








# May 2010



## ARCHDIOCESE OF LOS ANGELES

7-12 ENHANCED (LN)

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages
<b>3</b> <b>TERIYAKI MEATBALLS W/RICE</b> Peas & Carrots Apple Juice Corn Muffin Milk	<b>4</b> <b>SALISBURY W/GRAVY</b> Fluffy Whipped Potatoes Pineapple Cup Whole Wheat Bread Milk	<b>5</b> <b>BEEF SOFT TACO</b> Corn Fresh Pear* Goldfish Crackers  Milk	<b>6</b> <b>PIZZA DIPPERS</b> Marinara Dipping Sauce Tossed Salad Baby Carrots Peach Cup Chocolate Chip Cookie Milk	<b>7</b> <b>RIB-B-QUE</b> Potato Rounds Fresh Apple* Mini Pretzels Milk	Calories 826.5 Protein 30.3 Calcium (mg) 421.5 Iron (mg) 5.8 Vita A (RE) 984.8 Vita C (g) 24.9 Saturated Fat 7.7% Total Fat 27.1%
<b>10</b> <b>CHICKEN TENDERS</b> Vegetarian Beans 100% Fruit Punch Corn Muffin Milk	<b>11</b> <b>PENNE PASTA W/ MEAT SAUCE</b> Green Beans Pear Cup Garlic Bread Milk	<b>12</b> <b>BREADED CHICKEN FILLET</b> Tomato Soup w/Noodles Fresh Apple* Multigrain Sun Chips Milk	<b>13</b> <b>PIERRE CHEESEBURGER ON A BUN</b> French Fries Fresh Orange* Double Fudge Cookie Milk	<b>14</b> <b>FRENCH BREAD CHEESE PIZZA</b> Tossed Salad Baby Carrots Strawberry Applesauce Apple Oatmeal Cookie Milk	Calories 874.3 Protein 33.1 Calcium (mg) 469.1 Iron (mg) 4.5 Vita A (RE) 948.7 Vita C (g) 28.9 Saturated Fat 7.8% Total Fat 28.0%
<b>17</b> <b>MINI CORN DOGS W/POTATO FUN SHAPES</b> Orange Juice Apple Cinnamon Multigrain Mini Crisp Milk	<b>18</b> <b>TOSTADA BOAT</b> Fiesta Corn Peach Cup Corn Muffin Milk	<b>19</b> <b>CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE</b> Green Beans Fresh Pear* Garlic Bread Milk	<b>20</b> <b>GRILLED CHICKEN PATTY W/ BBQ SAUCE</b> Mashed Potatoes Fresh Banana* Mini Pretzels Milk	<b>21</b> <b>PEPPERONI PIZA PIZZA (Whole Wheat Crust)</b> Tossed Salad Baby Carrots Mixed Fruit Double Fudge Cookie Milk	Calories 839.0 Protein 29.8 Calcium (mg) 440.3 Iron (mg) 4.7 Vita A (RE) 865.4 Vita C (g) 39.6 Saturated Fat 8.3% Total Fat 28.4%
<b>24</b> <b>CHICKEN TENDERS W/ POTATO WEDGES</b> Orange Pineapple Juice Chocolate Chip Cookie Milk	<b>25</b> <b>BEAN &amp; CHEESE BURRITO</b> Corn Mixed Fruit Corn Muffin Milk	<b>26</b> <b>SPAGHETTI W/MEAT SAUCE</b> Mixed Vegetables Fresh Apple* Garlic Bread	<b>27</b> <b>HOT DOG AND FRENCH FRIES</b> Fresh Pear* Cheddar Goldfish Crackers  Milk	<b>28</b> <b>PIZZA DIPPERS</b> Marinara Dipping Sauce Tossed Salad Baby Carrots Applesauce Cup Star Spangled Cookies Milk	Calories 833.5 Protein 58.9 Calcium (mg) 472.4 Iron (mg) 5.3 Vita A (RE) 931.6 Vita C (g) 20.6 Saturated Fat 7.4% Total Fat 26.9%
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\*\*\*ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. MENU SUBJECT TO CHANGE

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