

Notre Dame de Lourdes

(1/3 RDA) : Grade K-6

BLOCK 9

MAY 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>CORNDOG ON A STICK PIZZABURGER ON ROLL FRENCH FRIES SALAD BAR 3-8 FRUIT,FRESH ASSORTED DESSERT BUFFET GARELICK MILK CHOICE</p>	<p>6</p> <p>AMERICAN CHOP SUEY STELLA'S BREAD SALAD BAR 3-8 PEACHES CARROT STICKS W/ DIP GARELICK MILK CHOICE KINDER SCREENING</p>	<p>7</p> <p>PIZZA WITH CHEESE TOPPI FRENCH FRIES SALAD BAR 3-8 ORANGES HALVES JELLO GARELICK MILK CHOICE</p>	<p>8</p> <p>EARLY RELEASE SANDWICH CHOICE (alt.) POTATO CHIPS FRUIT SNACKS DESSERT BUFFET GARELICK MILK CHOICE</p>	<p>9</p> <p>RAVIOLI STELLA'S BREAD SALAD BAR 3-8 GREEN BEANS PEACHES GARELICK MILK CHOICE</p>
<p>12</p> <p>MEATBALL SUB W/ CHEESE ORANGES HALVES SALAD BAR 3-8 CHOCOLATE CAKE GARELICK MILK CHOICE</p>	<p>13</p> <p>STUFFED SHELLS CHICKEN & NOODLES GREEN BEANS STELLA'S BREAD SALAD BAR 3-8 ANGEL SQUARES GARELICK MILK CHOICE</p>	<p>14</p> <p>CHICKEN NUGGETS POPCORN ORANGES HALVES SALAD BAR 3-8 CHOCOLATE BROWNIES GARELICK MILK CHOICE</p>	<p>15</p> <p>PIGS IN A BLANKET CHEESE DOODLES SALAD BAR 3-8 TOSS SALAD W/DRESSING PEARS GARELICK MILK CHOICE</p>	<p>16</p> <p>BAKED ZITI PAZZO BREAD SALAD BAR 3-8 TOSS SALAD W/DRESSING POPSICLE GARELICK MILK CHOICE</p>
<p>19</p> <p>MACARONI & CHEESE STELLA'S CINN ROLLS SALAD BAR 3-8 RICE CRISPY TREATS CELERY W/ PEANUT BUTTE GARELICK MILK CHOICE</p>	<p>20</p> <p>CHICKEN & RICE SOUP PEANUT BUTTER SANDWIC OR W/ FLUFF PEANUT BUTTER/JELLY SAN FRUIT,FRESH ASSORTED SALAD BAR 3-8 GARELICK MILK CHOICE</p>	<p>21</p> <p>POPCORN CHICKEN FRENCH FRIES SALAD BAR 3-8 GREEN BEANS ICE CREAM GARELICK MILK CHOICE</p>	<p>22</p> <p>HAMBURG PATTIE BUN CHEESE FRENCH FRIES SALAD BAR 3-8 LETTUCE & TOMATO APPLESAUCE CAKE GARELICK MILK CHOICE</p>	<p>23</p> <p>RETREAT 5-8 LUNCH AT HA TOMATO RICE SOUP GRILLED CHEESE SANDWIC CRACKERS SALAD BAR 3-8 FRUIT,FRESH ASSORTED GARELICK MILK CHOICE</p>
<p>26</p> <p>HOLIDAY</p>	<p>27</p> <p>ENGLISH MUFFIN PIZZA CELERY STICKS SALAD BAR 3-8 V ANILLA COOKIES GARELICK MILK CHOICE</p>	<p>28</p> <p>BAKED HAM MASHED POTATOES STELLA'S BREAD SALAD BAR 3-8 PEARS TOSS SALAD W/DRESSING GARELICK MILK CHOICE</p>	<p>29</p> <p>TACO'S NACHOS NACHO CHEESE SAUCE SALAD BAR 3-8 PEACHES CUCUMBER,RAW GARELICK MILK CHOICE</p>	<p>30</p> <p>SPAGHETTI TOMATO SAUCE (MEATLES GARLIC BREAD SALAD BAR 3-8 FRUIT COCKTAIL GARELICK MILK CHOICE</p>

Menu choices consistent for all grades
PRE-K 600 calorie average
7-8 760 calorie average

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Monday	Tuesday	Wednesday		Thursday	Friday	
	Average	Target	% of Target	Average	% of Calories	Target
	Calories 611	664	92%	Protein 29.61 G	19.38%	9.77
	Cholesterol 99 Mg			Carbohyd 85.17 G	55.76%	
	Sodium 1237 Mg			Tot. Fat 18.08 G	26.64%	<30.00%
	Fiber 7.53 G			Sat. Fat 6.07 G	8.94%	<10.00%
	Iron 3.78 Mg	3.47	109%			
	Calcium 558.36 Mg	286.00	195%			
	Vitamin A 2700 IU	1119	241%			
	Vitamin C 52.18 Mg	15.24	342%			