

OMS LUNCH

MARCH LUNCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	2	3	4	5	Calories 779 Cholesterol 58 mg Sodium 1117 mg Dietary Fiber 13.38 g Iron 4.96 mg Calcium 418.29 mg Vitamin A 2169 IU Vitamin C 47.28 mg Protein 30.50 g 15.7% Carbohydrate 114.42 g 58.7% Total Fat 24.14 g 27.9% Saturated Fat 9.00 g 10.4%
<p>CORN DOG ON A BUN CHICKEN SALAD WITH CRACKERS OMS SIDE SALAD Dressing/Assorted MIXED VEGETABLES Corn&Bean Casserole FRUIT,FRESH ASSORTED SPICE CAKE Condiments Juice/ Assorted MILK - Variety TEA, SWEETENED</p>	<p>CHICKEN STIR FRY ITALIAN BREAD RICE,Cooked White Salad Bar Entree Dressing/Assorted HAMBURGER LIMA BEANS Condiments PUDDING SWIRL FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED</p>	<p>FISH SANDWICH TACO BAR OMS Salad Bar Entree TURNIP GREENS BLACKEYE PEAS FROZEN OMS REFRIED BEANS BANANA BREAD SQUARES FRUIT,FRESH ASSORTED taco sauce JALAPENO PEPPER OLIVES,5/SERVING SOUR CREAM Dressing/Assorted Juice/ Assorted MILK - Variety TEA, SWEETENED</p>	<p>Chili crackers wheat CHEESE SANDWICH, TOASTED Burrito Salad Bar Entree OMS SIDE SALAD FRUIT,FRESH ASSORTED FRUIT JUICE BAR CORN CABBAGE SOUR CREAM Dressing/Assorted taco sauce Juice/ Assorted MILK - Variety TEA, SWEETENED</p>	<p>Pizza, Assorted Salad Bar Entree OMS SIDE SALAD Potato Bar CORN ON THE COB PEAS Peanut Butter Bar Dressing/Assorted SOUR CREAM FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM</p>	
	9	10	11	12	Calories 782 Cholesterol 74 mg Sodium 949 mg Dietary Fiber 12.69 g Iron 4.74 mg Calcium 371.66 mg Vitamin A 3933 IU Vitamin C 46.95 mg Protein 33.50 g 17.1% Carbohydrate 109.85 g 56.2% Total Fat 25.19 g 29.0% Saturated Fat 8.38 g 9.6%
<p>Happy Joe Sandwich STEAK SANDWICH Salad Bar Entree OMS SIDE SALAD CHIPS CORN FRUIT,FRESH ASSORTED Condiments Dressing/Assorted Juice/ Assorted MILK - Variety TEA, SWEETENED</p>	<p>FISH NUGGETS HAMBURGER BUN BEEFARONI - OMS TURNIP GREENS PEAS & CARROTS Salad Bar Entree BLACKEYE PEAS FROZEN PUDDING SWIRL FRUIT,FRESH ASSORTED Tartar Sauce,IND.PKG. Condiments MILK - Variety Juice/ Assorted TEA, SWEETENED Dressing/Assorted</p>	<p>Baked Chicken CHICKEN NUGGETS ROLLS Salad Bar Entree OMS SIDE SALAD Dressing/Assorted GREEN BEANS Parsley Potatoes FRUIT,FRESH ASSORTED Assorted sauce Juice/ Assorted MILK - Variety TEA, SWEETENED</p>	<p>Grilled Chicken Sand. BBQ Sandwich Salad Bar Entree CORN LIMA BEANS FRUIT,FRESH ASSORTED YELLOW CAKE Dressing/Assorted MILK - Variety Juice/ Assorted TEA, SWEETENED</p>	<p>Salad Bar Entree CHEESEBURGER CHILI AND CHEESE POTATO BAR CORN AND GREEN BEAN CASSEROLE PEAS FRUIT,FRESH ASSORTED BROWNIES, LARGE Dressing/Assorted SOUR CREAM Condiments Juice/ Assorted MILK - Variety TEA, SWEETENED</p>	
	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 783 Cholesterol 47 mg Sodium 1027 mg Dietary Fiber 11.80 g Iron 4.85 mg Calcium 420.14 mg
<p>CORN DOG Chicken Salad Salad Bar Entree</p>	<p>BURRITO, BEEF AND BEAN VEGETABLE SOUP</p>	<p>Chicken Fillet Sand. TACO BAR OMS Salad Bar Entree</p>	<p>CHICKEN POT PIE Bread Slices Rib Sandwich</p>	<p>Pizza, Assorted Salad Bar Entree OMS SIDE SALAD</p>	

<p> MIXED VEGETABLES FRUIT,FRESH ASSORTED SUGAR COOKIES CHIPS OMS SIDE SALAD Dressing/Assorted Condiments Juice/ Assorted MILK - Variety TEA, SWEETENED </p>	<p> PB&J SANDWICH Salad Bar Entree OMS SIDE SALAD Dressing/Assorted Condiments SQUASH CASSEROLE LIMA BEANS FRUIT,FRESH ASSORTED FRUIT JUICE BAR MILK - Variety Juice/ Assorted TEA, SWEETENED </p>	<p> OMS REFRIED BEANS CORN FRUIT,FRESH ASSORTED Banana Bread taco sauce JALAPENO PEPPER OLIVES,5/SERVING SOUR CREAM Dressing/Assorted Juice/ Assorted MILK - Variety TEA, SWEETENED </p>	<p> Salad Bar Entree GREEN BEANS Parsley Potatoes PUDDING SWIRL OMS SIDE SALAD Dressing/Assorted FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED </p>	<p> Potato Bar CORN ON THE COB PEAS Peanut Butter Bar Dressing/Assorted SOUR CREAM FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety TEA, SWEETENED ICE CREAM </p>	<p> Vitamin A 1857 IU Vitamin C 47.40 mg Protein 28.59 g 14.6% Carbohydrate 115.76 g 59.1% Total Fat 24.70 g 28.4% Saturated Fat 6.56 g 7.5% </p>
<p> HAMBURGER Hamburger Steak/Gravy TOAST Salad Bar Entree RICE,Cooked White FRUIT,FRESH ASSORTED SPICE CAKE Condiments OMS SIDE SALAD GREEN BEANS Dressing/Assorted MILK - Variety Juice/ Assorted TEA, SWEETENED </p>	<p> 30 Sloppy Joe Sandwich CHEESEBURGER Salad Bar Entree BAKED BEANS CORN CHIPS Condiments Dressing/Assorted SUGAR COOKIES FRUIT,FRESH ASSORTED Juice/ Assorted TEA, SWEETENED </p>	<p> 31 Baked Chicken CHICKEN NUGGETS ROLLS Salad Bar Entree OMS SIDE SALAD Dressing/Assorted Parsley Potatoes GREEN BEANS FRUIT,FRESH ASSORTED Assorted sauce Juice/ Assorted MILK - Variety TEA, SWEETENED </p>	<p> 1 STEAK SANDWICH OMS LASAGNA Salad Bar Entree TURNIP GREENS BLACK EYE PEAS FROZEN Dressing/Assorted PUDDING SWIRL FRUIT,FRESH ASSORTED FRUIT JUICE BAR Juice/ Assorted MILK - Variety TEA, SWEETENED </p>	<p> 2 Salad Bar Entree Grilled Chicken Sand. CHILI AND CHEESE POTATO BAR OMS SIDE SALAD PEAS CORN ON THE COB FRUIT,FRESH ASSORTED BROWNIES, LARGE Dressing/Assorted SOUR CREAM Condiments Juice/ Assorted MILK - Variety TEA, SWEETENED </p>	<p> Calories 778 Cholesterol 71 mg Sodium 1026 mg Dietary Fiber 11.02 g Iron 4.84 mg Calcium 328.07 mg Vitamin A 1271 IU Vitamin C 45.33 mg Protein 29.00 g 14.9% Carbohydrate 111.27 g 57.2% Total Fat 26.00 g 30.1% Saturated Fat 8.49 g 9.8% </p>

OMS BREAKFAST MARCH BREAKFAST 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	2	3	4	5	Calories 745 Cholesterol 45 mg Sodium 1518 mg Dietary Fiber 2.74 g Iron 5.19 mg Calcium 563.42 mg Vitamin A 869 IU Vitamin C 28.33 mg Protein 24.74 g 13.3% Total Fat 26.14 g 31.6% Saturated Fat 7.02 g 8.5%
JIMMY DEAN BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	PANCAKE PUPS CEREAL, VARIETY SYRUP BANANA, FRESH MILK - Variety Juice/ Assorted	SAUSAGE PIZZA CEREAL, VARIETY Juice/ Assorted MILK - Variety BANANA, FRESH	HAM, BUFFET BISCUITS CEREAL, VARIETY BANANA, FRESH MILK - Variety Juice/ Assorted	SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	
	9	10	11	12	Calories 647 Cholesterol 37 mg Sodium 964 mg Dietary Fiber 3.00 g Iron 4.91 mg Calcium 531.20 mg Vitamin A 906 IU Vitamin C 29.53 mg Protein 19.99 g 12.4% Carbohydrate 95.13 g 58.8% Total Fat 20.91 g 29.1% Saturated Fat 6.32 g 8.8%
JIMMY DEAN BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	French Toast Sticks SYRUP CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	SAUSAGE PIZZA CEREAL, VARIETY Juice/ Assorted MILK - Variety BANANA, FRESH	Blueberry Muffin CEREAL, VARIETY FRUIT,FRESH ASSORTED MILK - Variety Juice/ Assorted	SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED 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 749 Cholesterol 45 mg Sodium 1526 mg Dietary Fiber 2.80 g Iron 5.31 mg Calcium 567.57 mg Vitamin A 884 IU Vitamin C 28.59 mg Protein 24.81 g 13.2% Carbohydrate 106.05 g 56.6% Total Fat 26.18 g 31.5% Saturated Fat 7.02 g 8.4%
JIMMY DEAN BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	PANCAKE PUPS CEREAL, VARIETY SYRUP BANANA, FRESH MILK - Variety Juice/ Assorted	SAUSAGE PIZZA CEREAL, VARIETY Juice/ Assorted MILK - Variety BANANA, FRESH	HAM, BUFFET BISCUITS CEREAL, VARIETY BANANA, FRESH MILK - Variety Juice/ Assorted	SAUSAGE PATTY BISCUITS CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety	
	30	31	1	2	Calories 642 Cholesterol 37 mg Sodium 992 mg Dietary Fiber 2.99 g
JIMMY DEAN BISCUITS	French Toast Sticks SYRUP	SAUSAGE PIZZA CEREAL, VARIETY	Biscuits/Cinnamon CEREAL, VARIETY	SAUSAGE PATTY BISCUITS	

<p>CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety</p>	<p>CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety</p>	<p>Juice/ Assorted MILK - Variety BANANA, FRESH</p>	<p>BANANA, FRESH MILK - Variety Juice/ Assorted</p>	<p>CEREAL, VARIETY FRUIT,FRESH ASSORTED Juice/ Assorted MILK - Variety</p>	<p>Iron 4.97 mg Calcium 764.69 mg Vitamin A 912 IU Vitamin C 30.97 mg Protein 20.25 g 12.6% Carbohydrate 96.16 g 59.9% Total Fat 20.13 g 28.2% Saturated Fat 6.72 g 9.4%</p>
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