MS CYCLES II

SECONDARY MENU - 4 CHOICES - WEEK 4

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Ham and Cheese Wrap 772 Mexican Beef Pie 162 Chef Salad 600	Salisbury Steak w/ Gravy 172 Baked Chicken Nuggets 532 Ham & Cheese on Bun 768 Fruit & Yogurt Salad 619	BBQ Chicken 512 Fish Sandwich w/ Cheese 754 Lasagna 164 Chef Salad 600	Chicken Fajitas 528 Cheesy Breadsticks w/ Chili 122 Tuna Salad Salad 634 BBQ Pulled Pork Burger 718	Nachos Grande 168 Turkey and Cheese Sandwich 797 Loaded Baked Potato 559 Chef Salad 600
VEGETABLE	Mixed Vegetables 1060 Corn on the Cob 5" 1024 Carrot Sticks w/ Dip 1017	Black-Eyed Peas 1066 Seasoned Cabbage 1016 Straight Cut French Fries	Seasoned Green Beans 1044 Tossed Salad w/ Dressing 1126 Baked Spicy Fries 1100	Crinkle Cut French Fries 1088 Black Bean Salad 1104 Creamy Cole Slaw 1116	Garden Salad w/ Dressing 1118 Whole Kernel Corn 1031 Pinto Beans 912
FRUIT	Fruit Juice 1299 Chilled Peach Slices 1274 Fresh Grapes 1226	Chilled Peach Slices 1274 Pear Salad 1284 Watermelon Chunks 1238	Pineapple Tidbits 1286 Fresh Strawberries 1292 Fruit Juice 1299	Fresh Oranges 1268 Fruit Juice 1299 Fresh Bananas 1220	Hot Cinnamon Apples 1208 Fresh Cantaloupe Cubes 1232 Fresh Fruit Cup 1250
GRAIN/BREAD	Texas Toast 1350 Saltine Crackers	Central MS Cornbread 1304 Rice 1344 Saltine Crackers	Yeast Rolls 1358 Macaroni & Cheese 1338 Saltine Crackers	Saltine Crackers	Whole Wheat Roll Saltine Crackers
DESSERT	Vanilla Pudding 1499			Chocolate Chip Cookie, Purchased 1446	Texas Cake 1426
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Ketchup Hot Sauce Brown Gravy Variety Dipping Sauces	Ketchup Hot Sauce Tartar Sauce Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF) Taco Sauce	Ketchup Relish Mustard Taco Sauce Mayonnaise (FF)

(Continued on Back)

SECONDARY *MENU - 4 CHOICES - WEEK 4*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	903		Iron	4.70	Mg	Protein	33.00	G	Percent ⇒	Protein	14.61%
Cholesterol	95	Mg	Calcium	530.19	Mg	Carbohydrates	108.40	G	Of ⇒	Carbohydrates	48.00%
Sodium	2176	Mg	Vitamin A	697	RE	Total Fat	28.33	G	Calories ⇒	Total Fat	28.23%
Dietary Fiber	7.78	G	Vitamin C	42.36	Mg	Saturated Fat	8.08	G	From ⇒	Saturated Fat	8.05%