


Menu

Budlong Lunch Grades k-5 May 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
3 Hamburger Bean & Sour Cream Burrito Turkey Bologna Wrap Garden Salad  Mixed Veggies Vegetarian Beans Diced Peaches May is National Hamburger Month!	4 Cuban Turkey Sandwich Veggie Quesadilla Veggie Sandwich Chef Salad Green Beans Potato Rounds Banana Nut Bread   Mexican Corn Mexican Red Beans Spanish Rice	5 <i>Beef or Cheese Nachos</i> Chef Boyardee Cheese Ravioli Turkey Breast Sandwich Popcorn Shrimp Salad  Mexican Corn Mexican Red Beans Spanish Rice	6 Fish Patty Sandwich Chef Boyardee Cheese Ravioli PB & J Wafer Bar Chef Salad  Shoestring Carrots Oven Baked French Fries Eat.Learn.Live Snickerdoodle Cookie	7 Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Salami Sandwich Yogurt & Fruit Salad Peas Raisins  Apple Fruit Crisp	Calories: 679 Total Fat (g): 20 Saturated Fat (g): 6 Sodium (mg): 1207 Carbohydrates (g): 99 Protein (g): 27 Vitamin A (IU): 1604 Vitamin C (mg): 25 Calcium (mg): 436 Iron (mg): 4
10 Turkey Gyros on Pita Cheese Burrito Veggie Sandwich Chef Salad  Carrot Coins White Rice Diced Apricots	11  Rice, Turkey Ham, & Pea Skillet Veggie Quesadilla Turkey Salami Wrap Yogurt & Fruit Salad  Sliced Yellow Squash Tossed Salad Crunchy Fruit Crisp	12 Tyson Chicken Nuggets Toasted Cheese & Tomato Sandwich PB & J Wafer Bar Sweet & Sour Chicken Salad Peas Cheesy Rice Grandma Maud's Sugar Cookie	13 Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey & Cheese Sandwich Garden Salad  Cut Corn Raisins Comfort Cake Lemon Pound Cake w/ Icing	14 Tyson Chicken Patty Sandwich Chef Boyardee Cheese Ravioli Turkey Bologna Sandwich Popcorn Shrimp Salad Green Beans Potato Rounds Vegetarian Beans	Calories: 703 Total Fat (g): 21 Saturated Fat (g): 7 Sodium (mg): 1156 Carbohydrates (g): 104 Protein (g): 26 Vitamin A (IU): 2761 Vitamin C (mg): 27 Calcium (mg): 473 Iron (mg): 7
17 Fish Patty Sandwich Toasted Cheese Sandwich Turkey Salami Sandwich Chef Salad Corn White Rice Banana Nut Bread	18 Turkey Roast Veggie Quesadilla Turkey Bologna Wrap Garden Salad  Peas Mashed Sweet Potatoes Applesauce	19 BBQ Burger Italian Grilled Cheese Veggie Sandwich Chef Salad  Cut Green Beans Oven Baked French Fries Comfort Cake Lemon Pound Cake w/ Icing	20  *Mandarin Chicken w/ Rice Cheese Burrito Turkey Ham Sandwich Yogurt & Fruit Salad Carrot Coins Raisins Diced Pears *Monthly Featured Item	21 Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey & Cheese Sandwich Popcorn Shrimp Salad  Sliced Yellow Squash Tossed Salad Eat.Learn.Live Chocolate Cookie	Calories: 710 Total Fat (g): 19 Saturated Fat (g): 6 Sodium (mg): 1190 Carbohydrates (g): 109 Protein (g): 26 Vitamin A (IU): 2363 Vitamin C (mg): 27 Calcium (mg): 442 Iron (mg): 5
24 Cheeseburger Chef Boyardee Cheese Ravioli Turkey Bologna Sandwich Garden Salad  Carrot Coins Vegetarian Beans Comfort Cake Lemon Pound Cake w/ Icing	25 Glazed Turkey Ham Toasted Cheese Sandwich Turkey Salami Wrap Popcorn Shrimp Salad Green Beans Mashed Sweet Potatoes Applesauce	26 BBQ Chicken Thigh Kellogg's Gardenburger Turkey Ham & Cheese Sandwich Yogurt & Fruit Salad  Seasoned Collards White Rice Grandma Maud's Sugar Cookie	27 Tony's Thin Crust Cheese or Turkey Sausage Pizza Veggie Sandwich Chef Salad  Peas Raisins Diced Peaches	28 Swedish Meatballs w/ Rice Bean & Sour Cream Burrito PB & J Wafer Bar Chef Salad Corn Tossed Salad Banana Nut Bread	Calories: 730 Total Fat (g): 19 Saturated Fat (g): 7 Sodium (mg): 1351 Carbohydrates (g): 111 Protein (g): 28 Vitamin A (IU): 3306 Vitamin C (mg): 28 Calcium (mg): 473 Iron (mg): 5

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MENU

Budlong Lunch Grades 6-8 May 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>3</p> <p>Hamburger Bean & Sour Cream Burrito Turkey Bologna Wrap Garden Salad</p> <p>Mixed Veggies Vegetarian Beans Diced Peaches</p> <p>May is National Hamburger Month!</p>	<p>4</p> <p>Cuban Turkey Sandwich Veggie Quesadilla Veggie Sandwich Chef Salad</p> <p>Green Beans Potato Rounds Banana Nut Bread</p>	<p>5</p> <p><i>Beef or Cheese Nachos</i> Chef Boyardee Cheese Ravioli Turkey Breast Sandwich Popcorn Shrimp Salad</p> <p> Mexican Corn NEW! Mexican Red Beans Spanish Rice</p>	<p>6</p> <p>Fish Patty Sandwich Chef Boyardee Cheese Ravioli PB & J Wafer Bar Chef Salad</p> <p>Shoestring Carrots Oven Baked French Fries Eat.Learn.Live Snickerdoodle Cookie</p>	<p>7</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Salami Sandwich Yogurt & Fruit Salad</p> <p>Peas Raisins Apple Fruit Crisp</p>	<p>Calories: 784 Total Fat (g): 24 Saturated Fat (g): 7 Sodium (mg): 1368 Carbohydrates (g): 115 Protein (g): 28 Vitamin A (IU): 1637 Vitamin C (mg): 27 Calcium (mg): 452 Iron (mg): 5</p>
<p>10</p> <p>Turkey Gyros on <i>Pita</i> Cheese Burrito Veggie Sandwich Chef Salad</p> <p>Carrot Coins White Rice Diced Apricots</p>	<p>11</p> <p>NEW! Rice, Turkey Ham, & Pea Skillet Veggie Quesadilla Turkey Salami Wrap Yogurt & Fruit Salad</p> <p>Sliced Yellow Squash Tossed Salad Crunchy Fruit Crisp</p>	<p>12</p> <p>Tyson Chicken Nuggets Toasted Cheese & Tomato Sandwich PB & J Wafer Bar Sweet & Sour Chicken Salad</p> <p>Peas Cheesy Rice Grandma Maud's Sugar Cookie</p>	<p>13</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey & Cheese Sandwich Garden Salad</p> <p>Cut Corn Raisins Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>14</p> <p>Tyson Chicken Patty Sandwich Chef Boyardee Cheese Ravioli Turkey Bologna Sandwich Popcorn Shrimp Salad</p> <p>Green Beans Potato Rounds Vegetarian Beans</p>	<p>Calories: 786 Total Fat (g): 24 Saturated Fat (g): 8 Sodium (mg): 1320 Carbohydrates (g): 117 Protein (g): 28 Vitamin A (IU): 2864 Vitamin C (mg): 28 Calcium (mg): 495 Iron (mg): 8</p>
<p>17</p> <p>Fish Patty Sandwich Toasted Cheese Sandwich Turkey Salami Sandwich Chef Salad</p> <p>Corn White Rice Banana Nut Bread</p> <p>Celebrate Asian Pacific Heritage Month!</p>	<p>18</p> <p>Turkey Roast Veggie Quesadilla Turkey Bologna Wrap Garden Salad</p> <p>Peas Mashed Sweet Potatoes Applesauce</p>	<p>19</p> <p>BBQ Burger Italian Grilled Cheese Veggie Sandwich Chef Salad</p> <p>Cut Green Beans Oven Baked French Fries Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>20</p> <p>NEW! Mandarin Chicken w/ Rice Cheese Burrito Turkey Ham Sandwich Yogurt & Fruit Salad</p> <p>Carrot Coins Raisins Diced Pears <i>*Monthly Featured Item</i></p>	<p>21</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey & Cheese Sandwich Popcorn Shrimp Salad</p> <p>Sliced Yellow Squash Tossed Salad Eat.Learn.Live Chocolate Cookie</p>	<p>Calories: 805 Total Fat (g): 21 Saturated Fat (g): 7 Sodium (mg): 1256 Carbohydrates (g): 126 Protein (g): 28 Vitamin A (IU): 2959 Vitamin C (mg): 29 Calcium (mg): 454 Iron (mg): 6</p>
<p>24</p> <p>Cheeseburger Chef Boyardee Cheese Ravioli Turkey Bologna Sandwich Garden Salad</p> <p>Carrot Coins Vegetarian Beans Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>25</p> <p>Glazed Turkey Ham Toasted Cheese Sandwich Turkey Salami Wrap Popcorn Shrimp Salad</p> <p>Green Beans Mashed Sweet Potatoes Applesauce</p>	<p>26</p> <p>BBQ Chicken Thigh Kellogg's Gardenburger Turkey Ham & Cheese Sandwich Yogurt & Fruit Salad</p> <p>Seasoned Collards White Rice Grandma Maud's Sugar Cookie</p>	<p>27</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Veggie Sandwich Chef Salad</p> <p>Peas Raisins Diced Peaches</p>	<p>28</p> <p>Sweedish Meatballs w/ Rice Bean & Sour Cream Burrito PB & J Wafer Bar Chef Salad</p> <p>Corn Tossed Salad Banana Nut Bread</p>	<p>Calories: 806 Total Fat (g): 20 Saturated Fat (g): 7 Sodium (mg): 1502 Carbohydrates (g): 124 Protein (g): 31 Vitamin A (IU): 4001 Vitamin C (mg): 29 Calcium (mg): 491 Iron (mg): 6</p>

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