

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT			Week One		
NUTRITIONAL ANALYSIS 2011-2012			Monday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Country Fried Steak	1 serv	168	8.67	6.86	
Wheat Flour		27	0.07	5.62	
Seasoning		3	0	0.85	
Ground Beef		128	7.62	0	
Margarine		8	0.89	0	
Beef Base		2	0.08	0.38	
Spicy Chicken on Bun	1 each	409	11.65	42.06	
Mixed Grain Bun		199	5.54	33.82	
Chicken Breast Patty		222	9.07	7.06	GF
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Ceasar Salad	1 serv	477	26.5	26	GF
Chicken		120	6	1	
Tomatoes		3	0.04	0.63	
Cheese		32	2.13	0.27	
Lettuce		16	0.23	2.69	
Red Onions		11	0.04	2.42	
Vegetable					
Cheesy California Veggies	1/2 cup	45	1.8	4.8	
Tossed Salad	1/2 cup	52	0.1	12.2	GF
Green Salad Mix		8	0.11	1.52	
Tomatoes		3	0.04	0.71	
Trimmings	1/2 cup	13	0.15	2.63	GF
Romaine Lettuce		4	0.06	0.69	
Tomatoes		8	0.09	1.78	
Dill Pickle Slices		1	0	0.16	
Fruit					
Oranges	1/2 cup	77	0.2	19.2	GF
Applesauce	1/2 cup	57	0.13	15	GF
Grain/Bread					
Whole Wheat Roll	1 roll	168	4.3	28.2	
Rice/gravy	1/2 cup	121	0.26	26.32	
Rice		114	0.21	24.93	
Gravy		7	0.05	1.39	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Dessert					
Pudding Plus	1/2 cup	152	1.8	31.2	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ceasar Dressing		113	11.34	0.94	
Ranch Dressing (packet)		120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT		Week One			
NUTRITIONAL ANALYSIS 2011-2012		Tuesday			
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Cheesy Chicken/Rice	8 oz	289	9.17	31	
Diced Chicken		82	3.29	0	GF
Cream of Chicken Soup		20	0.88	2.44	
Low-Fat Sour Cream		22	0.15	4.25	
American Cheese		55	4.61	0.24	
Pimento		0	0.01	0.1	
Diced Onions		1	0.01	0.28	
Parsley		0	0.01	0.06	
Bread Crumbs		2	0.03	0.45	
Rice		106	0.19	23.21	
Hamburger with Bun	1 each	372	16.5	35.2	
Beef Pattie		173	11.96	1.48	GF
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Mandarin Chicken Salad	1 serv	592	24.27	76.31	GF
Chicken		220	9	21	
Mixed Greens		24	0.34	4.86	
Tomatoes		3	0.05	0.76	
Carrots		25	0.09	5.83	
Mandarin Oranges		25	0.15	6.24	
Vegetable					
Sweet Potato Fries	1 serv	120	0	30	
Broccoli Salad	1/2 cup	353	28.31	25.98	GF
Fresh, Raw Broccoli		17	0.21	3.21	
Mayo		252	27.95	0.95	
Granulated Sugar		18	0	4.53	
White Vinegar		0	0	0.12	
2% Milk		1	0.05	0.12	
Seedless Raisins		65	0.1	17.05	
Trimnings	1/2 cup	13	0.15	2.63	GF
Romaine Lettuce		4	0.06	0.69	
Tomatoes		8	0.09	1.78	
Dill Pickle Slices		1	0	0.16	
Fruit					
Bananas	1/2 cup	67	0.2	17.13	GF
Sliced Peaches	1/2 cup	68	0	18.4	GF
Grain/Bread					
Bun		199	4.54	33.72	
Chinese Chow Mein Noodles	1 oz	227	13.23	24.74	
White Rice	1/2 cup	117	3	18.5	GF
Whole Wheat Roll	1 roll	168	4.3	28.2	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Dessert					
Peanut Butter Dessert	1 serv	189	7.2	30.2	
Milk					
Skim milk	1/2 pint	83	0.2		GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
Fat Free Ranch Dressing		34	0	8	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT			Week One		
NUTRITIONAL ANALYSIS 2011-2012			Wednesday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Corn Dog Nuggets	1 serv	480	28	42	
Jambalaya	1 cup	480	21.8	29.4	
Diced Chicken		82	3.29	0	
Smoked Sausage		11	13.77	0.81	
Oil		117	4.36	0	
Green Peppers		8	0.02	0.4	
Onions		7	0.03	1.57	
Salsa		7	0.04	1.38	
Long-grain Brown Rice		35	0.29	7.29	GF
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Cheese/Vegetable Wraps	1 serv	732	27.53	92.54	
Tortillas		356	8.84	58.54	
Ranch Dressing		34	0	8	
Lettuce		3	0.04	0.43	
Peppers		4	0.03	0.84	
Onions		7	0.02	1.69	
Carrots		7	0.04	1.74	
Cucumber		2	0.03	0.39	
Cheese		160	10.38	1.13	
Dill Pickle Spears		8	0	2	
Chips		151	8.16	17.78	
Vegetable					
Baked Beans	1/2 cup	180	0.59	41.58	
Veggies & Dip	1/2 cup	37	0.24	7.72	GF
Carrots		10	0.04	2.3	
Broccoli		6	0.08	1.19	
Cauliflower		6	0.05	1.19	
Tomatoes		5	0.07	1.05	
Fruit					
Apple Wedges/Dip	1 serve	139	1.77	12.8	GF
Fruit Cocktail	1/2 cup	50	0	8	GF
Grain/Bread					
Whole Wheat Roll	1 roll	168	4.3	28.2	
Mac & Cheese	1/2 cup	85	0.44	16.89	
Sun Chips	1 serv	154	8.12	18.91	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Dessert					
Chocolate Chip Cookie	1 cookie	130	6	18	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing	1 pkt	120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT			Week One		
NUTRITIONAL ANALYSIS 2011-2012			Thursday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Stromboli	1 each	424	13.8	48.5	
Pizza Dough		216	0.25	43.24	
Spaghetti Sauce		12	0.25	2.33	
Mozzarella Cheese		93	5.83	1.17	
Ham (made from Turkey)		67	2.27	1.76	
Sliced Pepperoni		35	3.29	0	
Chicken & Dumplings	1 cup	289	11.3	24.4	
Chicken Base		10	0.3	2.02	
Tortilla		115	2.5	19.5	
Magarine		32	3.56	0	
Seasoning		0	0	0.04	
Diced Chicken		112	4.51	0	
Wheat/White Flour		9	0.02	1.91	
2% Milk		10	0.39	0.94	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
PB&J/Yogurt/Fruit Salad	1 each	764	33.61	182.37	
PB&J		384	17.97	47.11	
Yogurt		118	1.25	22.1	GF
Cheese		110	9.1	0	GF
Fruit Includes:					GF
Grapes		29	0.15	7.47	
Cantaloupe		27	0.15	6.48	
Honeydew		33	0.13	8.45	
Romaine Lettuce		3	0.04	0.43	
Strawberries		4	4.67	1.02	
Peaches		146	0.08	39.35	
Kiwi		9	0.07	2.05	
Vegetable					
Yam Patties	1 serv	120	0	30	GF
Tossed Salad	1/2 cup	52	0.1	12.2	GF
Green Salad Mix		8	0.11	1.52	
Tomatoes		3	0.04	0.71	
Fruit					
Pineapple	1/2 cup	72	0.1	18.9	GF
Grapes	1/2 cup	61	0.3	15.6	GF
Grain/Bread					
Whole Wheat Roll	1 roll	168	4.3	28.2	
Crackers	1 pkt	34	1.41	4.87	
CROUTONS	1 oz	64	1.1	12.02	
Dessert					
Jell-O	1/2 cup	88	0.38	20.1	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT			Week One		
NUTRITIONAL ANALYSIS 2011-2012			Friday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
<u>Entrée</u>					
Soup'n Sandwich	1 each	430	17.75	53.08	
Vegetable Soup	1 cup	116	2.06	19.94	
Sandwich	1 sandwich	314	15.69	33.14	
Chicken Fajitas Flat-out	1 Fajita	319	12.68	6.43	
Seasoning		15	0	3.02	
Chicken Strips		88	4.05	1.35	
Pimiento		2	0.02	0.4	
Onions		1	0	0.3	
Green Peppers		4	0.01	0.2	
Salsa		3	0.02	0.64	
Tortilla		115	2.5	19.5	
5 Cheese Blend		91	6.08	1.01	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Chicken Salad	1 serv	316	12.36	29.36	GF
Diced Chicken		110	4.42	0	
Diced Celery		2	0.02	0.44	
Diced Onions		3	0.01	0.59	
Sweet Relish		9	0	2.27	
Seasoning		2	0.1	0.18	
Mayonnaise		58	5.78	0.96	
Tuna Salad Sandwich	1 each	319	13.04	29.09	GF
Canned Tuna in Water		67	0.47	0	
Seasoning		2	0.03	0.39	
Diced Celery		3	0.03	0.66	
Sweet Relish		5	0	1.32	
Boiled Egg		11	0.72	0.16	
Mayo		98	9.75	1.63	
<u>Vegetable</u>					
Ranch Baked Potato	1/2 cup	139	0.24	31.24	
Sweet Pea/Cheese Salad	1/2 cup	214	0.82	12	
<u>Fruit</u>					
Fresh Oranges	1 orange	73	0.19	18.33	GF
Pear Halves	1/2 cup	69	0.04	18.23	GF
<u>Grain/Bread</u>					
Sun Chips		141	6.28	18.57	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
<u>Dessert</u>					
Cake w/Icing	1 piece	297	8.64	53.4	
<u>Milk</u>					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
<u>Condiments</u>					
Ranch Dressing (packet)		120	11.05	3.26	
Taco Sauce	1 oz	10	0.06	1.98	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT		Week Two			
NUTRITIONAL ANALYSIS 2011-2012		Monday			
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Tamale Pie	1 serv	288	12.77	23.71	
Ground Beef		83	4.98	0	
Taco Seasoning		24	0	3.12	
Salsa		7	0.04	1.27	
Tomato Paste		15	0.09	3.43	
Tortilla		92	2	15.6	
America Cheese		68	5.67	0.29	
Chicken Tenders	1 serv	268	12.05	17.41	
Chef Salad	1 serv	282	17.45	16.23	
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Cesar Salad	1 serv	477	26.5	26	GF
Chicken		120	6	1	
Tomatoes		3	0.04	0.63	
Cheese		32	2.13	0.27	
Lettuce		16	0.23	2.69	
Red Onions		11	0.04	2.42	
Vegetable					
Corn	1/2 cup	155	2.98	33.24	GF
Tossed Salad	1/2 cup	52	0.1	12.2	GF
Green Salad Mix		8	0.11	1.52	
Tomatoes		3	0.04	0.71	
Fruit					
Plums	1 each	30	0.2	7.5	GF
Pear Halves	1/2 cup	69	0.04	18.23	GF
Grain/Bread					
Whole Wheat Roll	1 roll	168	4.3	28.2	
Rice and Gravy	1/2 cup	154	1.7	29.9	
Rice		116	0.2	25.4	GF
Gravy		38	1.5	4.5	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Dressing		41	0	10	
Cesar Dressing		113	11.34	0.94	
Ranch Dressing (packet)		120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
BBQ Sauce	1 pkt	15	0	4	
Honey Mustard	1 pkt	50	0	12	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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NUTRITIONAL ANALYSIS 2011-2012			Tuesday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Beef Stew & Rice	1 serv	270	5.43	46.21	
Beef Stew		162	5.41	22.54	
Rice		108	0.2	23.67	GF
Cheese Sticks w/Marinara	3 sticks	346	15.05	35.11	
Cheese Sticks		331	15.05	32.11	
Marinara		15	0	3	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Mandarin Chicken Salad	1 serv	592	24.27	76.31	GF
Chicken		220	9	21	
Mixed Greens		24	0.34	4.86	
Tomatoes		3	0.05	0.76	
Carrots		25	0.09	5.83	
Mandarin Oranges		25	0.15	6.24	
Vegetable					
Broccoli & Cheese	1/2 cup	101	8.4	3.8	GF
Steamed Cabbage	1/2 cup	16	0.94	1.96	GF
Fruit					
Apple/Orange Wedges	1 item				GF
Apple		139	1.77	12.8	
Orange		77	0.2	19.2	
Grain/Bread					
Whole Wheat Roll	1 roll	168	4.3	28.2	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Chinese Chow Mein Noodles		227	13.23	24.74	
Dessert					
Pudding w/Topping	1 each	154	8.1	18.9	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Marinara	1 pkt	15	0	3	
Ranch Dressing (packet)		120	11.05	3.26	
Fat Free Ranch Dressing		34	0	8	
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT			Week Two		
NUTRITIONAL ANALYSIS 2011-2012			Wednesday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Chili w/Cheese Bowl	1 cup	188	10.02	6.6	
Grilled Chicken on Bun	1 each	291	9.3	30.5	
Bun		149	2.65	26.14	
Chicken Fillet		137	6.6	3.2	GF
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Cheese/Vegetable Wraps	1 serv	732	27.53	92.54	
Tortillas		356	8.84	58.54	
Ranch Dressing		34	0	8	
Lettuce		3	0.04	0.43	
Peppers		4	0.03	0.84	
Onions		7	0.02	1.69	
Carrots		7	0.04	1.74	
Cucumber		2	0.03	0.39	
Cheese		160	10.38	1.13	
Dill Pickle Spears		8	0	2	
Chips		151	8.16	17.78	
Vegetable					
Fries	1 cup	176	5.6	28.8	
3 Bean Salad	1/2 cup	83	8.64	1.62	GF
Trimnings	1/2 cup	13	0.15	2.63	GF
Lettuce		4	0.06	0.69	
Tomatoes		8	0.09	1.78	
Pickles		1	0	0.16	
Fruit					
Applesauce	1/2 cup	57	0.1	15.2	GF
Grapes	1/2 cup	61	0.3	15.6	GF
Grain/Bread					
Whole Wheat Roll	1 roll	168	4.3	28.2	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Dessert					
Brownie	1 each	151	6.3	23.2	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT			Week Two			
NUTRITIONAL ANALYSIS 2011-2012			Thursday			
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>	
Entrée						
BBQ Chicken	1 serv	202	8	15.1		GF
Cheese Burger on Bun	1 item	377	19.21	28.7		
Beef Pattie		173	11.96	1.48		GF
Cheese		55	4.55	0		
Bun		149	2.65	26.14		
Chef Salad	1 serv	282	17.45	16.23		GF
Lettuce		15	0.21	2.47		
Fresh Broccoli		6	0.08	1.19		
Tomatoes		4	0.05	0.89		
Carrots		7	0.03	1.65		
Diced Turkey		30	1.02	0.72		
Cheddar Cheese		45	2.56	0		
Bacon Bits (imitation)		20	1	1		
PB&J/Yogurt/Fruit Salad	1 each	764	33.61	182.37		
PB&J		384	17.97	47.11		
Yogurt		118	1.25	22.1		GF
Cheese		110	9.1	0		GF
Fruit Includes:						GF
Grapes		29	0.15	7.47		
Cantaloupe		27	0.15	6.48		
Honeydew		33	0.13	8.45		
Romaine Lettuce		3	0.04	0.43		
Strawberries		4	4.67	1.02		
Peaches		146	0.08	39.35		
Kiwi		9	0.07	2.05		
Vegetable						
Small Red Beans/Rice	1/2 cup	144	0.5	27.8		GF
Spinach Salad	1 salad	80	3.12	4.52		GF
Spinach		8	0.14	1.32		
Bacon		0	0	0		
Onions		10	0.04	2.35		
Mazzarella Cheese		61	2.94	0.85		
Trimnings	1/2 cup	13	0.15	2.63		GF
Lettuce		4	0.06	0.69		
Tomatoes		8	0.09	1.78		
Pickles		1	0	0.16		
Fruit						
Bananas	1/2 cup	67	0.2	17.13		GF
Sliced Peaches	1/2 cup	68	0	18.4		GF
Grain/Bread						
Whole Wheat Roll	1 roll	168	4.3	28.2		
Sun Chips	1 serv	154	8.12	18.91		
Crackers	1 pkt	34	1.41	4.87		
Croutons	1 oz	64	1.1	12.02		
Dessert						
Peanut Butter Dessert	1 serv	189	7.2	30.2		
Milk						
Skim milk	1/2 pint	83	0.2	12.2		GF
1% Milk	1/2 pint	102	2.37	12.18		GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1		GF
Condiments						
Fat Free Ranch Dressing	1pkt	34	0	8		
Ranch Dressing (packet)	1 pkt	120	11.05	3.26		
Ketchup	1 pkt	10	0	2		GF
Mayo	1 pkt	86	9.53	0.32		GF
Mustard	1 pkt	5	0	1		GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>		

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT NUTRITIONAL ANALYSIS 2011-2012			Week Two Friday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
<u>Entrée</u>					
Spaghetti & Meat Sauce	1 cup	322	10.71	34.22	
Codfish Nuggets	3 nuggets	213	11.14	18.23	
Chef Salad	1 serv	282	17.45	16.23	
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Chicken Salad	1 serv	316	12.36	29.36	GF
Diced Chicken		110	4.42	0	
Diced Celery		2	0.02	0.44	
Diced Onions		3	0.01	0.59	
Sweet Relish		9	0	2.27	
Seasoning		2	0.1	0.18	
Mayonnaise		58	5.78	0.96	
Tuna Salad Sandwich	1 each	319	13.04	29.09	GF
Canned Tuna in Water		67	0.47	0	
Seasoning		2	0.03	0.39	
Diced Celery		3	0.03	0.66	
Sweet Relish		5	0	1.32	
Boiled Egg		11	0.72	0.16	
Mayo		98	9.75	1.63	
<u>Vegetable</u>					
Green Beans	1/2 cup	31	1.9	3.4	GF
Cheesy Potatoes	1/2 cup	104	2.94	1.58	
Coleslaw	1/2 cup	52	0.2	13.2	GF
<u>Fruit</u>					
Fresh Melon Cup	1/2 cup	60	0.3	14.8	GF
Pineapple	1/2 cup	72	0.1	18.9	GF
<u>Grain/Bread</u>					
Bread for Sandwiches		134	2.04	24.93	
Sun Chips	1 serv	154	8.12	18.91	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Whole Wheat Roll	1 roll	168	4.3	28.2	
<u>Dessert</u>					
Oatmeal Cookie	1 each	161	8.5	19.3	
<u>Milk</u>					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
<u>Condiments</u>					
Fat Free Ranch Dressing	1pkt	34	0	8	
Ranch Dressing (packet)	1 pkt	120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Tarter Sauce	2 tbsp	63	3.59	7.94	
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT		Week Three			
NUTRITIONAL ANALYSIS 2011-2012		Monday			
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
<u>Entrée</u>					
Country Fried Steak/Bun	1 serv	386	25.65	25.18	
Gravy		26	0.65	5.18	
Steak Pattie		360	25	20	
Oriental Chicken/Fried Rice	1/4 cup	212	6.04	22.27	GF
Seasoning		0	0.01	0.1	
Apple Juice		7	0.02	1.75	
Brown Sugar		52	0	13.49	
Ketchup		11	0	3	
Vinegar		0	0	0	
Soy Sauce		6	0.01	1.02	
Cornstarch		4	0	0.91	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Ceasar Salad	1 serv	477	26.5	26	GF
Chicken		120	6	1	
Tomatoes		3	0.04	0.63	
Cheese		32	2.13	0.27	
Lettuce		16	0.23	2.69	
Red Onions		11	0.04	2.42	
<u>Vegetable</u>					
Sweet Potato Fries	1 serv	120	0	30	GF
Steamed Veggies	1/2 cup	45	1.78	4.8	GF
<u>Fruit</u>					
Oranges	1/2 cup	77	0.2	19.2	GF
Mixed Fruit	1/2 cup	30	1	8	GF
<u>Grain/Bread</u>					
Whole Wheat Roll	1 roll	168	4.3	28.2	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
<u>Dessert</u>					
Pudding Plus	1/2 cup	152	1.8	31.2	
<u>Milk</u>					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
<u>Condiments</u>					
Ceasar Dressing	1pkt	113	11.34	0.94	
Fat Free Ranch Dressing	1pkt	34	0	8	
Ranch Dressing (packet)	1 pkt	120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT		Week Three			
NUTRITIONAL ANALYSIS 2011-2012		Tuesday			
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Chicken Gumbo with Rice	1 serv	278	5.1	34.67	
Gumbo		173	4.91	11.57	
Rice		105	0.19	23.1	GF
Philly Cheese Steak on Bun	1 each	386	9.56	55.39	
Sliced Beef Steak		63	2.76	1.58	
Mozzarella Cheese		70	3.46	6.71	
Green Peppers		3	0.02	0.73	
Red Peppers		4	0.03	0.68	
Onions		3	0.01	0.78	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Mandarin Chicken Salad	1 serv	592	24.27	76.31	GF
Chicken		220	9	21	
Mixed Greens		24	0.34	4.86	
Tomatoes		3	0.05	0.76	
Carrots		25	0.09	5.83	
Mandarin Oranges		25	0.15	6.24	
Vegetable					
Copper Pennies	1/2 cup	87	4.6	11.2	GF
Potato Salad	1/2 cup	271	13.6	32.2	
Fruit					
Apple Wedges/Dip	1 serve	139	1.77	12.8	GF
Sliced Peaches	1/2 cup	68	0	18.4	GF
Grain/Bread					
Bread		242	3.27	44.91	
Sun Chips	1 serv	154	8.12	18.91	
Chinese Chow Mein Noodles		227	13.23	24.74	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Dessert					
Fruit Crisp Cobbler	1/2 cup	186	4.4	36.4	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
Fat Free Ranch Dressing		34	0	8	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT			Week Three		
NUTRITIONAL ANALYSIS 2011-2012			Wednesday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Chicken Parmesan	1 serv	563	22.39	15.01	
Chicken		414	16.13	0	
Wheat Flour		50	0.13	10.38	
Seasoning		0	0	0.1	
Parmesan Cheese		29	1.95	0.28	
Mayo		26	2.59	0.43	
Spaghetti Sauce		19	0.36	3.48	
Mozzarella Cheese		25	1.22	0.36	
BBQ on Bun	1 sandwich	116	3.11	11.59	GF without Bun
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Cheese/Vegetable Wraps	1 serv	732	27.53	92.54	
Tortillas		356	8.84	58.54	
Ranch Dressing		34	0	8	
Lettuce		3	0.04	0.43	
Peppers		4	0.03	0.84	
Onions		7	0.02	1.69	
Carrots		7	0.04	1.74	
Cucumber		2	0.03	0.39	
Cheese		160	10.38	1.13	
Dill Pickle Spears		8	0	2	
Vegetable					
Mixed Vegetables	1/2 cup	88	2.4	15.1	GF
Carrot & Rasin Salad	1/2 cup	148	3.6	30.3	GF
Fruit					
Pineapple	1/2 cup	72	0.1	18.9	GF
Plums	1 each	30	0.2	7.5	GF
Grain/Bread					
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Whole Wheat Roll	1 roll	168	4.3	28.2	
Pasta/Spagetti	1/2 cup	104	0.42	20.86	
Chips		151	8.16	17.78	
Dessert					
Oatmeal Cookie	1 each	161	8.5	19.3	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT		Week Three			
NUTRITIONAL ANALYSIS 2011-2012		Thursday			
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Brunch for Lunch	2 oz	523	40.93	17.57	
Egg Substitute		73	5.04	1.45	
Sausage Patty		240	23	1	
Bacon		67	5.33	0	GF
Biscuit		144	7.56	15.12	
American Deli	1 each	302	11.86	26.15	
Turkey Breast		59	0.94	2.39	
American Cheese		110	9.1	0	GF
Wheat Bread		133	1.82	3.76	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	GF
Bacon Bits (imitation)		20	1	1	
PB&J/Yogurt/Fruit Salad	1 each	764	33.61	182.37	
PB&J		384	17.97	47.11	
Yogurt		118	1.25	22.1	GF
Cheese		110	9.1	0	GF
Fruit Includes:					GF
Grapes		29	0.15	7.47	
Cantaloupe		27	0.15	6.48	
Honeydew		33	0.13	8.45	
Romaine Lettuce		3	0.04	0.43	
Strawberries		4	4.67	1.02	
Peaches		146	0.08	39.35	
Kiwi		9	0.07	2.05	
Vegetable					
Hash Browns	1/2 cup	170	9	21.9	GF
Refried Beans	1/2 cup	111	4.1	12.2	
Trimnings	1/2 cup	13	0.15	2.63	GF
Lettuce		4	0.06	0.69	
Tomatoes		8	0.09	1.78	
Pickles		1	0	0.16	
Fruit					
Bananas	1/2 cup	67	0.2	17.13	GF
Pear Halves	1/2 cup	69	0.04	18.23	GF
Grain/Bread					
Croutons	1 oz	64	1.1	12.02	
Crackers		34	1.41	4.87	
Whole Wheat Roll	1 roll	168	4.3	28.2	
Sun Chips	1 serv	154	8.12	18.91	
Dessert					
Fruit Freeze	1 serv	70	0.25	17	GF
Milk					
Skim milk	1/2 pint	83	0.2	12.2	
1% Milk	1/2 pint	102	2.37	12.18	
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT			Week Three		
NUTRITIONAL ANALYSIS 2011-2012			Friday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Taco Soup/Cheese & Chips	8 oz	240	8.33	22.69	
Group Beef		128	7.62	0	
Onions		8	0.03	1.76	
Taco Seasoning		2	0	0.68	
Ranch Dressing		0	0	0	
Tomatoes		18	0.24	4.08	
Salsa		1	0	0.29	
Corn		16	0.18	3.73	
Beans		66	0.25	12.15	
Chicken Tenders	1 serv	268	12.05	17.41	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	GF
Bacon Bits (imitation)		20	1	1	
Chicken Salad	1 serv	316	12.36	29.36	GF
Diced Chicken		110	4.42	0	
Diced Celery		2	0.02	0.44	
Diced Onions		3	0.01	0.59	
Sweet Relish		9	0	2.27	
Seasoning		2	0.1	0.18	
Mayonnaise		58	5.78	0.96	
Tuna Salad Sandwich	1 each	319	13.04	29.09	GF
Canned Tuna in Water		67	0.47	0	
Seasoning		2	0.03	0.39	
Diced Celery		3	0.03	0.66	
Sweet Relish		5	0	1.32	
Boiled Egg		11	0.72	0.16	
Mayo		98	9.75	1.63	
Vegetable					
Creamed Potatoes	1/2 cup	138	1.3	26.3	
Green Peas	1/2 cup	87	2.1	13	GF
Fruit					
Applesauce	1/2 cup	57	0.1	15.2	GF
Grapes	1/2 cup	61	0.3	15.6	GF
Grain/Bread					
Bread for Sandwiches		134	2.04	24.93	
Sun Chips	1 serv	154	8.12	18.91	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Whole Wheat Roll	1 roll	168	4.3	28.2	
Dessert					
Banana Pudding	1 serv	180	3.8	36.3	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

If you require a gluten free meal, please tell the foodservice staff and they will assist you.

LAMAR COUNTY SCHOOL DISTRICT			Week Four		
NUTRITIONAL ANALYSIS 2011-2012			Monday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Red Beans & Rice	1 cup	268	17	18.34	
Rice		34	0.06	7.43	
Pork/Beef Sausage		176	16.72	0	
Peppers/Onions/Tomatoes		7	0.04	1.49	
Beans, Kidney		50	0.19	9.11	
Seasoning		2	0.01	0.31	
Chicken Quesadilla	1 serv	333	12.18	25	
Diced Chicken		115	4.62	0	
Fajita Seasoning		13	0	2.52	
Mozzarella Cheese		80	5	1	
Flour Tortilla		115	2.5	19.5	
Salsa		10	0.06	1.98	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Ceasar Salad	1 serv	477	26.5	26	GF
Chicken		120	6	1	
Tomatoes		3	0.04	0.63	
Cheese		32	2.13	0.27	
Lettuce		16	0.23	2.69	
Red Onions		11	0.04	2.42	
Vegetable					
Seasoned Greens	1/2 cup	52	2.7	5.6	GF
Cucumbers and Dip	1/2 cup	11	0.2	2.1	
Black Bean/Corn Salsa	1/2 cup	116	3.15	16.75	GF
Fruit					
Oranges	1/2 cup	77	0.2	19.2	GF
Pear Halves	1/2 cup	69	0.04	18.23	GF
Grain/Bread					
Whole Grain Cornbread	2 oz	232	9.8	31.7	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Dessert					
Juice Bar	1 each	71	0	17.4	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ceasar Dressing		113	11.34	0.94	
Ranch Dressing (packet)		120	11.05	3.26	
Hot Sauce	1 Pkt	0	0	0	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT			Week Four		
NUTRITIONAL ANALYSIS 2011-2012			Tuesday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Chicken Nuggets	1 serv	222	12.1	12	
BBQ Rib and Hoagie	1 each	438	16.62	52.5	
Pork Pattie		180	12	5	
Bun		198	4.52	33.63	
BBQ Sauce		59	0.1	13.87	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Ranch Dressing (packet)		120	11.05	3.26	
Bacon Bits (imitation)		20	1	1	
Mandarin Chicken Salad	1 serv	592	24.27	76.31	GF
Chicken		220	9	21	
Mixed Greens		24	0.34	4.86	
Tomatoes		3	0.05	0.76	
Carrots		25	0.09	5.83	
Mandarin Oranges		25	0.15	6.24	
Vegetable					
Baked Beans	1/2 cup	180	0.6	41.6	
Tossed Salad	1/2 cup	52	0.1	12.2	GF
Green Salad Mix		8	0.11	1.52	
Tomatoes		3	0.04	0.71	
Dressing		41	0	10	
Fruit					
Plums	1 each	30	0.2	7.5	GF
Sliced Peaches	1/2 cup	68	0	18.4	GF
Grain/Bread					
Crackers	1 pkt	34	1.41	4.87	
CROUTONS	1 oz	64	1.1	12.02	
Rice and Gravy	1/2 cup	154	1.7	29.9	
Rice		116	0.2	25.4	GF
Gravy		38	1.5	4.5	
Whole Wheat Roll	1 roll	168	4.3	28.2	
Sun Chips	1 serv	154	8.12	18.91	
Chinese Chow Mein Noodles		227	13.23	24.74	
Dessert					
Oatmeal Cookie	1 each	161	8.5	19.3	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
Fat Free Ranch Dressing		34	0	8	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
BBQ Sauce	1 pkt	15	0	4	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT			Week Four		
NUTRITIONAL ANALYSIS 2011-2012			Wednesday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Pizza	1 wedge	varies	varies	varies	
Cheese Pizza	1 wedge	118	4.5	13.27	
Pepperoni Pizza	1 wedge	100	3.99	9.98	
Sausage Pizza	1 wedge	97	4.01	10.03	
Chicken Stir Fry	1 cup	382	13.6	36.75	
Sauce		43	2.48	4.99	
Mixed Veggies		39	0.32	8.54	
Diced Chicken		155	6.24	0	
Rice		106	0.19	23.21	GF
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Cheese/Vegetable Wraps	1 serv	732	27.53	92.54	
Tortillas		356	8.84	58.54	
Ranch Dressing		34	0	8	
Lettuce		3	0.04	0.43	
Peppers		4	0.03	0.84	
Onions		7	0.02	1.69	
Carrots		7	0.04	1.74	
Cucumber		2	0.03	0.39	
Cheese		160	10.38	1.13	
Dill Pickle Spears		8	0	2	
Chips		151	8.16	17.78	
Vegetable					
Greek Salad	1/2 cup	127	12.1	2.38	GF
Romaine Lettuce		5	0.07	0.86	
Tomatoes		2	0.02	0.36	
Cucumber		1	0	0.16	
Corn	1/2 cup	89	2.5	17.2	GF
Fruit					
Pineapple	1/2 cup	72	0.1	18.9	GF
Fresh Melons	1/2 cup	60	0.28	14.84	GF
Grain/Bread					
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Whole Wheat Roll	1 roll	168	4.3	28.2	
Pasta Salad	1 serv	141	7	16.83	
Dessert					
Rice Crispy Treat	1 each	117	3.42	20.86	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Greek Dressing	1 pkt	120	12	1	
Ranch Dressing (packet)		120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

LAMAR COUNTY SCHOOL DISTRICT			Week Four		
NUTRITIONAL ANALYSIS 2011-2012			Thursday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Whole Wheat Pizza	1 each	382	14.82	39.36	
Pita Bread		170	1.66	35.2	
Spaghetti Sauce		16	0.71	1.78	
Mozzarella Cheese		127	6.12	0	
Pepperoni		68	6.32		
Saucy Chicken Wings & Dip	3 oz	759	15.7	20.8	GF
Onion Soup Base		0	n/a	n/a	
Orange Juice		2	0.01	0.5	
Mayo		25	2.5	0.5	
Tomato Paste		3	0.02	0.73	
Seasoning		0	<1	5	
Ketchup		4	0	0.94	
Pepper/Hot Sauce		1	0.02	0.09	
Apple Jelly		58	0.02	15.11	
Cornstarch		1	0	0.32	
Chicken		664	44.88	0	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
PB&J/Yogurt/Fruit Salad	1 each	764	33.61	182.37	
PB&J		384	17.97	47.11	
Yogurt		118	1.25	22.1	GF
Cheese		110	9.1	0	GF
Fruit Includes:					GF
Grapes		29	0.15	7.47	
Cantaloupe		27	0.15	6.48	
Honeydew		33	0.13	8.45	
Romaine Lettuce		3	0.04	0.43	
Strawberries		4	4.67	1.02	
Peaches		146	0.08	39.35	
Kiwi		9	0.07	2.05	
Vegetable					
Broccoli & Cheese	1/2 cup	45	1.57	6.6	
Cheese		28	1.25	5.1	
Broccoli		17	0	1.5	GF
Raw Veggies & Dip	1/2 cup	65	0.24	15.47	
Carrots		10	0.04	2.3	GF
Broccoli		6	0.08	1.19	GF
Cauliflower		6	0.05	1.18	GF
Tomatoes		5	0.07	1.05	GF
Fruit					
Bananas	1/2 cup	67	0.2	17.13	GF
Fresh Fruit Cup	1/2 cup	83	0.21	21.56	GF
Grain/Bread					
Whole Wheat Roll	1 roll	168	4.3	28.2	
Sun Chips	1 serv	154	8.12	18.91	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Dessert					
Peanut Butter Fluff	1 oz	489	32.9	43.31	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
Ranch Dip	1 oz	60	5.53	1.63	
Sour Cream	1 each	60	5	2	GF
Margarine	1 pat	60	7	0	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	

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LAMAR COUNTY SCHOOL DISTRICT NUTRITIONAL ANALYSIS 2011-2012			Week Four Friday		
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	<i>Gluten Free</i>
Entrée					
Chicken Spaghetti	1 cup	330	0.01	25	
Onions		3	0.01	0.78	
Green Peppers		1	0.49	0.29	
Pasta		98	0.23	19.6	
Chicken Soup Base		8	0.23	0.78	
Diced Chicken		107	4.29	0	
Cream of Chicken Soup		25	1.1	3.05	
Pimento		1	0.01	0.12	
Cheese		88	6.42	0.39	
Cheeseburger/Bun	1 each	554	31.18	30.18	
Beef Pattie		346	23.93	2.96	
Cheese		55	4.55	0	
Bun		149	2.65	26.14	
Chef Salad	1 serv	282	17.45	16.23	GF
Lettuce		15	0.21	2.47	
Fresh Broccoli		6	0.08	1.19	
Tomatoes		4	0.05	0.89	
Carrots		7	0.03	1.65	
Diced Turkey		30	1.02	0.72	
Cheddar Cheese		45	2.56	0	
Bacon Bits (imitation)		20	1	1	
Chicken Salad	1 serv	316	12.36	29.36	GF
Diced Chicken		110	4.42	0	
Diced Celery		2	0.02	0.44	
Diced Onions		3	0.01	0.59	
Sweet Relish		9	0	2.27	
Seasoning		2	0.1	0.18	
Mayonnaise		58	5.78	0.96	
Tuna Salad Sandwich	1 each	319	13.04	29.09	GF
Canned Tuna in Water		67	0.47	0	
Seasoning		2	0.03	0.39	
Diced Celery		3	0.03	0.66	
Sweet Relish		5	0	1.32	
Boiled Egg		11	0.72	0.16	
Vegetable					
Sweet Potato Fries	1 serv	120	0	30	GF
Lima Beans	1/2 cup	104	2.1	16.3	GF
Trimming	1/2 cup	13	0.15	2.63	GF
Lettuce		4	0.06	0.69	
Tomatoes		8	0.09	1.78	
Pickles		1	0	0.16	
Fruit					
Apple Wedges/Dip	1 serve	139	1.77	12.8	GF
Pear Halves	1/2 cup	69	0.04	18.23	GF
Grain/Bread					
Bread for Sandwiches		134	2.04	24.93	
Sun Chips	1 serv	154	8.12	18.91	
Crackers	1 pkt	34	1.41	4.87	
Croutons	1 oz	64	1.1	12.02	
Whole Wheat Roll	1 roll	168	4.3	28.2	
Milk					
Skim milk	1/2 pint	83	0.2	12.2	GF
1% Milk	1/2 pint	102	2.37	12.18	GF
1% Chocolate Milk	1/2 pint	158	2.5	26.1	GF
Condiments					
Ranch Dressing (packet)		120	11.05	3.26	
Ketchup	1 pkt	10	0	2	GF
Mayo	1 pkt	86	9.53	0.32	GF
Mustard	1 pkt	5	0	1	GF
<i>Menu Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Carb (g)</i>	