




Menu

AGC Lunch February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>1</p> <p>Tempeh Sticks Veggie Tacos</p> <p>Roasted Winter Squash Vegetable Brown Rice Orange 1%, Skim or Soy Milk</p>	<p>2</p> <p><i>Turkey Burger on a Bun</i> Apple Raisin Salad</p> <p>Broccoli Mac & Cheese Banana 1%, Skim or Soy Milk</p>	<p>3</p> <p><i>Grilled Chicken Wrap</i> Toasted Cheese & Tomato Sandwich</p> <p>Sauteed Spinach Three Bean Salad Pear 1%, Skim or Soy Milk</p>	<p>4</p> <p><i>Turkey Tetrazzini</i> Garden Salad</p> <p>Carrots Green Beans Apple 1%, Skim or Soy Milk</p>	<p>5</p> <p>Baked Cod w/ Roasted Root Vegetables Southwestern Black Bean Wrap</p> <p>Tossed Salad <i>Quinoa Pilaf</i> Grapefruit 1%, Skim or Soy Milk</p>	<p>Calories: 706 Total Fat (g): 22 Saturated Fat (g): 5 Sodium (mg): 1609 Carbohydrates (g): 97 Protein (g): 33 Vitamin A (IU): 5865 Vitamin C (mg): 75 Calcium (mg): 476 Iron (mg): 5</p>
<p>8</p> <p>Pasta Primavera Apple Raisin Salad</p> <p>Roasted Carrots Garlic Bread Tangerine 1%, Skim or Soy Milk</p>	<p>9</p> <p>Roasted Chicken Rice & Bean Burrito</p> <p>Broccoli Baked Sweet Potatoes Apple 1%, Skim or Soy Milk</p>	<p>10</p> <p>Cheese Pizza <i>Chicken Tacos</i></p> <p>Green Beans Tossed Salad Orange 1%, Skim or Soy Milk</p>	<p>11</p> <p>No Classes Staff Development Day</p>	<p>12</p> <p>No Classes Lincoln's Birthday</p> 	<p>Calories: 647 Total Fat (g): 21 Saturated Fat (g): 6 Sodium (mg): 681 Carbohydrates (g): 91 Protein (g): 27 Vitamin A (IU): 16314 Vitamin C (mg): 62 Calcium (mg): 535 Iron (mg): 4</p>
<p>15</p> <p>No Classes President's Day</p> 	<p>16</p> <p>Three-Bean Chili Veggie Tacos</p>  <p>Braised Collard Greens Cornbread Pear 1%, Skim or Soy Milk</p>	<p>17</p> <p><i>Baked Pasta w/ Turkey Meat Sauce</i> Garden Salad</p> <p>Roasted Carrots Garlic Bread Banana 1%, Skim or Soy Milk</p>	<p>18</p> <p>Marinated Salmon w/ Nutty Rice Southwestern Black Bean Wrap</p> <p>Roasted Winter Squash Tossed Salad Grapefruit 1%, Skim or Soy Milk</p>	<p>19</p> <p><i>Turkey Burger on a Bun</i> Toasted Cheese & Tomato Sandwich</p> <p>Green Beans Mac & Cheese Apple 1%, Skim or Soy Milk</p>	<p>Calories: 687 Total Fat (g): 22 Saturated Fat (g): 6 Sodium (mg): 794 Carbohydrates (g): 93 Protein (g): 33 Vitamin A (IU): 7270 Vitamin C (mg): 36 Calcium (mg): 543 Iron (mg): 5</p>
<p>22</p> <p>Tofu Sloppy Joes on a Bun Apple Raisin Salad</p> <p>Broccoli Brown Rice Banana 1%, Skim or Soy Milk</p>	<p>23</p> <p>Toasted Turkey & Cheese Sandwich Veggie Tacos</p> <p>Roasted Carrots Three Bean Salad Pear 1%, Skim or Soy Milk</p>	<p>24</p> <p><i>Chicken Cacciatore</i> Garden Salad</p> <p>Sauteed Swiss Chard Garlic Bread Mango 1%, Skim or Soy Milk</p>	<p>25</p> <p>Tempeh Sticks Toasted Cheese & Tomato Sandwich</p> <p>Baked Sweet Potato Vegetable Brown Rice Apple 1%, Skim or Soy Milk</p>	<p>26</p> <p><i>Grilled Chicken Wrap</i> Apple Raisin Salad</p> <p>Green Beans Cous Cous w/ Black Beans Orange 1%, Skim or Soy Milk</p>	<p>Calories: 679 Total Fat (g): 17 Saturated Fat (g): 3 Sodium (mg): 1035 Carbohydrates (g): 105 Protein (g): 32 Vitamin A (IU): 10055 Vitamin C (mg): 75 Calcium (mg): 494 Iron (mg): 5</p>

Students must take an entrée, 1 to 3 sides, and may take a milk. Students must take a minimum of 3 or a maximum of 5 food items. 5th item must be a milk. *Italicized items indicate a Whole Grain.* Meatless options are in **BOLD**.

This institution is an equal opportunity provider. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions? Please contact Bob Bloomer at (773) 722-4964 <http://www.cthatcps.com>

