OMS SIDE SALAD CORN ON THE COB LIMA BEANS Dressing/Assorted taco sauce FRUIT,FRESH ASSORTED BROWNIES, LARGE Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	8  Grilled Chicken Sand. Salad Bar Entree CHILI AND CHEESE POTATO BAR OMS SIDE SALAD PEAS CARROTS yellow cake FRUIT,FRESH ASSORTED Dressing/Assorted SOUR CREAM Condiments Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	Calories 785 Cholesterol 52 mg Sodium 968 mg Dietary Fiber 11.92 g Iron 5.05 mg Calcium 364.32 mg Vitamin A 1681 IU Vitamin C 48.00 mg Protein 29.74 g 15.2% Carbohydrate 114.56 g 58.4% Total Fat 24.66 g 28.3% Saturated Fat 7.36 g 8.4%
11  DELI/SUB CHEESEBURGER Salad Bar Entree FRUIT,FRESH ASSORTED CHIPS MIXED VEGETABLES Condiments Dressing/Assorted SUGAR COOKIES MILK - Variety Juice/ Assorted TEA, SWEETENED ICE CREAM	12  Chicken Fillet Sand. Sloppy Joe Sandwich Salad Bar Entree OMS SIDE SALAD PEAS CARROTS FRUIT,FRESH ASSORTED PUDDING SWIRL Dressing/Assorted Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	13  Baked Chicken CHICKEN NUGGETS ROLLS Salad Bar Entree OMS SIDE SALAD Dressing/Assorted BANANA BREAD SQUARES GREEN BEANS FRUIT,FRESH ASSORTED Assorted sauce Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	14  Turkey Roast/Gravy RICE,Cooked White ROLLS Rib Sandwich Salad Bar Entree FRUIT,FRESH ASSORTED LIMA BEANS CABBAGE CINDERELLA CAKE Dressing/Assorted MILK - Variety Juice/ Assorted TEA, SWEETENED ICE CREAM	15  Pizza, Assorted Salad Bar Entree OMS SIDE SALAD Potato Bar CORN ON THE COB PEAS & CARROTS BROWNIES, LARGE Dressing/Assorted SOUR CREAM FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	Calories 783 Cholesterol 59 mg Sodium 927 mg Dietary Fiber 12.27 g Iron 5.05 mg Calcium 406.77 mg Vitamin A 8553 IU Vitamin C 50.14 mg Protein 30.18 g 15.4% Carbohydrate 116.01 g 59.2% Total Fat 24.05 g 27.6% Saturated Fat 6.13 g 7.0%

<p>18</p> <p>CORN DOG  Chicken Salad  Salad Bar Entree  MIXED VEGETABLES  FRUIT,FRESH  ASSORTED  BAKED BEANS  SUGAR COOKIES  CHIPS  OMS SIDE SALAD  Dressing/Assorted  Condiments  Juice/ Assorted  MILK - Variety  TEA, SWEETENED</p>	<p>19</p> <p>CHICKEN STIR FRY  ITALIAN BREAD  RICE,Cooked White  Salad Bar Entree  Dressing/Assorted  HAMBURGER  OMS SIDE SALAD  Oriental Veggies  CORN  PUDDING SWIRL  FRUIT,FRESH ASSORTED  Juice/ Assorted  MILK - Variety  TEA, SWEETENED  ICE CREAM</p>	<p>20</p> <p>FISH SANDWICH  TACO BAR OMS  Salad Bar Entree  TURNIP GREENS  OMS REFRIED BEANS  FRUIT,FRESH ASSORTED  taco sauce  SPICE CAKE  BLACK-EYED PEAS  JALAPENO PEPPER  OLIVES,5/SERVING  SOUR CREAM  Dressing/Assorted  Juice/ Assorted  MILK - Variety  TEA, SWEETENED  ICE CREAM</p>	<p>21</p> <p>Pizza, Assorted  Salad Bar Entree  OMS SIDE SALAD  Potato Bar  CORN ON THE COB  yellow cake  PEAS  Dressing/Assorted  SOUR CREAM  FRUIT,FRESH ASSORTED  Juice/ Assorted  MILK - Variety  TEA, SWEETENED  ICE CREAM</p>	<p>22</p>	<p>Calories 785  Cholesterol 57 mg  Sodium 1127 mg  Dietary Fiber 11.04 g  Iron 4.83 mg  Calcium 445.27 mg  Vitamin A 2610 IU  Vitamin C 49.31 mg  Protein 29.19 g 14.9%  Carbohydrate 119.96 g 61.1%  Total Fat 22.92 g 26.3%  Saturated Fat 7.18 g 8.2%</p>
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# OMS BREAKFAST OPELIKA MIDDLE SCHOOL MAY 2009 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	Calories 789 Cholesterol 47 mg Sodium 1488 mg Dietary Fiber 2.13 g Iron 6.11 mg Calcium 630.31 mg Vitamin A 787 IU Vitamin C 30.20 mg Protein 25.41 g 12.9% Carbohydrate 100.98 g 51.2% Total Fat 31.75 g 36.2% Saturated Fat 10.66 g 12.2%
4 JIMMY DEAN BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	5 PANCAKE PUPS CEREAL, VARIETY SYRUP FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	6 SAUSAGE PIZZA CEREAL, VARIETY Juice/ Assorted MILK - Variety FRUIT,FRESH ASSORTED	7 HAM, BUFFET BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	8 SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	Calories 733 Cholesterol 45 mg Sodium 1500 mg Dietary Fiber 2.77 g Iron 4.97 mg Calcium 557.63 mg Vitamin A 851 IU Vitamin C 29.43 mg Protein 24.50 g 13.4% Carbohydrate 102.77 g 56.1% Total Fat 25.93 g 31.8% Saturated Fat 6.97 g 8.6%
11 JIMMY DEAN BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	12 French Toast Sticks SYRUP CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	13 SAUSAGE PIZZA CEREAL, VARIETY Juice/ Assorted MILK - Variety FRUIT,FRESH ASSORTED	14 HAM, BUFFET BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	15 SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	Calories 686 Cholesterol 52 mg Sodium 1290 mg Dietary Fiber 2.89 g Iron 5.15 mg Calcium 564.90 mg Vitamin A 869 IU Vitamin C 29.44 mg Protein 22.80 g 13.3% Carbohydrate 99.13 g 57.8% Total Fat 22.84 g 30.0% Saturated Fat 7.16 g 9.4%
18 JIMMY DEAN BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	19 PANCAKE PUPS CEREAL, VARIETY SYRUP FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	20 SAUSAGE PIZZA CEREAL, VARIETY Juice/ Assorted MILK - Variety FRUIT,FRESH ASSORTED	21 HAM, BUFFET BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	22	Calories 723 Cholesterol 45 mg Sodium 1510 mg Dietary Fiber 2.93 g Iron 4.71 mg Calcium 541.16 mg Vitamin A 867 IU Vitamin C 29.24 mg Protein 24.38 g 13.5% Carbohydrate 103.71 g 57.4% Total Fat 24.65 g 30.7% Saturated Fat 6.10 g 7.6%