

# Menu

## Budlong Lunch Grades K-5 March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>No Classes <sup>1</sup></p> <p>Pulaski Day</p>	<p>Chicken Corn Dog <b>Italian Grilled Cheese</b> Turkey &amp; Cheese Sandwich on a Bun <b>Garden Salad</b></p> <p>Peas Potato Rounds Diced Apricots</p>	<p><b>Fish Sticks</b> <b>Bean &amp; Sour Cream Burrito</b> <b>PB &amp; J Wafer Bar</b> Chef Salad</p> <p>Carrot Coins White Rice Comfort Cake Lemon Pound Cake w/ Icing</p>	<p><b>Cheeseburger</b> Chef Boyardee <b>Cheese Ravioli</b> <i>Turkey Bologna Wrap</i> <b>Popcorn Shrimp Salad</b></p> <p>Cut Green Beans Vegetarian Beans Applesauce</p>	<p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza <b>Veggie Sandwich</b> <b>Yogurt &amp; Fruit Salad</b></p> <p>Corn Raisins <b>Eat.Learn.Live</b> Chocolate Cookie</p>	<p>Calories: 709 Total Fat (g): 19 Saturated Fat (g): 8 Sodium (mg): 1125 Carbohydrates (g): 107 Protein (g): 28 Vitamin A (IU): 2282 Vitamin C (mg): 26 Calcium (mg): 479 Iron (mg): 6</p>
<p>Tyson Chicken Patty Sandwich Chef Boyardee <b>Cheese Ravioli</b> Turkey Bologna Sandwich <b>Popcorn Shrimp Salad</b></p> <p>Shoestring Carrots Rice Vegetarian Beans</p>	<p><b>Cheese Burrito</b> Tyson Chicken Nuggets <b>PB &amp; J Wafer Bar</b> Chef Salad</p> <p>Green Beans Tossed Salad Chicken Noodle Soup w/ Crackers</p>	<p> Sloppy Joe <b>Toasted Cheese Sandwich</b> <i>Turkey Salami Wrap</i> <b>Garden Salad</b></p> <p> Peas Oven Baked French Fries Grandma Maud's Chocolate Chip Cookie</p>	<p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza Turkey Ham &amp; Cheese Sandwich <b>Yogurt &amp; Fruit Salad</b></p> <p>Corn Diced Peaches Crunchy Fruit Crisp</p>	<p> <b>Fish Patty Sandwich</b>  <b>Italian Grilled Cheese Veggie Sandwich</b> Chef Salad</p> <p> Seasoned Collards Baked Potato Carrot Bread</p>	<p>Calories: 713 Total Fat (g): 20 Saturated Fat (g): 6 Sodium (mg): 1228 Carbohydrates (g): 107 Protein (g): 28 Vitamin A (IU): 2534 Vitamin C (mg): 37 Calcium (mg): 498 Iron (mg): 5</p>
<p>Beef or <b>Cheese Nachos</b> <b>Toasted Cheese Sandwich</b> Turkey Ham Sandwich <b>Garden Salad</b></p> <p>Crinkle Cut Zucchini Red Beans &amp; Rice Diced Pears</p>	<p>BBQ Beef Rib Sandwich <b>Bean &amp; Sour Cream Burrito</b> <b>Veggie Sandwich</b> Chef Salad</p> <p>Green Beans Cornbread Diced Peaches</p>	<p>Tyson Chicken Thigh Chef Boyardee <b>Cheese Ravioli</b> Turkey Salami Wrap <b>Yogurt &amp; Fruit Salad</b></p> <p> Crinkle Cut Yellow Squash Mashed Sweet Potatoes <b>Eat.Learn.Live</b> Green Sugar Cookie</p>	<p> Turkey Gyros on Pita <b>Cheese Burrito</b> <b>PB &amp; J Wafer Bar</b> Sweet &amp; Sour Chicken Salad</p> <p> Carrot Coins White Rice Comfort Cake Lemon Pound Cake w/ Icing Giveaway: Origami Sheet</p>	<p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza Turkey &amp; Cheese Sandwich <b>Popcorn Shrimp Salad</b></p> <p>Peas Applesauce Tossed Salad</p>	<p>Calories: 709 Total Fat (g): 20 Saturated Fat (g): 7 Sodium (mg): 1396 Carbohydrates (g): 104 Protein (g): 28 Vitamin A (IU): 2786 Vitamin C (mg): 28 Calcium (mg): 447 Iron (mg): 5</p>
<p>Hamburger or Kellogg's <b>Gardenburger</b> <b>Fish Sticks</b> Turkey Bologna Sandwich <b>Popcorn Shrimp Salad</b></p> <p> Cut Corn Vegetarian Beans Oven Baked French Fries</p>	<p>Turkey Roast w/ Gravy <b>Toasted Cheese Sandwich</b> Turkey Salami Wrap <b>Garden Salad</b></p> <p>Baked Sweet Potato Cheesy Rice Carrot Bread</p>	<p><b>Italian Grilled Cheese</b> Tyson Chicken Sticks <b>Veggie Sandwich</b> Chef Salad</p> <p> Mixed Veggies Potato Rounds Grandma Maud's Chocolate Chip Cookie</p>	<p>Tony's Thin Crust <b>Cheese</b> or Turkey Sausage Pizza Turkey Ham Sandwich <b>Yogurt &amp; Fruit Salad</b></p> <p>Green Beans Raisins Tomato Soup w/ Crackers</p>	<p> <b>Cheese Burrito</b> Pancake Sandwich Turkey Sandwich Chef Salad</p> <p>Peas  Spanish Rice Diced Apricots</p>	<p>Calories: 692 Total Fat (g): 20 Saturated Fat (g): 7 Sodium (mg): 1269 Carbohydrates (g): 100 Protein (g): 29 Vitamin A (IU): 4076 Vitamin C (mg): 36 Calcium (mg): 554 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.cthatcps.com>





# Budlong Lunch Grades 6-8

## March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
No Classes <sup>1</sup> Pulaski Day	Chicken Corn Dog <b>Italian Grilled Cheese</b> Turkey & Cheese Sandwich on a Bun <b>Garden Salad</b>  Peas Potato Rounds Diced Apricots	<b>Fish Sticks</b> <b>Bean &amp; Sour Cream</b> <b>Burrito</b> <b>PB &amp; J Wafer Bar</b> Chef Salad  Carrot Coins White Rice Comfort Cake Lemon Pound Cake w/ Icing	Cheeseburger Chef Boyardee <b>Cheese</b> Ravioli Turkey Bologna Wrap <b>Popcorn Shrimp Salad</b>  Cut Green Beans Vegetarian Beans Applesauce	Tony's Thin Crust <sup>5</sup> <b>Cheese</b> or Turkey Sausage Pizza <b>Veggie Sandwich</b> <b>Yogurt &amp; Fruit Salad</b>  Corn Raisins <b>Eat.Learn.Live</b> Chocolate Cookie	Calories: 787 Total Fat (g): 21 Saturated Fat (g): 8 Sodium (mg): 1246 Carbohydrates (g): 119 Protein (g): 30 Vitamin A (IU): 2311 Vitamin C (mg): 27 Calcium (mg): 493 Iron (mg): 6
Tyson Chicken Patty Sandwich Chef Boyardee <b>Cheese</b> Ravioli Turkey Bologna Sandwich <b>Popcorn Shrimp Salad</b>  Shoestring Carrots Rice Vegetarian Beans	<b>Cheese Burrito</b> <sup>9</sup> Tyson Chicken Nuggets <b>PB &amp; J Wafer Bar</b> Chef Salad  Green Beans Tossed Salad Chicken Noodle Soup w/ Crackers	Sloppy Joe <sup>10</sup> <b>Toasted Cheese</b> <b>Sandwich</b> Turkey Salami Wrap <b>Garden Salad</b>  Peas Oven Baked French Fries Grandma Maud's Chocolate Chip Cookie	Tony's Thin Crust <b>Cheese</b> <sup>11</sup> or Turkey Sausage Pizza Turkey Ham & Cheese Sandwich <b>Yogurt &amp; Fruit Salad</b>  Corn Diced Peaches Crunchy Fruit Crisp	<b>Fish Patty</b> <sup>12</sup> <b>Sandwich</b> <b>Italian Grilled Cheese</b> <b>Veggie Sandwich</b> Chef Salad  Seasoned Collards Baked Potato Carrot Bread	Calories: 783 Total Fat (g): 22 Saturated Fat (g): 6 Sodium (mg): 1319 Carbohydrates (g): 119 Protein (g): 29 Vitamin A (IU): 2657 Vitamin C (mg): 43 Calcium (mg): 509 Iron (mg): 5
Beef or <b>Cheese</b> Nachos <sup>15</sup> <b>Toasted Cheese</b> <b>Sandwich</b> Turkey Ham Sandwich <b>Garden Salad</b>  Crinkle Cut Zucchini Red Beans & Rice Diced Pears	BBQ Beef Rib Sandwich <sup>16</sup> <b>Bean &amp; Sour Cream</b> <b>Burrito</b> <b>Veggie Sandwich</b> Chef Salad  Green Beans Cornbread Diced Peaches	Tyson Chicken Thigh <sup>17</sup> Chef Boyardee <b>Cheese</b> Ravioli Turkey Salami Wrap <b>Yogurt &amp; Fruit Salad</b>  Crinkle Cut Yellow Squash Mashed Sweet Potatoes <b>Eat.Learn.Live</b> Green Sugar Cookie	Turkey Gyros on Pita <sup>18</sup> <b>Cheese Burrito</b> <b>PB &amp; J Wafer Bar</b> Sweet & Sour Chicken Salad  Carrot Coins White Rice Comfort Cake Lemon Pound Cake w/ Icing Giveaway: Origami Sheet	Tony's Thin Crust <sup>19</sup> <b>Cheese</b> or Turkey Sausage Pizza Turkey & Cheese Sandwich <b>Popcorn Shrimp Salad</b>  Peas Applesauce Tossed Salad	Calories: 783 Total Fat (g): 22 Saturated Fat (g): 7 Sodium (mg): 1458 Carbohydrates (g): 116 Protein (g): 29 Vitamin A (IU): 3573 Vitamin C (mg): 29 Calcium (mg): 461 Iron (mg): 6
Hamburger or Kellogg's <sup>22</sup> <b>Gardenburger</b> <b>Fish Sticks</b> Turkey Bologna Sandwich <b>Popcorn Shrimp Salad</b>  Cut Corn Vegetarian Beans Oven Baked French Fries	Turkey Roast w/ Gravy <sup>23</sup> <b>Toasted Cheese</b> <b>Sandwich</b> Turkey Salami Wrap <b>Garden Salad</b>  Baked Sweet Potato Cheesy Rice Carrot Bread	<b>Italian Grilled Cheese</b> <sup>24</sup> Tyson Chicken Sticks <b>Veggie Sandwich</b> Chef Salad  Mixed Veggies Potato Rounds Grandma Maud's Chocolate Chip Cookie	Tony's Thin Crust <b>Cheese</b> <sup>25</sup> or Turkey Sausage Pizza Turkey Ham Sandwich <b>Yogurt &amp; Fruit Salad</b>  Green Beans Raisins Tomato Soup w/ Crackers	<b>Cheese Burrito</b> <sup>26</sup> Pancake Sandwich Turkey Sandwich Chef Salad  Peas Spanish Rice Diced Apricots	Calories: 783 Total Fat (g): 23 Saturated Fat (g): 8 Sodium (mg): 1445 Carbohydrates (g): 114 Protein (g): 31 Vitamin A (IU): 4108 Vitamin C (mg): 41 Calcium (mg): 573 Iron (mg): 5

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