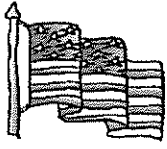




HCOE AND PACIFIC
VIEW
LUNCH
MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 Beef-n-Bean Nachos Nacho Fixings Broccoli Fruit Choice Whole Grain Grahams LF or NF Milk	2 Turkey Gravy Mashed Potatoes Homemade Whole Wheat Roll Green Beans Fruit Choice Promise LF or NF Milk	3 Bean and Cheese Burrito Zucchini Slices Whole Grain Grahams Fruit Choice Ken's Lite Natural Ranch LF or NF Milk	4 Turkey Sandwich on Whole Wheat Local Bien Padre Tortilla Rounds Baby Carrots Fruit Choice Salsa LF or NF Milk	Cal 851 T.Fat 19.83 G S.Fat 4.9 G Chol 41.8 Mg Sodm 894.37 Mg Carb 139.43 G Fiber 14.4 G Prtn 33.54 G Iron 9.70 Mg Calc 613.61 Mg
7 Italian Pasta Fresh Baked Garlic Bread Dipper Carroteenies Fruit Choice Whole Grain Grahams Ken's Lite Natural Ranch LF or NF Milk	8 Taco Pocket Broccoli Fruit Choice Whole Grain Grahams Ken's Lite Natural Ranch LF or NF Milk	9 Teriyaki Pork Rice Bowl Cucumber Fruit Choice Whole Grain Grahams Ken's Lite Natural Ranch or Fat Free Italian LF or NF Milk	10 Chili Burger Seasoned Potato Wedges Zucchini Slices Fruit Choice Ken's Lite Natural Ranch LF or NF Milk	11 BBQ Chicken Macaroni Salad Corn Fruit Choice Ken's Lite Natural Ranch LF or NF Milk	Cal 853 T.Fat 23.64 G S.Fat 6.2 G Chol 66.1 Mg Sodm 1008.03 Mg Carb 128.24 G Fiber 10.9 G Prtn 38.28 G Iron 4.79 Mg Calc 532.88 Mg
14 Old Fashion Mac & Cheese Peas Fruit Choice Whole Grain Grahams LF or NF Milk	15 Homemade Bean-n-Cheese Burrito Cucumber Fruit Choice Whole Grain Bug Bites Salsa Sour Cream LF or NF Milk	16 Meat Loaf Noodles Homemade Whole Wheat Roll Green Beans Fruit Choice Promise LF or NF Milk	17 Roasted Herb Chicken Oven Baked Fries Carroteenies Fruit Choice Whole Grain Scooby-Doo Grahams Ken's Lite Natural Ranch	18 Tony's Pizza Broccoli Fruit Choice Whole Grain Grahams LF or NF Milk	Cal 843 T.Fat 21.43 G S.Fat 7.6 G Chol 56.9 Mg Sodm 815.77 Mg Carb 131.76 G Fiber 12.5 G Prtn 35.34 G Iron 4.83 Mg Calc 713.56 Mg
21 Spaghetti and Meat Sauce Fresh Baked Garlic Bread Dipper Carroteenies Fruit Choice Whole Grain Grahams Ken's Lite Natural Ranch	22 Spicy Refried Beans Local Bien Padre Tortilla Rounds Nacho Fixings Broccoli Fruit Choice Ken's Lite Natural Ranch LF or NF Milk	23 Turkey Gravy Mashed Potatoes Homemade Whole Wheat Roll Green Beans Fruit Choice Promise LF or NF Milk	24 Zesty Chicken Fajita Tostada Nacho Fixings Cucumber Fruit Choice Whole Grain Grahams LF or NF Milk	25 Pizza Burger Seasoned Potato Wedges Spinach Salad Fruit Choice Whole Grain Grahams LF or NF Milk	Cal 856 T.Fat 24.80 G S.Fat 7.3 G Chol 66.2 Mg Sodm 981.61 Mg Carb 125.64 G Fiber 13.0 G Prtn 36.99 G Iron 8.48 Mg Calc 640.65 Mg
28 HOLIDAY 	29 Chili Stuffed Potato Corn Fruit Choice Sour Cream LF or NF Milk	30 BBQ Pork Sliders Vegetarian Beans Spinach Salad Fruit Choice LF or NF Milk	31 Sloppy Joe on Bun Zucchini Slices Fruit Choice Whole Grain Bug Bites Ken's Lite Natural Ranch LF or NF Milk		Cal 864 T.Fat 21.46 G S.Fat 7.1 G Chol 79.0 Mg Sodm 826.22 Mg Carb 132.21 G Fiber 13.5 G Prtn 38.37 G Iron 5.58 Mg Calc 547.82 Mg

MENU SUBJECT TO CHANGE

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