













March 2007

San Francisco Unified School District



Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages	
	<p>Check Us Out: http://portal.sfusd.edu/dept/sns</p>		1 CHICKEN ENCHILADA W/ SAUCE Pineapple Tidbits Baby Carrots Creamy Ranch Dressing Taco Sauce Corn Muffin Milk MACARONI&CHEESE W/GREEN BEANS	2 ROTINI BAKE W/MEATSAUCE Fresh Pear Sliced Multigrain Bread (1) Milk  CHEESE QUESADILLA	Calories Protein (g) Calcium (mg) Iron (mg) Vit A (RE) Vit C (g) Saturated Fat Total Fat	790 37 451 6.8 847 36 7.9% 24%
5 MANDARIN CHICKEN W/RICE AND VEGETABLES Fresh Apple Corn Muffin Soy Sauce Milk  CHEESE PIZZA	6 SPAGHETTI W/ MEATSAUCE Orange Wedges Sliced Multigrain Bread (2) Milk GRILLED CHEESE ON WHEAT	7 TOSTADA BOAT Fresh Banana Baby Carrots Creamy Ranch Dressing Taco Sauce Low Fat Honey Graham (2) Milk BEAN & CHEESE BURRITO	8 HOMESTYLE CHILI W/BEEF & BEANS Baby Carrots Pineapple Tidbits Creamy Ranch Dressing Corn Muffin Milk  MACARONI&CHEESE W/GREEN BEANS	9 PEPPERONI PIZZA Baby Carrots Fresh Pear Creamy Ranch Dressing Low Fat Honey Graham (2) Milk CHEESE QUESADILLA	Calories Protein (g) Calcium (mg) Iron (mg) Vit A (RE) Vit C (g) Saturated Fat Total Fat	797 33 461 6.5 2005 38 7.7% 25%
12 SWEET&SOUR RICE BOWL W/CHICKEN & VEGETABLES Fresh Apple Corn Muffin Soy Sauce Milk CHEESE PIZZA	13 PENNE PASTA WITH MEATSAUCE Orange Wedges Sliced Multigrain Bread (2) Milk  GRILLED CHEESE ON WHEAT	14 CHEESEBURBER W/GREEN BEANS Fresh Banana Hamburger Bun Catsup (2) Mustard Mayonnaise Low Fat Honey Graham Milk BEAN & CHEESE BURRITO	15 CHICKEN NUGGETS W/MIXED VEGETABLES Pineapple Tidbits BBQ Sauce (2) Catsup (2) Low Fat Honey Graham (2) Milk MACARONI&CHEESE W/GREEN BEANS	16 CHEESE QUESADILLA Baby Carrots Fresh Pear Creamy Ranch Dressing Taco Sauce Corn Muffin Milk 	Calories Protein (g) Calcium (mg) Iron (mg) Vit A (RE) Vit C (g) Saturated Fat Total Fat	793 31 465 5.7 921 29 8.8% 27%
19 MEATLOAF W/MASHED POTATOES&GRAVY Fresh Apple Sliced Multigrain Bread (2) Milk CHEESE PIZZA	20 PATTY MELT SANDWICH Baby Carrots Fresh Orange Creamy Ranch Dressing Catsup Mustard Corn Muffin Milk  GRILLED CHEESE ON WHEAT	21 BREADED CHICKEN PATTY W/ OVEN POTATOES Fresh Banana Hamburger Bun BBQ Sauce (2) Mayonnaise (2) Low Fat Honey Graham Milk  BEAN & CHEESE BURRITO	22 FISH STICKS W/MIXED VEGETABLES Pineapple Tidbits Catsup Tartar Sauce Corn Muffin Milk MACARONI&CHEESE W/GREEN BEANS	23 CHEESE PIZZA Baby Carrots Creamy Ranch Dressing Fresh Pear Low Fat Honey Graham (2) Milk	Calories Protein (g) Calcium (mg) Iron (mg) Vit A (RE) Vit C (g) Saturated Fat Total Fat	809 29 469 5.3 1449 45 7.5% 27%
26 SALISBURY STEAK W/MASHED POTATOES&GRAVY Fresh Apple Sliced Multigrain Bread (2) Milk  CHEESE PIZZA	27 GRILLED TURKEYHAM &CHEESE ON WHEAT Baby Carrots Fresh Orange Creamy Ranch Dressing Low Fat Honey Graham (3) Milk GRILLED CHEESE ON WHEAT	28 CHICKEN NUGGETS W/ OVEN POTATOES Fresh Banana Catsup (2) BBQ Sauce (2) Low Fat Honey Graham (2) Milk BEAN & CHEESE BURRITO	29 BEEF TACO Baby Carrots Creamy Ranch Dressing Pineapple Tidbits Corn Muffin Taco Sauce Milk MACARONI&CHEESE W/GREEN BEANS	30 Breakfast A variety of cereals and juices will be available daily. **VEGETARIAN OPTION FOR THAT DAY OF THE WEEK.**	Calories Protein (g) Calcium (mg) Iron (mg) Vit A (RE) Vit C (g) Saturated Fat Total Fat	809 72 433 7.1 1512 49 7.4% 25%