

Forest Hills Consolidated School

MARCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																		
<p>Mar - 29</p> <p>CHICKEN PARM BURGER PIZZA BURGER french fries fruit cocktail milk - variety ketchup</p>	<p>Mar - 30</p> <p>*SANDWICH BAR 6 - 12 TURKEY OR HAM WRAPS PB & J lettuce & tomato pickles milk - variety mayo mustard</p>	<p>Mar - 31</p> <p>*SALAD BAR 6 - 12 CHICKEN RANCH SUB PB & J lettuce & tomato pickles fruit milk - variety</p>	<p>Apr - 1</p> <p>BLT PB & J potato chips, sun chips banana cream squares milk - variety mayo</p>	<p>Apr - 2</p> <p>FISH STICKS PB & J YOGURT tossed salad ranch dressing fruit milk - variety ketchup tartar sauce</p>																																																																																																																																		
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Vit C	55.7 Mg 371%																																																																																																																																					
Prot	24.3G 14.2%Cal																																																																																																																																					
Carb	93.9G 55.1%Cal																																																																																																																																					
T.Fat	24.8G 32.7%Cal																																																																																																																																					
S.Fat	6.0G 8.0%Cal																																																																																																																																					
Nutrients	Target																																																																																																																																					
Cals...	633 99%																																																																																																																																					
Chol...	47 Mg																																																																																																																																					
Sodium.	2338 Mg																																																																																																																																					
Fiber..	8.8 G																																																																																																																																					
Iron...	3.1 Mg 95%																																																																																																																																					
Calcium	568.1 Mg 213%																																																																																																																																					
Vit A	1561 IU 151%																																																																																																																																					
Vit C	100.5 Mg 670%																																																																																																																																					
Prot	27.2G 17.2%Cal																																																																																																																																					
Carb	93.8G 59.2%Cal																																																																																																																																					
T.Fat	18.1G 25.7%Cal																																																																																																																																					
S.Fat	7.1G 10.0%Cal																																																																																																																																					
Nutrients	Target																																																																																																																																					
Cals...	630 98%																																																																																																																																					
Chol...	43 Mg																																																																																																																																					
Sodium.	453 Mg																																																																																																																																					
Fiber..	8.7 G																																																																																																																																					
Iron...	3.6 Mg 110%																																																																																																																																					
Calcium	376.6 Mg 141%																																																																																																																																					
Vit A	2412 IU 233%																																																																																																																																					
Vit C	73.1 Mg 487%																																																																																																																																					
Prot	26.9G 17.1%Cal																																																																																																																																					
Carb	108.1G 68.7%Cal																																																																																																																																					
T.Fat	11.6G 16.6%Cal																																																																																																																																					
S.Fat	3.0G 4.3%Cal																																																																																																																																					
Nutrients	Target																																																																																																																																					
Cals...	662 103%																																																																																																																																					
Chol...	94 Mg																																																																																																																																					
Sodium.	1127 Mg																																																																																																																																					
Fiber..	5.0 G																																																																																																																																					
Iron...	4.6 Mg 140%																																																																																																																																					
Calcium	550.5 Mg 206%																																																																																																																																					
Vit A	2446 IU 237%																																																																																																																																					
Vit C	19.3 Mg 129%																																																																																																																																					
Prot	36.1G 21.8%Cal																																																																																																																																					
Carb	79.9G 48.2%Cal																																																																																																																																					
T.Fat	23.0G 31.3%Cal																																																																																																																																					
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Nutrients	Target																																																																																																																																					
Cals...	619 97%																																																																																																																																					
Chol...	42 Mg																																																																																																																																					
Sodium.	1127 Mg																																																																																																																																					
Fiber..	4.7 G																																																																																																																																					
Iron...	3.0 Mg 91%																																																																																																																																					
Calcium	400.2 Mg 150%																																																																																																																																					
Vit A	1043 IU 101%																																																																																																																																					
Vit C	10.9 Mg 73%																																																																																																																																					
Prot	24.7G 15.9%Cal																																																																																																																																					
Carb	81.1G 52.4%Cal																																																																																																																																					
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Forest Hills Consolidated School

MARCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																		
<p>Apr - 12</p> <p>CHICKEN NUGGETS PB & J rice peas milk - variety ketchup barbecue sauce</p>	<p>Apr - 13</p> <p>AMER. CHOP SUEY YOGURT homemade yeast rolls oranges margarine milk - variety</p>	<p>Apr - 14</p> <p>*EARLY DISMISSAL HAM & CH SANDWICH PB & J sugar cookie fruit milk - variety mayo mustard</p>	<p>Apr - 15</p> <p>*EARLY DISMISSAL TURKEY&CHEESE SANDWI PB & J pudding fruit milk - variety mayo mustard</p>	<p>Apr - 16</p> <p>*EARLY DISMISSAL BOLONGA SANDWICH PB & J potato chips juice bars K - 5 *sherbert cup 6-12 milk - variety mayo mustard</p>																																																																																																																																		
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