

# Forest Hills Consolidated School

MARCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																		
<p>Mar - 15</p> <p>CHICKEN NUGGETS PB &amp; J rice peas milk - variety ketchup barbecue sauce</p>	<p>Mar - 16</p> <p>TURKEY SANDWICH TUNA SANDWICH fruit potato chips milk - variety mayo mustard</p>	<p>Mar - 17</p> <p>*HAPPY ST. PATTY'S DAY ITAL. NOODLE CASSEROLE YOGURT homemade yeast rolls margarine cheese sugar cookies milk - variety</p>	<p>Mar - 18</p> <p>SLOPPY JOES PB &amp; J green beans fruit chocolate brownies milk - variety</p>	<p>Mar - 19</p> <p>TOASTED CHEESE PB &amp; J tomato soup potato chips crackers milk - variety</p>																																																																																																																																		
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Vit C	100.9 Mg 672%																																																																																																																																					
Prot	38.5G 22.1%Cal																																																																																																																																					
Carb	105.2G 60.3%Cal																																																																																																																																					
T.Fat	14.4G 18.6%Cal																																																																																																																																					
S.Fat	4.2G 5.4%Cal																																																																																																																																					
Nutrients	Target																																																																																																																																					
Cals...	654 102%																																																																																																																																					
Chol...	67 Mg																																																																																																																																					
Sodium.	970 Mg																																																																																																																																					
Fiber..	5.5 G																																																																																																																																					
Iron...	3.7 Mg 113%																																																																																																																																					
Calcium	428.7 Mg 161%																																																																																																																																					
Vit A	823 IU 80%																																																																																																																																					
Vit C	23.4 Mg 156%																																																																																																																																					
Prot	32.5G 19.9%Cal																																																																																																																																					
Carb	86.8G 53.1%Cal																																																																																																																																					
T.Fat	20.8G 28.7%Cal																																																																																																																																					
S.Fat	6.9G 9.5%Cal																																																																																																																																					
Nutrients	Target																																																																																																																																					
Cals...	552 86%																																																																																																																																					
Chol...	40 Mg																																																																																																																																					
Sodium.	877 Mg																																																																																																																																					
Fiber..	4.7 G																																																																																																																																					
Iron...	3.3 Mg 100%																																																																																																																																					
Calcium	533.7 Mg 200%																																																																																																																																					
Vit A	1031 IU 100%																																																																																																																																					
Vit C	8.9 Mg 60%																																																																																																																																					
Prot	26.1G 18.9%Cal																																																																																																																																					
Carb	84.7G 61.4%Cal																																																																																																																																					
T.Fat	13.6G 22.2%Cal																																																																																																																																					
S.Fat	5.6G 9.2%Cal																																																																																																																																					
Nutrients	Target																																																																																																																																					
Cals...	671 105%																																																																																																																																					
Chol...	40 Mg																																																																																																																																					
Sodium.	1319 Mg																																																																																																																																					
Fiber..	5.9 G																																																																																																																																					
Iron...	3.7 Mg 112%																																																																																																																																					
Calcium	646.8 Mg 242%																																																																																																																																					
Vit A	11393 IU1103%																																																																																																																																					
Vit C	12.4 Mg 83%																																																																																																																																					
Prot	28.5G 17.0%Cal																																																																																																																																					
Carb	79.5G 47.4%Cal																																																																																																																																					
T.Fat	27.8G 37.3%Cal																																																																																																																																					
S.Fat	8.5G 11.4%Cal																																																																																																																																					
Nutrients	Target																																																																																																																																					
Cals...	611 95%																																																																																																																																					
Chol...	37 Mg																																																																																																																																					
Sodium.	1983 Mg																																																																																																																																					
Fiber..	5.8 G																																																																																																																																					
Iron...	4.9 Mg 147%																																																																																																																																					
Calcium	394.5 Mg 148%																																																																																																																																					
Vit A	1631 IU 158%																																																																																																																																					
Vit C	26.3 Mg 175%																																																																																																																																					
Prot	28.2G 18.5%Cal																																																																																																																																					
Carb	95.3G 62.4%Cal																																																																																																																																					
T.Fat	14.2G 20.9%Cal																																																																																																																																					
S.Fat	3.0G 4.4%Cal																																																																																																																																					

\* Item not included in the nutritional analysis