

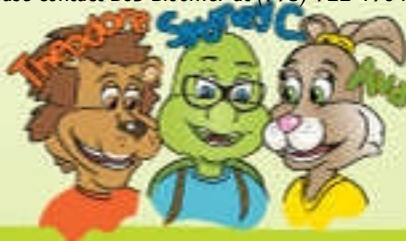
Menu

Budlong Lunch Grades k-5 February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>1</p> <p> Tyson Chicken Patty Sandwich Bean & Sour Cream Burrito Turkey Bologna Wrap Garden Salad</p> <p> Peas Mashed Sweet Potatoes Eat.Learn.Live Chocolate Chip Cookies</p>	<p>2</p> <p>NEW! Swedish Meatballs w/ Rice Chef Boyardee Cheese Ravioli Veggie Sandwich Chef Salad</p> <p> Crinkle Cut Zucchini Tossed Salad Comfort Cake Lemon Pound Cake w/ Icing Groundhog Day</p>	<p>3</p> <p>Fish Patty Sandwich Italian Grilled Cheese PB & J Wafer Bar Chef Salad</p> <p>Green Beans White Rice Diced Pears</p>	<p>4</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Salami Sandwich Popcorn Shrimp Salad</p> <p> Shoestring Carrots Applesauce Crunchy Fruit Crisp</p>	<p>5</p> <p> Turkey Hot Dog Toasted Cheese Sandwich Turkey Breast Sandwich Yogurt & Fruit Salad</p> <p>Corn Oven Baked French Fries Vegetarian Beans</p>	<p>Calories: 721 Total Fat (g): 19 Saturated Fat (g): 6 Sodium (mg): 1226 Carbohydrates (g): 112 Protein (g): 26 Vitamin A (IU): 2392 Vitamin C (mg): 29 Calcium (mg): 458 Iron (mg): 4</p>
<p>8</p> <p>Cheeseburger Chef Boyardee Cheese Ravioli Veggie Sandwich Chef Salad</p> <p> Carrot Coins Baked Potato Diced Pears</p>	<p>9</p> <p>Cheese Burrito Tyson Chicken Nuggets PB & J Wafer Bar Popcorn Shrimp Salad</p> <p> Cut Green Beans Spanish Rice Grandma Maud's Sugar Cookie</p>	<p>10</p> <p>Glazed Turkey Ham Veggie Quesadilla Turkey Salami Wrap Garden Salad</p> <p>Peas Mashed Sweet Potatoes Apple Bread</p>	<p>11</p> <p>No Classes Staff Development Day</p>	<p>12</p> <p>No Classes Lincoln's Birthday</p> <p></p>	<p>Calories: 729 Total Fat (g): 17 Saturated Fat (g): 7 Sodium (mg): 1111 Carbohydrates (g): 116 Protein (g): 28 Vitamin A (IU): 3541 Vitamin C (mg): 33 Calcium (mg): 502 Iron (mg): 5</p>
<p>15</p> <p>No Classes President's Day</p> <p></p>	<p>16</p> <p>Tyson BBQ Chicken Thigh Toasted Cheese Sandwich Turkey Breast Sandwich Popcorn Shrimp Salad</p> <p>NEW! Seasoned Collards Red Beans & Rice Applesauce Mardi Gras</p>	<p>17</p> <p>Fish Patty Sandwich Chef Boyardee Cheese Ravioli Turkey Bologna Wrap Garden Salad</p> <p> Cut Corn Baked Sweet Potato Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>18</p> <p>Chicken Corn Dog Veggie Quesadilla PB & J Wafer Bar Chef Salad</p> <p> Mixed Veggies Vegetarian Beans Apple Fruit Crisp</p>	<p>19</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Veggie Sandwich Sweet & Sour Chicken Salad</p> <p>Carrot Coins Raisins Eat.Learn.Live Sugar Cookie</p>	<p>Calories: 738 Total Fat (g): 20 Saturated Fat (g): 7 Sodium (mg): 1292 Carbohydrates (g): 112 Protein (g): 29 Vitamin A (IU): 9780 Vitamin C (mg): 35 Calcium (mg): 481 Iron (mg): 5</p>
<p>22</p> <p> Hamburger or Kellogg's Gardenburger Bean & Sour Cream Burrito Turkey Ham Sandwich Garden Salad</p> <p> Peas Baked Potato Vegetarian Beans</p>	<p>23</p> <p>Fish Sticks Bean & Sour Cream Burrito Turkey Bologna Sandwich Chef Salad</p> <p> Carrot Coins Brown Rice Apple Bread <i>*Monthly Specialty Item</i></p>	<p>24</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Veggie Sandwich Popcorn Shrimp Salad</p> <p> Crinkle Cut Yellow Squash Diced Apricots Tossed Salad</p>	<p>25</p> <p>Beef or Cheese Nachos Turkey Hot Dog PB & J Wafer Bar Yogurt & Fruit Salad</p> <p>Green Beans Spanish Rice Grandma Maud's Sugar Cookie</p>	<p>26</p> <p>Toasted Cheese Sandwich Italian Meatball Sandwich Turkey Salami Wrap Chef Salad</p> <p>Corn Oven Baked French Fries Diced Peaches</p>	<p>Calories: 704 Total Fat (g): 20 Saturated Fat (g): 7 Sodium (mg): 1256 Carbohydrates (g): 105 Protein (g): 28 Vitamin A (IU): 2293 Vitamin C (mg): 32 Calcium (mg): 516 Iron (mg): 4</p>



Meatless Option, Fresh Fruit Choice, and Milk offered daily. All Balanced Choices Meals Include Milk and choice of fresh fruit. Students must take an entrée, 1 to 3 sides, and may take a milk. Students must take a minimum of 3 or a maximum of 5 food items. 5th item must be a milk. Items marked with indicate frozen, local produce. *Italicized items indicate whole grain item.*

This institution is an equal opportunity provider. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions? Please contact Bob Bloomer at (773) 722-4964 <http://www.thatcps.com>



MENU

Budlong Lunch Grades 6-8 February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>1</p> <p> Tyson Chicken Patty Sandwich Bean & Sour Cream Burrito Turkey Bologna Wrap Garden Salad</p> <p> Peas Mashed Sweet Potatoes Eat.Learn.Live Chocolate Chip Cookies</p>	<p>2</p> <p>NEW Swedish Meatballs w/ Rice Chef Boyardee Cheese Ravioli Veggie Sandwich Chef Salad</p> <p> Crinkle Cut Zucchini Tossed Salad Comfort Cake Lemon Pound Cake w/ Icing Groundhog Day</p>	<p>3</p> <p>Fish Patty Sandwich Italian Grilled Cheese PB & J Wafer Bar Chef Salad</p> <p>Green Beans White Rice Diced Pears</p>	<p>4</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Salami Sandwich Popcorn Shrimp Salad</p> <p> Shoestring Carrots Applesauce Crunchy Fruit Crisp</p>	<p>5</p> <p> Turkey Hot Dog Toasted Cheese Sandwich Turkey Breast Sandwich Yogurt & Fruit Salad</p> <p>Corn Oven Baked French Fries Vegetarian Beans</p>	<p>Calories: 825 Total Fat (g): 21 Saturated Fat (g): 7 Sodium (mg): 1359 Carbohydrates (g): 132 Protein (g): 29 Vitamin A (IU): 3271 Vitamin C (mg): 30 Calcium (mg): 478 Iron (mg): 5</p>
<p>8</p> <p>Cheeseburger Chef Boyardee Cheese Ravioli Veggie Sandwich Chef Salad</p> <p> Carrot Coins Baked Potato Diced Pears</p>	<p>9</p> <p>Cheese Burrito Tyson Chicken Nuggets PB & J Wafer Bar Popcorn Shrimp Salad</p> <p> Cut Green Beans Spanish Rice Grandma Maud's Sugar Cookie</p>	<p>10</p> <p>Glazed Turkey Ham Veggie Quesadilla Turkey Salami Wrap Garden Salad</p> <p>Peas Mashed Sweet Potatoes Apple Bread</p>	<p>11</p> <p>No Classes Staff Development Day</p>	<p>12</p> <p>No Classes Lincoln's Birthday</p> 	<p>Calories: 791 Total Fat (g): 18 Saturated Fat (g): 7 Sodium (mg): 1206 Carbohydrates (g): 126 Protein (g): 30 Vitamin A (IU): 4929 Vitamin C (mg): 34 Calcium (mg): 513 Iron (mg): 6</p>
<p>15</p> <p>No Classes President's Day</p> 	<p>16</p> <p>Tyson BBQ Chicken Thigh Toasted Cheese Sandwich Turkey Breast Sandwich Popcorn Shrimp Salad</p> <p>NEW Seasoned Collards Red Beans & Rice Applesauce Mardi Gras</p>	<p>17</p> <p>Fish Patty Sandwich Chef Boyardee Cheese Ravioli Turkey Bologna Wrap Garden Salad</p> <p> Cut Corn Baked Sweet Potato Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>18</p> <p>Chicken Corn Dog Veggie Quesadilla PB & J Wafer Bar Chef Salad</p> <p> Mixed Veggies Vegetarian Beans Apple Fruit Crisp</p>	<p>19</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Veggie Sandwich Sweet & Sour Chicken Salad</p> <p>Carrot Coins Raisins Eat.Learn.Live Sugar Cookie</p>	<p>Calories: 784 Total Fat (g): 21 Saturated Fat (g): 7 Sodium (mg): 1393 Carbohydrates (g): 120 Protein (g): 31 Vitamin A (IU): 9824 Vitamin C (mg): 36 Calcium (mg): 495 Iron (mg): 5</p>
<p>22</p> <p> Hamburger or Kellogg's Gardenburger Bean & Sour Cream Burrito Turkey Ham Sandwich Garden Salad</p> <p> Peas Baked Potato Vegetarian Beans</p>	<p>23</p> <p>Fish Sticks Bean & Sour Cream Burrito Turkey Bologna Sandwich Chef Salad</p> <p> Carrot Coins Brown Rice Apple Bread <i>*Monthly Specialty Item</i></p>	<p>24</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Veggie Sandwich Popcorn Shrimp Salad</p> <p> Crinkle Cut Yellow Squash Diced Apricots Tossed Salad</p>	<p>25</p> <p>Beef or Cheese Nachos Turkey Hot Dog PB & J Wafer Bar Yogurt & Fruit Salad</p> <p>Green Beans Spanish Rice Grandma Maud's Sugar Cookie</p>	<p>26</p> <p>Toasted Cheese Sandwich Italian Meatball Sandwich Turkey Salami Wrap Chef Salad</p> <p>Corn Oven Baked French Fries Diced Peaches</p>	<p>Calories: 799 Total Fat (g): 22 Saturated Fat (g): 8 Sodium (mg): 1343 Carbohydrates (g): 120 Protein (g): 30 Vitamin A (IU): 2323 Vitamin C (mg): 33 Calcium (mg): 531 Iron (mg): 5</p>

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