

Week One		Lamar County School District											
Monday		Nutritional Analysis 2011-2012											
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Country Fried Steak (w/gravy*)	1 serv	168	8.7	3.21	48	6.9	0.32	14.7	8	0.7	9.8	1.73	316
*Gravy	1 oz	7	0	0	0	1.4	0.05	0.2	0	0	1.2	0.08	53
Spicy Chicken on Bun	1 each	361	10	1.88	30	34.5	2.81	18.8	18	3.2	76.4	1.75	847
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Ckn. Ceasar Salad	1 serv	462	26.39	5.51	61	30.85	4.12	25.8	3193	32.31	171.9	3.54	1130
Vegetable													
Cheesy California Veggies	1/2 cup	45	1.8	0.4	0	1.8	1.92	1.9	881	20.2	19.2	0.35	51
Trimmings	1/2 cup	13	0.1	0.02	0	2.6	1.04	0.9	104	12.7	15	0.44	64
Tossed Salad	1/2 cup	52	0.1	0.02	0	12.2	1.07	0.8	253	5.8	12.5	0.32	635
Fruit													
Orange Wedges with garnish	1/2 cup	77	0.2	0.02	0	19.2	3.92	1.5	335	86.9	65.3	0.16	0
Applesauce	1/2 cup	57	0.1	0.01	0	15.2	1.48	0.2	39	1.3	5.4	0.31	3
Grain/Bread													
Rice/Gravy	1/2 cup	114	0.2	0.06	0	24.9	0.41	2.2	0	0	10.5	1.34	98
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Dessert													
Pudding Plus	1/2 cup	152	1.8	0.17	0	31.2	1.33	1.4	0	0	99.8	0.24	88
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week One										Lamar County School District			
Tuesday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Cheesy Chicken & Rise	8 oz	289	9.2	3.95	55	31	0.61	19.3	91	2	135.6	2.07	629
Hamburger w/Bun	1 each	434	26.5	10.66	59	27.5	1.8	20	243	3.2	93.4	3.53	469
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Mandarin Chicken Salad	1 serv	608	24.4	3.47	30	71.4	8.47	20.4	10505	28.6	83.4	3.68	1328
Vegetable													
Sweet Potato Fries	3.2 oz	120	3	0	0	40	4	4	90	4500	40	0.36	50
Broccoli Salad	1/2 cup	151	7.8	0.7	6	17.3	3.17	4.2	142	85.9	51.5	1.02	235
Trimmings	1/2 cup	13	0.1	0.02	0	2.6	1.04	0.9	104	12.7	15	0.44	64
Fruit													
Bananas	1/2 cup	67	0.2	0.08	0	17.13	1.95	0.8	48	6.5	3.8	0.2	1
Sliced Peaches	1/2 cup	68	0	0	0	18.4	1.64	0.6	44	3	3.8	0.45	6
Grain/Bread													
White rice	1/2 Cup	108	0.2	0.05	0	23.67	0.38	2.11	0	0	9.75	1.28	73.63
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Dessert													
Peanut Butter Dessert	1 serv	189	7.2	1.47	0	30.2	1.04	4	89	2.5	10.4	3.53	168
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week One										Lamar County School District			
Wednesday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Corndog Nuggets	6 nuggets	480	28	6	70	42	0	16	0	0	200	4.5	1120
Jambalaya	1 cup	407	21.8	6.47	67	29.4	1.32	20.8	72	9.6	49.5	2.61	1137
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Vegetable & Cheese Wrap	1 each	727	27.5	10.59	32	91.54	5	27.28	2897	18.58	703.1	4.84	1960
Vegetable													
Baked Beans	1/2 cup	180	0.6	0.11	0	41.6	5.77	6.7	41	2.7	58.2	1.81	598
Veggies & Dip	1/2 cup	37	0.2	0.04	0	7.7	2.18	1.6	687	38.1	23.1	0.51	213
Fruit													
Apple Wedges w/dip	1/2 cup 2oz dip	129	0.56	0.31	1.79	29.2	2.45	2.24	170.4	35.84	81.38	0.13	57.62
Fruit Cocktail	1/2 cup	71	0.1	0.01	0	18.7	1.25	0.05	257	2.4	7.5	0.36	8
Grain/Bread													
Mac & Cheese	1/2 cup	122	2.81	0.48	2	19.66	0.84	4.31	0	2.29	35.5	1.1	292
Brown Rice	1 cup	216	1.75	0.35	0	44.77	3.5	5.03	0	0	20	0.82	10
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Sun Chips	1 serv	154	8.1	1.09	0	18.9	1.11	1.9	3	1.2	27.4	0.55	249
Dessert													
CC Cookie	1 cookie	130	6	1.5	5	18	0	1	0	0	0	1.08	85
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week One		Lamar County School District											
Thursday		Nutritional Analysis 2011-2012											
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Stromboli	1 serv	424	13.8	5.32	60	48.5	1.94	27.38	347	1.5	240.6	0.75	1369
Chicken & Dumplings	1 cup	289	11.3	2.8	54	24.4	1.08	21.5	231	0.1	68.2	1.76	1174
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Fruit & Yogurt Salad	1 serv	753	20.16	4.23	5	132.8	13.4	22	3307	79.22	364.8	3.48	394
PB&J	1 serv	384	18	3.71	1	47.1	3.33	12.4	4	0.2	71.8	2.22	435
Vegetable													
Yam Patties	1 serv	120	0	0	0	30	4	2	400	7.2	0	0	200
Tossed Salad	1/2 cup	52	0.1	0.02	0	12.2	1.07	0.8	253	5.8	12.5	0.32	635
Fruit													
Pineapple	1/2 cup	72	0.1	0.01	0	0	0.96	0.5	5	11.4	16.8	0.34	1
Fresh Grapes	1/2 cup	61	0.3	0.1	0	15.6	0.82	0.6	9	3.6	12.7	0.26	2
Grain/Bread													
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Jello w/topping	1/2 cup	173	3.78	0	5	32.22	0	2.74	0	0	0.6	0.03	111
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week One										Lamar County School District			
Friday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Veg Soup/PB&J	Combo	430	17.8	5.6	15	53.1	7.27	16.8	2946	7	190.5	3.73	1189
Ckn. Noodle Soup & Grilled Cheese	Combo	451	15.42	3.32	18.15	46.73	10.87	33.08	2142	1.24	279.1	3.71	1311.1
Ckn. Fajita Pockets	1 each	319	12.68	5.06	64	26.43	1.4	24.41	109	9.88	248.7	2.01	1311
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Tuna Salad Sandwich	1 each	319	13	2.46	68	29.1	2.76	20.6	105	1.6	65.4	2.74	695
Vegetable													
Ranch Baked Potato	1/2 cup	91	3.6	0.7	0	18.9	1.91	1.8	3	9	8.2	0.5	277
Sweet Pea/Cheese Salad	1/2 cup	71	0.2	0.05	0	12.9	4.99	4.7	61	9	21.8	1.38	65
Fruit													
Oranges	1 each	73	0.2	0.02	0	18.3	3.74	1.5	33	83	62.4	0.16	0
Pear Halves	1/2 cup	40	0.2	0.01	0	10.1	1.62	0.5	7	35.4	14.4	0.2	3
Grain/Bread													
Sun Chips	1 serv	154	8.1	1.09	0	18.9	1.11	1.9	1	1.2	27.4	0.55	249
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Cake w/Icing	1 piece	297	8.7	2.65	12	53.4	1.49	3.5	30	0	31.9	1.26	375
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Taco Sauce	1 oz	10	0.06	0.01	122	1.98	0.4	0.43	16	1.13	3.4	0.64	122
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Three

Wednesday

Lamar County School District

Nutritional Analysis 2011-2012

Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Chicken Parmesan	1 Serv	563	22.39	6.91	208	15.01	0.39	70.62	353	1.58	201.4	3.73	626
BBQ on Bun (w/Chips)	1 Serv	297	2.01	2.01	52	35.7	1.72	20.9	153	4.3	91.5	2.92	1222
Chef Salad	1 Serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Cheese/Veg Wrap	1 each	269	12.5	3.27	37	22.2	1.72	14.5	320	4.6	188.1	1.12	889
Vegetable													
Mixed Veggies	1/2 cup	88	2.4	0.41	0	15.1	4.47	3.7	5753	11.6	28.6	1.06	74
Carrot & Rasin Salad	1/2 cup	148	3.6	0.58	7	30.3	2.59	1.4	8435	3.6	32	0.77	383
Fruit													
Plums	1 each	30	0.2	0.01	0	7.5	0.92	0.5	21	6.3	4	0.11	0
Pineapple	1/2 cup	72	0.1	0.01	0	0	0.96	0.5	5	11.4	16.8	0.34	1
Grain/Bread													
Sun Chips	1 serv	154	8.1	1.09	0	18.9	1.11	1.9	3	1.2	27.4	0.55	249
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Seasoned Whole Wheat Pasta	1/2 cup	29	2.68	0.71	0	21.84	1.04	3.64	0		0	1	38
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Oatmeal Cookie	1 each	161	8.5	1.96	13	19.3	0.9	2.2	161	0	12	0.82	140
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Two		Lamar County School District											
Monday		Nutritional Analysis 2011-2012											
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Tamale Pie	1 serv	288	12.77	5.95	48	27.71	1.8	16.87	548	4.7	136.6	2.57	1141
Chicken Tenders	1 serv	268	12.1	2.68	54	17.4	4.02	22.8	0	0	26.8	0.96	790
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Ckn. Ceasar Salad	1 serv	462	26.39	5.51	61	30.85	4.12	25.8	3193	32.31	171.9	3.54	1130
Vegetable													
Corn	1/2 cup	155	2.98	0.55	0	33.24	3.36	4.67	139	1.24	9.4	1.27	681
Tossed Salad	1/2 cup	52	0.1	0.02	0	12.2	1.07	0.8	253	5.8	12.5	0.32	635
Fruit													
Plums	1 each	30	0.2	0.01	0	7.5	0.92	0.5	21	6.3	4	0.11	0
Pear Halves	1/2 pear	68	2.3	1.5	6	10.9	1.07	1.7	16	0.7	41.1	0.19	93
Grain/Bread													
Rice & Gravy	1 serv	154	1.7	0.82	0	54.4	0.41	3.8	0	0	10.4	1.37	490
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Juice Bar	1 each	71	0	0	0	17.4	0.08	0.5	4	53.1	8	0.32	4
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
BBQ Sauce	1pkt	15	0	0	0	4	0	0	0	0	0	0	85
Honey Mustard	1 pkt	50	0	0	0	12	0	0	0	0	0	0	80
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Two										Lamar County School District			
Tuesday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Beef Stew	1 cup	162	5.4	2.11	14	22.5	3.03	5.2	5771	3.8	29.8	1.55	1117
Cheese Sticks w/Marinara	2 sticks	346	15.1	4.01	15	35.1	1	16.1	1004	0	451.6	1.08	1143
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Mandarin Chicken Salad	1 serv	608	24.4	3.47	30	71.4	8.47	20.4	10505	28.6	83.4	3.68	1328
Vegetable													
Broccoli & Cheese	1/2 cup	101	8.4	2.62	8	3.8	1.7	3.8	197	32	93.5	0.48	328
Cabbage	1/2 cup	16	0.94	0.15	0	1.96	0.68	0.47	14	13.2	17.9	0.07	118
Fruit													
Apple Wedges w/dip	1/2 cup 2oz dip	129	0.56	0.31	1.79	29.2	2.45	2.24	170.4	35.84	81.38	0.13	57.62
Fruit Cocktail	1/2 cup	71	0.1	0.01	0	18.7	1.25	0.5	257	2.4	7.5	0.36	8
Grain/Bread													
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Brown Rice	1 cup	216	1.75	0.35	0	44.77	3.5	5.03	0	0	20	0.82	10
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Pudding w/Topping	1/2 cup	152	1.8	0.17	0	31.2	1.33	1.4	0	0	99.8	0.24	88
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Marinara	1 pkt	15	0	0	0	3	0	0	0	0	0	0	260
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Two										Lamar County School District			
Wednesday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Chili-Cheese Bowl	1 cup	188	10	4.75	50	6.6	0.9	15.5	1117	10.2	76.3	1.86	693
Grilled Chicken on Bun	1 each	291	9.3	2.53	42	30.5	1.76	19.7	252	3.8	84.5	2.29	750
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Vegetable & Cheese Wrap	1 each	727	27.5	10.59	32	91.54	5	27.28	2897	18.58	703.1	4.84	1960
Vegetable													
Fries	1 cup	176	5.6	2.4	8	28.8	3.2	3.2	0	0	0.3	0.58	504
3-Bean Salad	1/2 cup	33	2	0.27	0	3.6	1.52	1	279	3.4	20.9	0.72	284
Trimmings	1/2 cup	13	0.1	0.02	0	2.6	1.04	0.9	104	12.7	15	0.44	64
Fruit													
Applesauce	1/2 cup	57	0.1	0.01	0	15.2	1.48	0.2	39	1.3	5.4	0.31	3
Fresh Grapes	1/2 cup	61	0.3	0.1	0	15.6	0.82	0.6	9	3.6	12.7	0.26	2
Grain/Bread													
Sun Chips	1 serv	154	8.1	1.09	0	18.9	1.11	1.9	3	1.2	27.4	0.55	249
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Brownie	1 serv	151	6.3	1.77	29	23.2	1.4	2.4	9	0	25	1	108
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Two										Lamar County School District			
Thursday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
BBQ Chicken	1 each	202	8	2.22	50	15.1	0.33	16.2	384	2.4	8.1	1.41	991
Cheeseburger on Bun (w/Chips)	1 each	382	19.2	6.67	54	28.7	3.04	22.3	25	2.4	181.1	3.83	1003
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Fruit & Yogurt Salad	1 serv	505	21.7	2.38	65	64	2.58	14.1	2293	35.2	367.6	1.62	683
Vegetable													
Small Red Beans/Rice	1/2 cup	144	0.5	0.09	0	27.8	5.03	7.6	383	9.3	50.9	2.12	794
Spinach Salad Trimmings	1/2 cup	113	5.8	2.9	16	4.5	1.29	10.5	265	11.9	240.3	1.11	173
	1/2 cup	13	0.1	0.02	0	2.6	1.04	0.9	104	12.7	15	0.44	64
Fruit													
Bananas	1/2 cup	67	0.2	0.08	0	17.13	1.95	0.8	48	6.5	3.8	0.2	1
Sliced Peaches	1/2 cup	68	0	0	0	18.4	1.64	0.6	44	3	3.8	0.45	6
Grain/Bread													
Whole Wheat Breadstick	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Peanut Butter Dessert	1 serv	189	7.2	1.47	0	30.2	1.04	4	89	2.5	10.4	3.53	168
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Two		Lamar County School District											
Friday		Nutritional Analysis 2011-2012											
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Spaghetti & Meat Sauce	1 cup	322	10.7	4.39	126	34.2	2.98	21.2	6	5.4	42.2	3.94	312
Fish Nuggets /Shrimp Poppers	5 nuggets	354	18.6	1.69	0	30.4	0	15.2	0	0	0	1.21	861
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Tuna Salad Sandwich	1 each	319	13	2.46	68	29.1	2.76	20.6	105	1.6	65.4	2.74	695
Vegetable													
Green Beans	1/2 cup	33	2	0.27	0	3.6	1.52	1	279	3.4	20.9	0.72	284
Cheesy Potatoes	1/2 cup	104	2.94	0.73	2.39	17.58	1.35	2.53	0	15.64	28.64	0.22	533.32
Coleslaw	1/2 cup	52	0.2	0.03	0	13.2	1.85	1.1	142	25.2	38.6	0.53	86
Fruit													
Fresh Melon Cup	1/2 cup	60	0.3	0.08	0	14.8	1.45	1.2	256	45.5	12.6	0.32	29
Pineapple	1/2 cup	72	0.1	0.01	0	18.9	0.96	0.5	5	11.4	72	0.34	1
Grain/Bread													
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Oatmeal Cookie	1 each	161	8.5	1.96	13	19.3	0.9	2.2	161	0	12	0.82	140
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Tarter Sauce	1 pkt	63	3.59	0.58	8	7.94	0.4	0.23	63	0.4	5	0.36	246
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Three										Lamar County School District			
Monday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Country Fried Steak & Gravy	1 serv	386	25.65	0.65	0	25.18	0	14	0	0	0	0	848
Sweet & Sour Chicken w/Rice	1 serv	289	4.71	1.26	51	40.04	1.33	19.35	279	9.32	37.7	2.47	728
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Ckn. Ceasar Salad	1 serv	462	26.39	5.51	61	30.85	4.12	25.8	3193	32.31	171.9	3.54	1130
Vegetable													
Steamed Veggies	1/2 cup	45	1.78	0.4	0	4.8	1.92	1.92	881	20.17	19.2	0.35	51
Sweet Potato Fries	3.2 oz	120	3	0	0	40	4	4	90	4500	40	0.36	50
Fruit													
Orange Wedges	1/2 cup	77	0.2	0.02	0	19.2	3.92	1.5	335	86.9	65.3	0.16	0
Mixed Fruit	1/2 cup	30	0	0	0	8	1	0.5	125	75	10	0.18	2
Grain/Bread													
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Pudding Plus	1/2 cup	152	1.8	0.17	0	31.2	1.33	1.4	0	0	99.8	0.24	88
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Three										Lamar County School District			
Tuesday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Chicken Gumbo	1 cup	278	5.1	1.34	51	34.6	2.18	21.2	950	18.6	61	3.04	698
Philly Cheese Steak on Hoggie	1 each	278	5.1	1.34	51	34.6	2.18	21.2	170	18.6	61	3.04	698
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Mandarin Chicken Salad	1 serv	608	24.4	3.47	30	71.4	8.47	20.4	10505	28.6	83.4	3.68	1328
Vegetable													
Copper Pennies (Carrots)	1/2 cup	87	4.6	0.68	0	11.2	1.87	0.9	15953	5.6	87	0.81	345
Potato Salad	1/2 cup	271	13.6	2.52	91	32.2	2.84	5.2	123	29.3	21.4	1.54	785
Fruit													
Apple Wedges w/dip	1/2 cup 2oz dip	129	0.56	0.31	1.79	29.2	2.45	2.24	170.4	35.84	81.38	0.13	57.62
Sliced Peaches	1/2 cup	68	0	0	0	18.4	1.64	0.6	44	3	3.8	0.45	6
Grain/Bread													
Brown Rice	1 cup	216	1.75	0.35	0	44.77	3.5	5.03	0	0	20	0.82	10
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Sun Chips	1 serv	154	8.1	1.09	0	18.9	1.11	1.9	3	1.2	27.4	0.55	249
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Fruit Crisp Cobbler	1/2 cup	186	4.4	0.65	0	36.4	2.6	2	75	1.9	17.8	1.21	39
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Three										Lamar County School District			
Thursday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Brunch for Lunch	2 oz	523	40.9	13.77	54	17.6	0.76	18.7	102	0.2	33.1	3.72	863
American Deli w/chips	1 each	310	12	3.1	49	27.7	2.72	20.6	25	7.9	232.3	2.73	2.72
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Fruit & Yogurt Salad	1 serv	753	20.16	4.23	5	132.8	13.4	22	3307	79.22	364.8	3.48	394
PB&J	1 serv	384	18	3.71	1	47.1	3.33	12.4	4	0.2	71.8	2.22	435
Vegetable													
Hash Browns	1/2 cup	170	9	3.5	0	21.9	1.56	2.5	0	4.9	11.7	1.18	27
Refried Beans	1/3 cup	111	4.1	1.31	4	12.2	2.79	6.9	208	0.7	113	1.61	381
Trimmings	1/2 cup	13	0.1	0.02	0	2.6	1.04	0.9	1133	12.7	15	0.44	64
Fruit													
Banana	1/2 cup	67	0.2	0.08	0	17.13	1.95	0.8	48	6.5	3.8	0.2	1
Fresh Fruit Cup	1/2 cup	99	0.3	0.08	0	25.7	2.36	0.8	229	6.2	9.2	0.41	6
Pear Halves	1/2 cup	69	0	0	0	18.2	1.92	0.8	0	0.8	6	0.34	6
Grain/Bread													
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Fruit Freeze	1 serv	70	0.25	<1	<1	17	0	0.25	0	~75	8.11	0.14	7.53
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Three										Lamar County School District			
Friday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Taco Soup/Cheese	1 serv	333	15.26	7.39	68.83	23.42	4.52	26.69	896	10.92	232.35	3.01	875
Chicken Tender	1 serv	284	12.67	2.5	53	22	3	20	33	0.2	0	0.06	856
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Tuna Salad Sandwich	1 each	319	13	2.46	68	29.1	2.76	20.6	105	1.6	65.4	2.74	695
Chicken on Deli Bread	1 each	316	12.4	2.64	62	29.4	2.8	21.6	8	1.3	63.9	2.47	510
Vegetable													
Creamed Potatoes	1/2 cup	138	1.3	0	0	26.3	2.51	2.5	0	6	4.6	0.47	51
Green Peas	1/2 cup	87	2.1	0.34	0	13	4.99	4.7	1986	9	22.5	1.38	87
Fruit													
Fresh Grapes	1/2 cup	61	0.3	0.1	0	15.6	0.82	0.6	9	3.6	12.7	0.26	2
Applesauce	1/2 cup	57	0.1	0.01	0	15.2	1.48	0.2	39	1.3	5.4	0.31	3
Grain/Bread													
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Banana Pudding	1 serv	180	3.8	0.41	3	36.3	1.44	1.4	58	4.8	40.9	0.2	190
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Four		Lamar County School District											
Monday		Nutritional Analysis 2011-2012											
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Red Beans & Rice	1 cup	320	17.2	7.13	35	27.8	5.03	13.7	383	9.3	50.9	2.43	1252
Whole Wheat Quesadilla	1 serv	333	12.18	4.78	69	25	1.4	29.33	557	1.13	242.7	2.27	849
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Cesar Salad	1 serv	477	26.5	5.33	61	26	4	25.2	338	31.6	171.9	3.32	1288
Vegetable													
Seasoned Greens	1/2 cup	52	2.7	0.39	0	5.6	3.44	3.4	8415	36.5	161.8	2.09	183
Cucumber Dippers	1/2 cup	11	0.2	0.01	0	2.1	0.67	0.6	69	3	13.3	0.21	2
Black Bean/Corn Salsa	1/2 Cup	116	3.15	1.19	5	16.75	3.17	6.71	431	17.34	86.2	1.51	299
Fruit													
Orange Wedges	1/2 cup	77	0.2	0.02	0	19.2	3.92	1.5	335	86.9	65.3	0.16	0
Pears	1 each	96	0.2	0.02	0	24.7	5.15	0.6	3	7	14.9	0.28	2
Grain/Bread													
Whole Grain Cornbread	2 oz	232	9.8	1.61	54	31.7	1.11	4.3	112	0	102.3	1.82	222
Brown Rice	1 cup	216	1.75	0.35	0	44.77	3.5	5.03	0	0	20	0.82	10
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Juice Bar	1 each	71	0	0	0	17.4	0.08	0.5	4	53.1	8	0.32	4
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Hot Sauce	1 pkt	0	0	0	0	0	0	0	0	1.2	0	0	90
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Four										Lamar County School District			
Tuesday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Chicken Nuggets	1 serv	222	12.1	2.87	100	12	0	13	15	1	18	1	490
BBQ Rib on Hoagie	1 each	438	16.6	1.07	0	52.5	3.54	21.9	46	2.2	71.7	3.53	1327
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Mandarin Chicken Salad	1 serv	608	24.4	3.47	30	71.4	8.47	20.4	10505	28.6	83.4	3.68	1328
Vegetable													
Baked Beans	1/2 cup	180	0.6	0.11	0	41.6	5.77	6.7	41	2.7	58.2	1.81	598
Tossed Salad	1/2 cup	52	0.1	0.02	0	12.2	1.07	0.8	253	5.8	12.5	0.32	635
Fruit													
Plums	1 each	30	0.2	0.01	0	7.5	0.92	0.5	21	6.3	4	0.11	0
Sliced Peaches	1/2 cup	68	0	0	0	18.4	1.64	0.6	44	3	3.8	0.45	6
Grain/Bread													
Rice & Gravy	1 serv	154	1.7	0.82	0	54.4	0.41	3.8	0	0	10.4	1.37	490
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Oatmeal Cookie	1 each	161	8.5	1.96	13	19.3	0.9	2.2	161	0	12	0.82	140
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
BBQ Sauce	1pkt	15	0	0	0	4	0	0	0	0	0	0	85
Honey Mustard	1 pkt	50	0	0	0	12	0	0	0	0	0	0	80
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Four										Lamar County School District			
Wednesday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Chicken and Cheese Sandwich	1 serv	278	11.89	3.24	32	26.59	4.28	15.55	296	4.2	195.2	1.93	1078
Chicken Stir Fry	1 cup	382	13.6	2.77	73	36.8	3.64	28.2	1528	51.4	68.3	3.04	1216
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Vegetable & Cheese Wrap	1 each	727	27.5	10.59	32	91.54	5	27.28	2897	18.58	703.1	4.84	1960
Vegetable													
Greek Salad	1/2 cup	127	12.1	0.01	19	2.38	0.75	0.7	1023.8	9.99	14.7	0.44	303.45
Corn	1/2 cup	89	2.5	0.4	0	17.2	1.98	2.5	188	5.3	4	0.35	24
Fruit													
Fresh Melon Cup	1/2 cup	60	0.3	0.08	0	14.8	1.45	1.2	256	45.5	12.6	0.32	29
Pineapple	1/2 cup	72	0.1	0.01	0	18.9	0.96	0.5	5	11.4	72	0.34	1
Grain/Bread													
Macaroni Salad	1/2 cup	187	9.3	1.31	0	22.4	2.71	4.4	1746	13.3	22.5	1.31	220
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Rice Krispie Treat	1 each	117	3.4	0.78	0	20.9	0.07	0.9	313	2.7	0.6	2.93	116
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Four										Lamar County School District			
Thursday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Whole Wheat Pizza	1 each	382	14.82	6.44	31	39.36	5.24	24.55	408	1.67	428	2.2	962
Saucy Chicken Wings w/Dip	3 oz	295	15.7	3.86	59	20.8	0.53	17.6	287	4	14.9	1.1	302
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Fruit & Yogurt Salad	1 serv	753	20.16	4.23	5	132.8	13.4	22	3307	79.22	364.8	3.48	394
Vegetable													
Broccoli & Cheese	1/2 cup	101	8.4	2.62	8	3.8	1.7	3.8	197	32	93.5	0.48	328
Carrot/Celery/Cucumber Dip	1/2 cup	65	0.2	0.04	0	15.5	2.18	1.6	6900	38.1	23.1	0.51	620
Fruit													
Bananas	1/2 cup	67	0.2	0.08	0	17.13	1.95	0.8	48	6.5	3.8	0.2	1
Fresh Fruit Cup	1/2 cup	99	0.3	0.08	0	25.7	2.36	0.8	229	6.2	9.2	0.41	6
Grain/Bread													
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Peanut Butter Fluff	1 oz	489	32.9	7.71	0	43.3	2.61	9	127	0	46.4	1.68	411
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ranch Dip	1 pkt	60	5.53	0.98	9.6	1.63	0	0.51	7.2	0.15	17.76	0.01	100.24
Sour Cream	1 pkt	60	5	3.5	15	2	0	1	0	0	0	0	15
Margarine	1 pkt	60	7	1.5	0	0	0	0	500	0	0	0	120
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)

Week Four										Lamar County School District			
Friday										Nutritional Analysis 2011-2012			
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Entrée													
Chicken Spaghetti	1 cup	330	12.6	2.39	55	25	1.41	28.7	822	6.7	206.9	2.05	1521
Cheeseburger	1 each	382	19.21	6.67	54	28.7	3.04	22.27	222	2.38	181.1	3.83	1003
Chef Salad	1 serv	282	17.45	4.97	43	16.23	3.44	14.96	6216	50.59	225	2.35	616
Tuna Salad Sandwich	1 each	319	13	2.46	68	29.1	2.76	20.6	105	1.6	65.4	2.74	695
Vegetable													
Lima Beans	1/2 cup	104	2.1	0.35	0	16.3	5.03	5.6	221	4.9	24.3	1.65	258
Sweet Potato Fries	3.2 oz	120	3	0	0	40	4	4	90	4500	40	0.36	50
Trimnings	1/2 cup	13	0.1	0.02	0	2.6	1.04	0.9	1133	12.7	15	0.44	64
Fruit													
Apple Wedges w/dip	1/2 cup 2oz dip	129	0.56	0.31	1.79	29.2	2.45	2.24	170.4	35.84	81.38	0.13	57.62
Pear Halves	1/2 cup	69	0	0	0	18.2	1.92	0.8	0	0.8	6	0.34	6
Grain/Bread													
Whole Wheat Roll	1 roll	168	4.3	0.06	0	28.2	2.71	2	0	0.1	32.7	1.54	287
Croutons	1 oz	64	1.1	0.24	0	12.02	1.8	2.53	0	0	18.7	0.86	486.5
Dessert													
Brownie	1 serv	151	6.3	1.77	29	23.2	1.4	2.4	9	0	25	1	108
Milk													
Skim milk	1/2 pint	83	0.2	0.12	5	12.2	0	8.3	149	0	306.3	0.07	103
1% Milk	1/2 pint	102	2.37	1.54	12	12.18	0	8.22	478	0	305	0.07	107
1% Chocolate	1/2 pint	158	2.5	1.54	7.5	26.1	1.25	8.1	490	2.25	290	0.68	152
Condiments													
Ketchup	1 pkt	10	0	0	0	2	0	0	0	0	0	0	95
Mayo	1 pkt	86	9.53	1.03	7.08	0.32	0	0.13	0.72	0	2.16	0.03	68.21
Mustard	1 pkt	3	0.2	0.01	0	0.29	0.05	0.21	0	0	3.78	0.09	56.34
Menu item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Carb (g)	Fiber (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)