



May 2009

San Francisco Unified School District



Lunch K-6 Lunch Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages	
<p>Check Us Out: http://portal.sfusd.edu/dept/sns</p>				<p>PIZZA DIPPERS</p> <p>Ketchup Baby Carrots Ranch Dressing Fresh Pear* Milk</p>	<p>Calories 617 Protein (g) 25.5 Calcium (mg) 644 Iron (mg) 3.7 Vit A (RE) 2292 Vit C (g) 16.2 Saturated Fat 9.6% Total Fat 25%</p>	
<p>SPAGHETTI W/ MEATSAUCE</p> <p>Fresh Apple* Garlic Bread Milk</p> <p>*MAC & CHEESE W/ GREEN BEANS</p>	<p>CHICKEN TOSTADA BOAT</p> <p>Baby Carrots Ranch Dressing Fresh Orange* Taco Sauce Milk</p> <p>**MINI CHEESE RAVIOLI W/ RAGU SAUCE</p>	<p>HAMBURGER W/ POTATOES WEDGES</p> <p>Fresh Banana* Hamburger Bun Ketchup Mustard Milk</p> <p>*BEAN & CHEESE BURRITO</p>	<p>CHEESE PIZZA</p> <p>Baby Carrots Ranch Dressing Applesauce Vanilla Grahams Milk</p>	<p>CHICKEN TENDERS W/ POTATO WEDGES</p> <p>Fresh Pear* BBQ Sauce Ketchup Milk</p> <p>*MAC & CHEESE W/ GREEN BEANS</p>	<p>Calories 726 Protein (g) 31.3 Calcium (mg) 425 Iron (mg) 4.5 Vit A (RE) 1097 Vit C (g) 27.1 Saturated Fat #### Total Fat ####</p>	
<p>PENNE PASTA W/ MEATSAUCE</p> <p>Fresh Apple* Garlic Bread Milk</p> <p>**MINI CHEESE RAVIOLI W/ RAGU SAUCE</p>	<p>TOASTED CHEESE SANDWICH</p> <p>Baby Carrots Ranch Dressing Fresh Orange* Corn Muffin Milk</p>	<p>BEEF HOT DIGGETY DOG W/ HASH BROWNS</p> <p>Fresh Banana* Hot Dog Bun Ketchup Mustard Milk</p> <p>**MAC & CHEESE W/ GREEN BEANS</p>	<p>CHICKEN PARMESAN</p> <p>Baby Carrots Ranch Dressing Pear Cup Breadstick Milk</p> <p>**BEAN & CHEESE BURRITO</p>	<p>PEPPERONI HOT POCKET</p> <p>Fresh Pear* Baby Carrots Ranch Dressing Milk</p> <p>**MINI CHEESE RAVIOLI W/ RAGU SAUCE</p>	<p>Calories 704 Protein (g) 27.4 Calcium (mg) 490 Iron (mg) 4 Vit A (RE) 1553 Vit C (g) 29.5 Saturated Fat 9.2% Total Fat 27.90</p>	
<p>POPCORN CHICKEN W/ POTATO STARS</p> <p>Fresh Apple* BBQ Sauce Ketchup Goldfish Cheddar Crackers Milk</p> <p>**MAC & CHEESE W/GREEN BEANS</p>	<p>BEAN & CHEESE BURRITO</p> <p>Fiesta Corn Fresh Orange* Taco Sauce Milk</p>	<p>GRILLED CHICKEN PATTY W/ GREEN BEANS</p> <p>Fresh Banana* Hamburger Bun BBQ Sauce Milk</p> <p>**BEAN & CHEESE BURRITO</p>	<p>PIZZA DIPPERS</p> <p>Ketchup Peach Cup Baby Carrots Ranch Dressing Milk</p>	<p>ROTINI BAKE W/ MEATSAUCE</p> <p>Fresh Pear* Garlic Bread Milk</p> <p>*MINI CHEESE RAVIOLI W/ RAGU SAUCE</p>	<p>Calories 684 Protein (g) 29.7 Calcium (mg) 484 Iron (mg) 4 Vit A (RE) 676 Vit C (g) 27.5 Saturated Fat 7.5% Total Fat 25%</p>	
	<p>CHICKEN NUGGETS W/ POTATO ROUNDS</p> <p>Fresh Apple* BBQ Sauce Ketchup Milk</p> <p>**MAC & CHEESE W/GREEN BEANS</p>	<p>SALISBURY STEAK W/ MASHED POTATOES</p> <p>Fresh Banana* Garlic Bread Milk</p> <p>**CHEESE PIZZA</p>	<p>TERIYAKI GLAZED CHICKEN W/ FRIED RICE</p> <p>Baby Carrots Ranch Dressing Pineapple Tidbits Breadstick Milk</p> <p>**CHEESE PIZZA</p>	<p>FRENCH BREAD CHEESE PIZZA</p> <p>Fresh Pear* Baby Carrots Ranch Dressing Vanilla Grahams Milk</p> <p>**MINI CHEESE RAVIOLI W/ RAGU SAUCE</p>	<p>Calories 703 Protein (g) 31.4 Calcium (mg) 446 Iron (mg) 3.8 Vit A (RE) 1272 Vit C (g) 24.3 Saturated Fat 7.3% Total Fat 26%</p>	
** VEGETARIAN OPTION FOR THAT DAY						

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