

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 05/01/2008															
LUNCH MENU - SECONDA	Total	2430													
CHEESEBURGER ON A BUN	1 EACH	396	360	59	918	3.04	*1.75	*178.99	323	0.01	23.18	23.05	19.46	9.88	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
CHICKEN FRIED RICE	6 OZ	482	457	80	1752	2.93	3.71	58.53	1463	5.26	33.32	62.92	8.62	1.00	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BBQ CHICKEN HOAGIE	EACH.	330	143	29	312	0.50	0.87	31.09	55	0.11	11.42	15.91	3.35	0.69	*0.00
GREEN BEANS w/CHEESE SAUCE	1/2 CUP	795	50	5	370	0.00	0.00	40.00	0	0.00	1.00	7.00	2.50	1.00	*0.00
FRUIT, ASSTD CANNED - SEC.	4 OZ	996	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED-SEC.	EACH	820	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
BROWNIES, PIONEER-SEC.	SERVINGS	1158	202	5	157	0.00	1.45	0.21	0	0.00	1.01	35.30	8.06	1.76	*0.00
KETCHUP/MUSTARD	1 TBSP	474	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00
MILK - Variety	HALF PINT	1210	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
SUBMARINE SAND-ALA CARTE	1 each	64	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00
CHEF SALAD-ALA CARTE	1 each	40	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00
PIZZA, DOMINO'S, CHEESE	SLICE	306	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00
PIZZA, DOMINO'S, PEPPERONI	SLICE	190	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00
PIZZA, DOMINO'S, SAUSAGE	SLICE	186	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00
EGG ROLL - ALA CARTE	1 each	155	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00
CHICKEN SAND., SPICY	1 EACH	99	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00
HOT POCKET, TONY'S, HAM/CHEE SE	1 EACH	79	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00
HOT POCKET, TONY'S, PEPPERON	1 EACH	103	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00
Cheese Square, L.O.L -ALA CART	ounce	1156	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	856	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRESH VEGETABLES-ALA CARTE	1/2 CUP	775	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00
PUDDING, VANILLA RTU-ALA CART	4 oz	1022	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00
MILK - Variety-ALA CARTE	HALF PINT	1120	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			805	69	1439	*6.72	*3.87	*435.20	*3800	*18.78	*32.43	*117.16	25.42	10.33	*0.00
% of Calories											16.1%	58.2%	28.4%	11.5%	0.0%

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Fri - 05/02/2008																
LUNCH MENU - SECONDA	Total	2678														
CHICKEN PATTY W. G. SANDWICH	1	360	260	25	460	5.00	*1.80	*40.00	0	0.00	20.00	34.00	8.00	1.50	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
TACO SALAD - SEC.	SERVING	460	396	93	369	1.51	2.40	119.90	985	7.59	20.69	34.53	20.00	10.10	*0.00	
SALSA, MILD PICANTE SAUCE	1 OZ	400	10	0	158	0.00	0.00	0.00	99	0.00	0.00	1.97	0.00	0.00	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
BURRITO, RED CHILI BEEF/BEAN	1 EACH	366	370	40	860	2.00	2.70	200.00	0	1.20	16.00	33.00	19.00	8.00	0.00	
REFRIED BEANS	3 OZ.	935	42	5	115	0.81	1.00	88.32	*345	*0.02	2.96	2.13	2.21	1.15	*0.00	
SALAD,TOSSED: no dressing/CRAN	1/2 CUP	926	46	0	27	2.73	0.97	53.36	3335	3.20	2.67	9.48	0.00	0.00	*0.00	
RANCH DRESSING, HV	1 TBSP	920	84	0	146	0.00	0.00	0.00	0	0.00	0.00	1.05	8.37	*0.00	*0.00	
FRUIT,FRESH ASSORTED-SEC.	1 EACH	653	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
FRUIT, ASSTD CANNED - SEC.	4 OZ	852	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00	
COOKIES,OTIS-CHOC.CHIP,RED.F	1 EACH	1194	110	10	65	0.00	0.72	0.00	0	0.00	1.00	18.00	3.50	1.00	*0.00	
MILK - Variety	HALF PINT	1205	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
SUBMARINE SAND-ALA CARTE	1 each	76	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00	
CHEF SALAD-ALA CARTE	1 each	47	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00	
PIZZA, DOMINO'S, CHEESE	SLICE	190	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00	
PIZZA, DOMINO'S, PEPPERONI	SLICE	810	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00	
PIZZA, DOMINO'S, SAUSAGE	SLICE	50	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00	
EGG ROLL - ALA CARTE	1 each	100	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00	
CHICKEN SAND., SPICY	1 EACH	69	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00	
HOT POCKET, TONY'S, HAM/CHEE SE	1 EACH	63	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00	
HOT POCKET, TONY'S, PEPPERON	1 EACH	87	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00	
Cheese Square, L.O.L -ALA CART	ounce	1188	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00	
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	878	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
FRESH VEGETABLES-ALA CARTE	1/2 CUP	728	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00	
PUDDING, VANILLA RTU-ALA CART	4 oz	1198	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00	
MILK - Variety-ALA CARTE	HALF PINT	1275	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			784	66	1104	*7.49	*4.30	*479.95	*4502	*17.78	*30.90	*103.89	28.65	*11.51	*0.00	
% of Calories											15.8%	53.0%	32.9%	13.2%	0.0%	

Falcon School District

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 05/05/2008															
LUNCH MENU - SECONDA	Total	2350													
CHICKEN PATTY W. G. SANDWICH	1	385	260	25	460	5.00	*1.80	*40.00	0	0.00	20.00	34.00	8.00	1.50	*0.00
OR	1 EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BACON, LETTUCE, TOMATO SAND.	1 ea	358	463	0	1606	4.11	1.44	62.82	193	2.68	25.47	26.06	27.93	0.43	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
CHICKEN NUGGETS W.G., SEC.	6 EA	426	240	30	288	3.60	2.16	48.00	0	0.00	20.40	18.00	9.60	1.80	*0.00
BBQ SAUCE	2 TBSP	470	30	0	390	0.00	0.36	0.00	0	0.00	0.00	7.00	0.00	0.00	*0.00
GREEN BEANS, CANNED (USDA)	1/2 cup	900	25	0	340	2.00	0.72	20.00	200	4.80	1.00	4.00	0.00	0.00	*0.00
SALAD,TOSSED: no dressing/CRAN	1/2 CUP	850	46	0	27	2.73	0.97	53.36	3335	3.20	2.67	9.48	0.00	0.00	*0.00
RANCH DRESSING, HV	1 TBSP	864	84	0	146	0.00	0.00	0.00	0	0.00	0.00	1.05	8.37	*0.00	*0.00
FRUIT, ASSTD CANNED - SEC.	4 OZ	962	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED-SEC.	1 EACH	812	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
CHOCOLATE PUDDING	4 OZ	1153	149	0	96	0.00	0.63	52.41	0	0.00	1.75	26.21	4.37	1.31	*0.00
KETCHUP/MUSTARD	1 TBSP	810	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00
MILK - Variety	HALF PINT	1279	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
SUBMARINE SAND-ALA CARTE	1 each	60	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00
CHEF SALAD-ALA CARTE	1 each	51	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00
PIZZA, DOMINO'S, CHEESE	SLICE	170	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00
PIZZA, DOMINO'S, PEPPERONI	SLICE	438	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00
PIZZA, DOMINO'S, SAUSAGE	SLICE	50	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00
EGG ROLL - ALA CARTE	1 each	145	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00
CHICKEN SAND., SPICY	1 EACH	69	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00
HOT POCKET, TONY'S, HAM/CHEE SE	1 EACH	87	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00
HOT POCKET, TONY'S, PEPPERON	1 EACH	111	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00
Cheese Square, L.O.L -ALA CART	ounce	910	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	860	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRESH VEGETABLES-ALA CARTE	1/2 CUP	710	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00
PUDDING, VANILLA RTU-ALA CART	4 oz	935	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00
MILK - Variety-ALA CARTE	HALF PINT	1075	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			815	43	1410	*9.48	*4.00	*467.10	*4686	*21.59	*32.55	*113.07	27.35	*8.12	*0.00
% of Calories											16.0%	55.5%	30.2%	9.0%	0.0%

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 05/06/2008															
LUNCH MENU - SECONDA	Total	2369													
HAMBURGER ON A BUN	1 EACH	411	254	32	496	3.04	*1.70	*22.50	51	0.01	16.90	22.60	10.60	4.30	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA, CHICKEN SICILIAN-72/CS	SLICE	442	360	25	950	4.00	2.70	300.00	0	0.00	20.00	43.00	13.00	4.00	0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
MEATBALL SUB w/CHEESE	1 EACH	301	440	44	994	*2.85	3.56	327.54	*878	*6.35	28.26	46.32	16.46	6.09	*0.00
FRESH VEGGIES w/RANCH	4 OZ	841	43	0	58	3.06	0.58	45.36	9885	53.92	2.13	9.20	0.35	0.05	*0.00
FRUIT,FRESH ASSORTED-SEC.	1 EACH	848	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRUIT, ASSTD CANNED - SEC.	4 OZ	956	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
COOKIES,OTIS-SUGAR,RED.FAT	EACH	1405	110	5	95	0.00	0.72	0.00	100	0.00	1.00	19.00	3.50	1.00	*0.00
KETCHUP/MUSTARD	1 TBSP	527	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00
MILK - Variety	HALF PINT	1191	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
SUBMARINE SAND-ALA CARTE	1 each	74	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00
CHEF SALAD-ALA CARTE	1 each	49	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00
PIZZA, DOMINO'S, CHEESE	SLICE	330	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00
PIZZA, DOMINO'S, PEPPERONI	SLICE	190	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00
PIZZA, DOMINO'S, SAUSAGE	SLICE	178	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00
EGG ROLL - ALA CARTE	1 each	125	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00
CHICKEN SAND., SPICY	1 EACH	119	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00
HOT POCKET, TONY'S, HAM/CHEESE	1 EACH	63	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00
HOT POCKET, TONY'S, PEPPERON	1 EACH	87	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00
Cheese Square, L.O.L -ALA CART	ounce	1010	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	920	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRESH VEGETABLES-ALA CARTE	1/2 CUP	857	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00
PUDDING, VANILLA RTU-ALA CART	4 oz	1105	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00
MILK - Variety-ALA CARTE	HALF PINT	1078	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			783	53	1193	*8.56	*3.98	*501.09	*7481	*38.53	*31.34	*114.78	24.04	10.00	*0.00
% of Calories											16.0%	58.6%	27.6%	11.5%	0.0%

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 05/07/2008															
LUNCH MENU - SECONDA															
CHICKEN, GRILLED PATTY ON BU	Total	2684													
OR	1 EACH	286	260	35	640	2.00	*0.00	*0.00	*0	*0.00	18.00	26.00	10.00	2.50	*0.00
FOOTLONG HOT DOG	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
OR	each	624	400	*40	1070	0.00	0.54	20.00	0	0.00	13.01	36.51	20.00	*7.00	*0.00
GRILLED CHEESE SANDWICH	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
CORN: canned, yellow	1 EACH	346	258	27	742	2.00	1.54	255.51	471	0.00	10.02	28.02	12.26	5.82	*0.00
SALAD,TOSSED: no dressing/CRAN	4 OZ	816	96	0	355	2.26	0.86	5.95	54	0.83	3.14	22.38	1.11	0.20	*0.00
RANCH DRESSING, HV	1 CUP	816	92	0	53	5.46	1.95	106.73	6670	6.40	5.33	18.96	0.00	0.00	*0.00
FRUIT,FRESH ASSORTED-SEC.	1 TBSP	830	84	0	146	0.00	0.00	0.00	0	0.00	0.00	1.05	8.37	*0.00	*0.00
FRUIT, ASSTD CANNED - SEC.	1 EACH	766	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
PEACH COBBLER	4 OZ	884	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
KETCHUP/MUSTARD	SERVINGS	1198	215	0	54	2.06	0.99	7.32	583	2.92	1.79	40.73	5.87	1.66	*0.00
MILK - Variety	1 TBSP	870	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00
SUBMARINE SAND-ALA CARTE	HALF PINT	1215	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
CHEF SALAD-ALA CARTE	1 each	54	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00
PIZZA, DOMINO'S, CHEESE	1 each	42	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00
PIZZA, DOMINO'S, PEPPERONI	SLICE	210	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00
PIZZA, DOMINO'S, SAUSAGE	SLICE	670	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00
EGG ROLL - ALA CARTE	SLICE	50	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00
CHICKEN SAND., SPICY	1 each	135	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00
HOT POCKET, TONY'S, HAM/CHEE SE	1 EACH	69	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00
HOT POCKET, TONY'S, PEPPERON Cheese Square, L.O.L -ALA CART	1 EACH	87	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	111	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00
FRESH VEGETABLES-ALA CARTE	ounce	1143	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00
PUDDING, VANILLA RTU-ALA CART	1 EACH	888	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
MILK - Variety-ALA CARTE	1/2 CUP	978	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00
	4 oz	1228	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00
	HALF PINT	1269	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			854	*50	1342	*9.05	*3.79	*450.40	*6101	*19.68	*29.09	*123.81	28.66	*10.76	*0.00
% of Calories											13.6%	58.0%	30.2%	11.3%	0.0%

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 05/08/2008															
LUNCH MENU - SECONDA	Total	2426													
CHEESEBURGER ON A BUN	1 EACH	376	360	59	918	3.04	*1.75	*178.99	323	0.01	23.18	23.05	19.46	9.88	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SOUTHWEST CHICKEN SANDWIC	1 EACH	323	441	77	1009	2.90	1.53	234.34	410	0.00	24.09	32.21	22.76	8.57	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPERPRETZEL, w/CHEESE, 5 OZ	1 EA	480	430	5	690	4.00	0.00	40.00	*0	*0.00	13.00	87.00	4.50	1.00	*0.00
GREEN BEANS, CANNED (USDA)	1/2 cup	824	25	0	340	2.00	0.72	20.00	200	4.80	1.00	4.00	0.00	0.00	*0.00
SALAD,TOSSED: no dressing/CRAN	1/2 CUP	816	46	0	27	2.73	0.97	53.36	3335	3.20	2.67	9.48	0.00	0.00	*0.00
RANCH DRESSING, HV	1 TBSP	830	84	0	146	0.00	0.00	0.00	0	0.00	0.00	1.05	8.37	*0.00	*0.00
FRUIT,FRESH ASSORTED-SEC.	1 EACH	871	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRUIT, ASSTD CANNED - SEC.	4 OZ	897	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
TOFFEE BARS, SEC.	1 EACH	1443	264	0	84	1.34	1.51	22.78	347	0.00	3.35	35.77	12.75	3.75	*0.00
KETCHUP/MUSTARD	1 TBSP	630	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00
MILK - Variety	HALF PINT	1295	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
SUBMARINE SAND-ALA CARTE	1 each	67	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00
CHEF SALAD-ALA CARTE	1 each	41	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00
PIZZA, DOMINO'S, CHEESE	SLICE	314	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00
PIZZA, DOMINO'S, PEPPERONI	SLICE	210	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00
PIZZA, DOMINO'S, SAUSAGE	SLICE	194	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00
EGG ROLL - ALA CARTE	1 each	165	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00
CHICKEN SAND., SPICY	1 EACH	94	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00
HOT POCKET, TONY'S, HAM/CHEE SE	1 EACH	69	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00
HOT POCKET, TONY'S, PEPPERON Cheese Square, L.O.L -ALA CART	1 EACH	93	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	775	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00
FRESH VEGETABLES-ALA CARTE	1 EACH	515	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRESH VEGETABLES-ALA CARTE	1/2 CUP	515	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00
PUDDING, VANILLA RTU-ALA CART	4 oz	711	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00
MILK - Variety-ALA CARTE	HALF PINT	814	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			872	51	1287	*8.94	*3.92	*445.57	*4079	*17.95	*30.29	*122.43	30.45	*11.10	*0.00
% of Calories											13.9%	56.2%	31.4%	11.5%	0.0%

Fri - 05/09/2008															
LUNCH MENU - SECONDA MANAGERS CHOICE	Total	1													
	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 05/12/2008																
LUNCH MENU - SECONDA	Total	2319														
CHICKEN PATTY W. G. SANDWICH	1	373	260	25	460	5.00	*1.80	*40.00	0	0.00	20.00	34.00	8.00	1.50	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
PIZZA BURGER ON A BUN	3 oz	421	333	110	639	3.11	*2.82	*105.29	570	5.10	24.79	27.96	13.56	6.47	*0.00	
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
DELI TURKEY SANDWICH	1 EA	202	164	24	890	2.00	*0.80	*8.00	0	0.00	16.00	21.00	1.60	0.20	*0.00	
POTATO,SIMPLOT 'INFINITY',FF	3 OZ	1046	150	0	230	2.00	0.72	20.00	0	6.00	2.00	24.00	6.00	0.50	*0.00	
CORN ON THE COB: frozen,boiled	1 EACH	848	35	0	10	0.00	0.00	2.00	5	3.00	1.00	8.00	0.00	0.00	*0.00	
FRUIT,FRESH ASSORTED-SEC.	1 EACH	800	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
FRUIT, ASSTD CANNED - SEC.	4 OZ	877	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00	
CHOCOLATE PUDDING	4 OZ	1027	149	0	96	0.00	0.63	52.41	0	0.00	1.75	26.21	4.37	1.31	*0.00	
KETCHUP/MUSTARD	2 TBSP	480	33	0	315	0.00	0.00	0.00	0	0.00	0.00	6.67	0.00	0.00	*0.00	
MILK - Variety	HALF PINT	1179	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
SUBMARINE SAND-ALA CARTE	1 each	76	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00	
CHEF SALAD-ALA CARTE	1 each	47	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00	
PIZZA, DOMINO'S, CHEESE	SLICE	210	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00	
PIZZA, DOMINO'S, PEPPERONI	SLICE	550	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00	
PIZZA, DOMINO'S, SAUSAGE	SLICE	50	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00	
EGG ROLL - ALA CARTE	1 each	133	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00	
CHICKEN SAND., SPICY	1 EACH	117	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00	
HOT POCKET, TONY'S, HAM/CHEE SE	1 EACH	58	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00	
HOT POCKET, TONY'S, PEPPERON	1 EACH	82	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00	
Cheese Square, L.O.L -ALA CART	ounce	1063	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00	
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	775	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
FRESH VEGETABLES-ALA CARTE	1/2 CUP	698	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00	
PUDDING, VANILLA RTU-ALA CART	4 oz	1038	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00	
MILK - Variety-ALA CARTE	HALF PINT	1040	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			814	63	1221	*8.05	*3.73	*445.49	*3447	*22.21	*31.91	*120.30	25.07	9.88	*0.00	
% of Calories											15.7%	59.1%	27.7%	10.9%	0.0%	

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 05/13/2008															
LUNCH MENU - SECONDA	Total	2627													
HAMBURGER ON A BUN	1 EACH	326	254	32	496	3.04	*1.70	*22.50	51	0.01	16.90	22.60	10.60	4.30	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PIZZA, TONY'S STUFFED STICKS	4 OZ	691	660	90	1180	2.00	4.20	716.00	0	0.00	38.00	64.00	30.00	14.00	0.00
MARINARA SAUCE	1 OZ	600	17	0	186	0.92	0.66	13.92	251	4.93	0.82	3.84	0.12	0.02	*0.00
OR	EA	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SPAGHETTI W/SAUCE & BEEF CR	8 OZ	466	420	24	386	3.90	4.12	63.36	319	4.44	19.21	60.92	10.73	4.25	*0.00
BREADSTICK, Wheat, HEARTHSIDE	1 EA	466	101	0	129	1.24	0.43	22.60	1	1.07	2.90	18.50	1.80	0.30	*0.00
GREEN BEANS w/CHEESE SAUCE	1/2 CUP	923	50	5	370	0.00	0.00	40.00	0	0.00	1.00	7.00	2.50	1.00	*0.00
FRUIT,FRESH ASSORTED-SEC.	1 EACH	863	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRUIT, ASSTD CANNED - SEC.	4 OZ	921	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
KETCHUP/MUSTARD	1 TBSP	300	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00
MILK - Variety	HALF PINT	1475	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
SUBMARINE SAND-ALA CARTE	1 each	67	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00
CHEF SALAD-ALA CARTE	1 each	39	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00
PIZZA, DOMINO'S, CHEESE	SLICE	298	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00
PIZZA, DOMINO'S, PEPPERONI	SLICE	190	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00
PIZZA, DOMINO'S, SAUSAGE	SLICE	178	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00
EGG ROLL - ALA CARTE	1 each	133	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00
CHICKEN SAND., SPICY	1 EACH	107	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00
HOT POCKET, TONY'S, HAM/CHEE SE	1 EACH	54	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00
HOT POCKET, TONY'S, PEPPERON Cheese Square, L.O.L -ALA CART	1 EACH	78	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00
FRUIT,FRESH ASSORTED-ALA CA	ounce	852	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00
FRESH VEGETABLES-ALA CARTE	1 EACH	645	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
PUDDING, VANILLA RTU-ALA CART	1/2 CUP	700	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00
MILK - Variety-ALA CARTE	4 oz	916	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00
	HALF PINT	925	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			771	63	1233	*6.85	*4.09	*573.14	*3071	*17.19	*33.70	*106.83	25.05	11.27	*0.00
% of Calories											17.5%	55.4%	29.3%	13.2%	0.0%

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 05/14/2008															
LUNCH MENU - SECONDA	Total	2309													
CHICKEN, GRILLED PATTY ON BU	1 EACH	326	260	35	640	2.00	*0.00	*0.00	*0	*0.00	18.00	26.00	10.00	2.50	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
HOT DOG ON A BUN	1 EACH	378	300	*35	830	2.00	*0.00	*0.00	0	0.00	*7.00	22.00	19.01	*7.00	*0.00
OR	EA	0	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
CHICKEN FRIED STEAK SANDWIC	1 EACH	317	462	34	1011	3.52	*1.98	*34.17	67	0.82	18.69	40.26	24.57	7.10	*0.00
POTATO,SIMPLOT 'INFINITY',FF	3 OZ	1081	150	0	230	2.00	0.72	20.00	0	6.00	2.00	24.00	6.00	0.50	*0.00
SALAD,TOSSED: no dressing/CRAN	1/2 cup	791	46	0	27	2.73	0.97	53.36	3335	3.20	2.67	9.48	0.00	0.00	*0.00
RANCH DRESSING, HV	1 TBSP	735	84	0	146	0.00	0.00	0.00	0	0.00	0.00	1.05	8.37	*0.00	*0.00
FRUIT,FRESH ASSORTED-SEC.	1 EACH	796	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRUIT, ASSTD CANNED - SEC.	4 OZ	866	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00
COOKIES,OTIS-SUGAR,RED.FAT	EACH	1081	110	5	95	0.00	0.72	0.00	100	0.00	1.00	19.00	3.50	1.00	*0.00
KETCHUP/MUSTARD	1 TBSP	825	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00
SALAD DRSNG,MAYO TYPE,REG	1 TBSP	475	57	4	105	0.00	0.03	2.06	32	0.00	0.13	3.51	4.91	0.72	*0.00
MILK - Variety	HALF PINT	1259	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
SUBMARINE SAND-ALA CARTE	1 each	58	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00
CHEF SALAD-ALA CARTE	1 each	41	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00
PIZZA, DOMINO'S, CHEESE	SLICE	210	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00
PIZZA, DOMINO'S, PEPPERONI	SLICE	617	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00
PIZZA, DOMINO'S, SAUSAGE	SLICE	50	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00
EGG ROLL - ALA CARTE	1 each	93	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00
CHICKEN SAND., SPICY	1 EACH	67	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00
HOT POCKET, TONY'S, HAM/CHEE	1 EACH	64	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00
SE															
HOT POCKET, TONY'S, PEPPERON	1 EACH	88	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00
Cheese Square, L.O.L -ALA CART	ounce	880	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	704	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00
FRESH VEGETABLES-ALA CARTE	1/2 CUP	610	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00
PUDDING, VANILLA RTU-ALA CART	4 oz	875	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00
MILK - Variety-ALA CARTE	HALF PINT	975	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00
Weighted Daily Average			852	*52	1338	*8.39	*3.58	*418.12	*4246	*20.84	*28.53	*117.11	31.40	*10.44	*0.00
% of Calories											13.4%	55.0%	33.2%	11.0%	0.0%

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 05/15/2008																
LUNCH MENU - SECONDA	Total	2421														
CHEESEBURGER ON A BUN	1 EACH	451	360	59	918	3.04	*1.75	*178.99	323	0.01	23.18	23.05	19.46	9.88	*0.00	
OR	EA	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
CHERRY CKN SALAD SANDWICH	1 EACH	380	598	162	709	2.68	3.16	57.49	2027	5.11	41.37	45.37	29.40	11.77	*0.00	
OR	EA	1	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00	
PANCAKE & SAUSAGE ON A STICK	1 EA	312	231	15	431	1.00	1.44	0.00	0	0.00	9.03	23.08	12.04	3.01	*0.00	
SYRUP,PANCAKE	1 TBSP	312	46	0	16	0.14	0.01	0.59	0	0.00	0.00	12.06	0.00	0.00	*0.00	
FRUIT, ASSTD CANNED - SEC.	4 OZ	948	140	0	18	2.67	0.52	6.64	486	10.19	1.05	36.01	0.00	0.00	*0.00	
BLUEBERRIES & STRAWBERRIES	1/2 CUP	895	90	0	3	2.74	0.48	11.37	41	27.77	0.58	23.38	0.45	0.04	*0.00	
PUDDING, VANILLA RTU	4 oz	1076	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00	
GRAHAM CRACKERS, GIANT GOL	1 PKG	1100	120	0	105	0.90	0.72	0.00	0	0.00	1.00	19.00	4.50	1.00	*0.00	
DFIS																
KETCHUP/MUSTARD	1 TBSP	430	17	0	158	0.00	0.00	0.00	0	0.00	0.00	3.34	0.00	0.00	*0.00	
MILK - Variety	HALF PINT	1270	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
SUBMARINE SAND-ALA CARTE	1 each	60	344	52	1573	1.47	2.71	245.41	740	3.03	23.43	34.61	12.57	6.37	*0.00	
CHEF SALAD-ALA CARTE	1 each	45	396	93	1171	5.12	2.69	196.47	4918	13.22	21.07	31.72	20.36	2.91	*0.00	
PIZZA, DOMINO'S, CHEESE	SLICE	306	293	12	474	2.28	2.92	117.95	344	0.85	12.40	41.68	9.38	3.94	*0.00	
PIZZA, DOMINO'S, PEPPERONI	SLICE	340	347	22	665	2.58	3.31	125.20	417	3.00	14.53	42.65	13.88	5.61	*0.00	
PIZZA, DOMINO'S, SAUSAGE	SLICE	146	358	22	658	3.07	3.36	130.85	415	3.00	14.44	43.66	14.61	5.95	*0.00	
EGG ROLL - ALA CARTE	1 each	110	185	40	475	1.81	1.87	32.37	1045	8.41	8.79	23.23	6.41	1.84	*0.00	
CHICKEN SAND., SPICY	1 EACH	73	387	33	1152	3.00	*0.02	*1.37	22	0.00	18.09	48.18	13.27	1.98	*0.00	
HOT POCKET, TONY'S, HAM/CHEE	1 EACH	87	300	10	640	2.00	0.72	100.00	0	0.00	13.00	39.00	11.00	3.00	*0.00	
SE																
HOT POCKET, TONY'S, PEPPERON	1 EACH	111	320	10	700	2.00	0.72	100.00	300	0.00	13.00	41.00	13.00	3.50	*0.00	
Cheese Square, L.O.L -ALA CART	ounce	956	110	30	190	*0.00	*0.00	*0.00	*0	*0.00	7.00	*0.00	9.00	6.00	*0.00	
FRUIT,FRESH ASSORTED-ALA CA	1 EACH	758	64	0	1	2.55	0.20	13.59	124	13.61	0.70	16.53	0.22	0.05	*0.00	
FRESH VEGETABLES-ALA CARTE	1/2 CUP	678	35	0	66	2.04	0.28	30.41	*7554	*3.74	*0.66	5.68	1.02	0.14	*0.00	
PUDDING, VANILLA RTU-ALA CART	4 oz	784	150	0	169	0.00	0.00	56.36	0	0.00	0.94	24.42	5.64	1.88	*0.00	
MILK - Variety-ALA CARTE	HALF PINT	935	141	9	138	0.88	0.44	289.46	487	1.62	8.12	21.84	2.49	1.56	*0.00	
Weighted Daily Average			828	71	1138	*7.07	*3.56	*428.76	*3480	*23.26	*31.80	*114.47	28.89	12.10	*0.00	
% of Calories											15.4%	55.3%	31.4%	13.1%	0.0%	

Fri - 05/16/2008																
LUNCH MENU - SECONDA	Total	1														
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Mon - 05/19/2008																
LUNCH MENU - SECONDA	Total	1														
MANAGERS CHOICE	1 EA	1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Falcon School District

LUNCH MENU - SECONDARY

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Tue - 05/20/2008																
LUNCH MENU - SECONDA MANAGERS CHOICE	Total 1 EA	1 1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Wed - 05/21/2008																
LUNCH MENU - SECONDA MANAGERS CHOICE	Total 1 EA	1 1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Thu - 05/22/2008																
LUNCH MENU - SECONDA MANAGERS CHOICE	Total 1 EA	1 1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Fri - 05/23/2008																
LUNCH MENU - SECONDA MANAGERS CHOICE	Total 1 EA	1 1	0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
Weighted Daily Average			0	*0	*0	*0.00	*0.00	*0.00	0	*0.00	0.00	*0.00	*0.00	*0.00	*0.00	
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	

Weighted Average			818	*58	*1270	*8.06	*3.88	*464.48	*4489	*21.78	*31.25	*115.38	*27.50	*10.55	*0.00
											15.3%	56.4%	30.3%	11.6%	0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	818		825	99%		7	Correction Required - Calories are Low
Cholesterol (mg)	58		150	39%	Missing		
Sodium (mg)	1270		1200	106%	Missing		Correction Required - Sodium too High
Fiber (g)	8.06		6.50	124%	Missing		
Iron (mg)	3.88		4.50	86%	Missing	0.62	Correction Required - Iron is Low
Calcium (mg)	464.48		400.00	116%	Missing		
Vitamin A (IU)	4489		1500	299%	Missing		
Vitamin C (mg)	21.78		18.35	119%	Missing		
Protein (g)	31.25	15.29%	16.20	193%	Missing		
Carbohydrate (g)	115.38	56.43%	0.00		Missing		
Total Fat (g)	27.50	30.26%	<30.00		Missing		Correction Required - Total Fat too High
Saturated Fat (g)	10.55	11.61%	<10.00		Missing		Correction Required - Sat. Fat too High
Trans Fat (g)	0.00	0.00%					