

OMS LUNCH

OPELIKA MIDDLE SCHOOL

NOV 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 CHICKEN STIR FRY ITALIAN BREAD RICE,Cooked White Salad Bar Entree Dressing/Assorted HAMBURGER Oriental Veggies LIMA BEANS PUDDING SWIRL FRUIT,FRESH ASSORTED FRUIT JUICE BAR Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	4 VEGETABLE SOUP crackers wheat PB&J SANDWICH BURRITO, BEEF AND BEAN Salad Bar Entree CABBAGE OMS SIDE SALAD CORN Dressings/Assorted taco sauce FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	5 FISH NUGGETS bread whole wheat hamburger Salad Bar Entree TACO BAR OMS MIXED VEGETABLES OMS SIDE SALAD FRUIT,FRESH ASSORTED BLACKEYE PEAS FROZEN TURNIP GREENS SUGAR COOKIES OMS REFRIED BEANS SOUR CREAM taco sauce OLIVES,5/SERVING JALAPENO PEPPER Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	6 LASAGNA WITH GROUND BEEF BREAD/TEXAS TOAST STEAK SANDWICH Salad Bar Entree MIXED VEGETABLES CHIPS OMS SIDE SALAD FRUIT,FRESH ASSORTED SOUR CREAM Dressings/Assorted taco sauce Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	7 Potato Bar Grilled Chicken Sand. Salad Bar Entree PEAS CORN ON THE COB BROWNIES, LARGE Condiments SOUR CREAM OMS SIDE SALAD FRUIT,FRESH ASSORTED Dressings/Assorted Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	Calories 780 Cholesterol 56 mg Sodium 1000 mg Dietary Fiber 14.76 g Iron 5.20 mg Calcium 384.54 mg Vitamin A 2379 IU Vitamin C 58.95 mg Protein 30.67 g 15.7% Carbohydrate 117.14 g 60.0% Total Fat 22.87 g 26.4% Saturated Fat 7.70 g 8.9%
10 HOTDOG ON A BUN CHEESEBURGER Salad Bar Entree OMS SIDE SALAD Condiments CHIPS MIXED VEGETABLES CARROTS FRUIT,FRESH ASSORTED APPLE CRISP Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	11	12 Baked Chicken CHICKEN NUGGETS Salad Bar Entree RICE,Cooked White GREEN BEANS ROLLS SUGAR COOKIES USDA FRUIT,FRESH ASSORTED Dressings/Assorted OMS SIDE SALAD Assorted sauce Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	13 Sloppy Joe Sandwich Chicken Fillet Sand. Salad Bar Entree OMS SIDE SALAD PEAS TURNIPS FRUIT,FRESH ASSORTED PUDDING SWIRL Dressings/Assorted Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	14 Pizza, Assorted Salad Bar Entree OMS SIDE SALAD Potato Bar CORN ON THE COB Peanut Butter Bar Dressings/Assorted SOUR CREAM FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	Calories 785 Cholesterol 51 mg Sodium 990 mg Dietary Fiber 9.85 g Iron 4.21 mg Calcium 387.59 mg Vitamin A 4364 IU Vitamin C 47.58 mg Protein 28.97 g 14.8% Carbohydrate 117.68 g 60.0% Total Fat 24.21 g 27.8% Saturated Fat 6.79 g 7.8%
17 GROUND BEEF WITH MACARON HAMBURGER Salad Bar Entree FRUIT,FRESH ASSORTED Condiments Dressings/Assorted FRUIT JUICE BAR PUDDING SWIRL PINTO BEANS GREEN BEANS TEA, SWEETENED TEA, UNSWEETENED MILK - Variety Juice/ Assorted ICE CREAM	18 CHICKEN POT PIE Bread Slices Rib Sandwich Salad Bar Entree OMS SIDE SALAD LIMA BEANS CORN Dressings/Assorted FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	19 FISH SANDWICH TACO BAR OMS TURNIP GREENS BLACKEYE PEAS FROZEN OMS REFRIED BEANS FRUIT,FRESH ASSORTED Banana Bread taco sauce JALAPENO PEPPER OLIVES,5/SERVING SOUR CREAM Dressings/Assorted Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM	20 DELI/SUB BBQ Sandwich Salad Bar Entree COBBLER PEAS CABBAGE Condiments FRUIT,FRESH ASSORTED OMS SIDE SALAD Dressings/Assorted MILK - Variety Juice/ Assorted TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	21 Grilled Chicken Sand. Potato Bar Salad Bar Entree Dressing/Assorted SOUR CREAM YELLOW CAKE BROCCOLI MIXED VEGETABLES FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM	Calories 781 Cholesterol 59 mg Sodium 924 mg Dietary Fiber 13.62 g Iron 5.11 mg Calcium 415.61 mg Vitamin A 2032 IU Vitamin C 54.17 mg Protein 31.04 g 15.9% Carbohydrate 115.44 g 59.1% Total Fat 23.12 g 26.6% Saturated Fat 7.48 g 8.6%

<p>24</p> <p>HOTDOG ON A BUN Chicken Salad PEAS & CARROTS CORN FRUIT, FRESH ASSORTED CHIPS OMS SIDE SALAD Dressings/Assorted Condiments Juice/ Assorted MILK - Variety TEA, SWEETENED</p>	<p>25</p> <p>Turkey Roast/Gravy TURKEY DRESSING SUPREME ROLL, PRE-MADE HAMBURGER Condiments SWEET POTATOES OMS STYLE GREEN BEANS PUDDING SWIRL FRUIT, FRESH ASSORTED CRANBERRY SAUCE Dressings/Assorted Juice/ Assorted MILK - Variety TEA, SWEETENED TEA, UNSWEETENED ICE CREAM</p>				<p>Calories 778 Cholesterol 56 mg Sodium 1163 mg Dietary Fiber 10.38 g Iron 3.15 mg Calcium 367.45 mg Vitamin A 2774 IU Vitamin C 50.50 mg Protein 28.00 g 14.4% Carbohydrate 111.50 g 57.3% Total Fat 27.99 g 32.4% Saturated Fat 9.39 g 10.9%</p>
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OMS BREAKFAST OPELIKA MIDDLE SCHOOL NOVEMBER BREAKFAST 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 PANCAKE PUPS SYRUP CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	2 SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	Calories 484 Cholesterol 22 Mg Sodium 929 Mg Dietary Fiber 1.53 G Iron 1.13 Mg Calcium 274.50 Mg Vitamin A 433 IU Vitamin C 22.64 Mg Protein 15.76 G 13.0% Carbohydrate 67.97 G 56.2% Total Fat 17.03 G 31.7% Saturated Fat 3.83 G 7.1%
5 Blueberry Muffin CEREAL, VARIETY FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	6 CHEESE TOAST CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	7 OATMEAL CINNAMON TOAST FRUIT,FRESH ASSORTED CEREAL, VARIETY Juice/ Assorted MILK - Variety	8 PANCAKE PUPS CEREAL, VARIETY SYRUP FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	9 SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	Calories 555 Cholesterol 29 Mg Sodium 905 Mg Dietary Fiber 2.41 G Iron 1.87 Mg Calcium 400.40 Mg Vitamin A 636 IU Vitamin C 24.42 Mg Protein 17.96 G 12.9% Carbohydrate 82.61 G 59.6% Total Fat 17.25 G 28.0% Saturated Fat 5.45 G 8.8%
12	13 Blueberry Muffin CEREAL, VARIETY FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	14 TOAST CEREAL, VARIETY GRITS FRUIT,FRESH ASSORTED JELLY, MIXED FRUIT MILK - Variety Juice/ Assorted	15 Waffles SYRUP CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	16 SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	Calories 555 Cholesterol 23 Mg Sodium 802 Mg Dietary Fiber 2.05 G Iron 4.04 Mg Calcium 365.71 Mg Vitamin A 619 IU Vitamin C 26.82 Mg Protein 15.58 G 11.2% Carbohydrate 92.24 G 66.5% Total Fat 13.72 G 22.3% Saturated Fat 4.23 G 6.9%
19 Blueberry Muffin CEREAL, VARIETY FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	20 PANCAKES SYRUP CEREAL, VARIETY Juice/ Assorted MILK - Variety FRUIT,FRESH ASSORTED	21	22	23	Calories 555 Cholesterol 36 Mg Sodium 566 Mg Dietary Fiber 1.82 G Iron 1.46 Mg Calcium 362.69 Mg Vitamin A 569 IU Vitamin C 22.54 Mg Protein 13.25 G 9.5% Carbohydrate 93.17 G 67.1% Total Fat 14.00 G 22.7% Saturated Fat 2.39 G 3.9%
26 BAGEL, CINNAMON JELLY, MIXED FRUIT CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	27 PANCAKE PUPS CEREAL, VARIETY SYRUP FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	28 CHEESE TOAST CEREAL, VARIETY FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	29 OATMEAL CINNAMON TOAST FRUIT,FRESH ASSORTED CEREAL, VARIETY Juice/ Assorted MILK - Variety	30 SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	Calories 555 Cholesterol 27 Mg Sodium 849 Mg Dietary Fiber 3.21 G Iron 1.92 Mg Calcium 384.91 Mg Vitamin A 635 IU Vitamin C 26.69 Mg Protein 18.08 G 13.0% Carbohydrate 89.51 G 64.5% Total Fat 14.04 G 22.8% Saturated Fat 5.09 G 8.2%