



April 2009
 Seaman USD#345
 Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>Lunch Meal Prices: April 2009 = 19 Days Elementary @ \$2.10 = \$39.90 Secondary @ \$2.35 = \$44.65 Reduced @ .40 = \$7.60 Extra Milk .50 each Adult Lunches \$2.85 (CHECKS MADE PAYABLE TO SEAMAN FOOD SERVICE)</p>		<p>1 Taco Nacho Refried Beans Cinnamon Roll Banana Half Milk Cal 846 Protn 31.3 T-Fat 27.8g Carb 117.6g Fiber 5.2g %Cal/Fat 29.5</p>	<p>2 Chili/Cheese Wrap Doritos Fresh Vegetables Ranch Dressing Orange Half Milk Cal 659 Protn 27.3g T-Fat 20.1g Carb 93.7 Fiber 8.9g %Cal/Fat 27.5</p>	<p>3 Hamburger Tator Chunks Peaches Apple Half Milk Cal 697 Protn 27.4g T-Fat 11.7g Carb 124.3 Fiber 6.7g %Cal/Fat 15.1</p>	<p>Cal 744 T. Fat 19.94 G S. Fat 6.3 G Chol 39.3 Mg Sodm 1382.70 Mg Carb 114.49 G Fiber 7.2 G Prtn 28.76 G Iron 4.34 Mg Calc 484.70 Mg Vit A 288.00 RE</p>
<p>6 Beef/Bean Burrito Seasoned Corn Tossed Salad Pears Milk Sherbet Cup Cal 774 Protn 25.6g T-Fat 20.0g Carb 125.5g Fiber 7.3g %Cal/Fat 23.3</p>	<p>7 BBQ Ribbette on Bun Yogurt Milk Fresh Vegetables Snack Mix Fruit w/Apricots Cal 811 Protn 34.4g T-Fat 20.3g Carb 123.4g Fiber 3.5g %Cal/Fat 22.5</p>	<p>8 Sloppy Joe Green Beans Tossed Salad Orange Half Milk Chocolate C Cookie Cal 695 Protn 25.9g T-Fat 19.5g Carb 81.5g Fiber 5.2g %Cal/Fat 29.0</p>	<p>9 Chicken Fajita Refried Beans Mexican Rice Milk Crisp Apple Wedges Cal 485 Protn 29.1g T-Fat 10.6g Carb 69.8g Fiber 4.8g %Cal/Fat 19.8</p>	<p>10 No School District Staff Development</p> 	<p>Cal 669 T. Fat 17.61 G S. Fat 5.8 G Chol 54.1 Mg Sodm 1208.95 Mg Carb 100.04 G Fiber 5.2 G Prtn 28.77 G Iron 4.33 Mg Calc 460.61 Mg Vit A 389.24 RE</p>
<p>13 No School Snow Day</p> 	<p>14 Chicken Patty Oven Potatoes Broccoli Milk Applesauce Cal 643 Protn 27.8g T-Fat 21.0g Carb 86.3g Fiber 5.5g %Cal/Fat 29.4</p>	<p>15 Chili Tossed Salad Cinnamon Roll Banana Half Milk Orange Juice Cal 793 Protn 28.7g T-Fat 17.7g Carb 131.8g Fiber 7.8g %Cal/Fat 20.1</p>	<p>16 Breaded Beef Pattie Whipped Potatoes Seasoned Peas Wheat Roll Milk Mixed Fruit Cal 670 Protn 29.2g T-Fat 24.4g Carb 84.0g Fiber 5.4g %Cal/Fat 32.8</p>	<p>17 Quesadilla Red Beans/Rice Mixed Veggies Muffin Square Orange Half Milk Cal 775 Protn 32.9g T-Fat 17.3g Carb 120.2g Fiber 4.1g %Cal/Fat 20.1</p>	<p>Cal 718 T. Fat 20.08 G S. Fat 5.8 G Chol 53.6 Mg Sodm 1418.33 Mg Carb 105.04 G Fiber 5.6 G Prtn 29.67 G Iron 4.59 Mg Calc 460.71 Mg</p>
<p>20 Taco Burger Spudsters Potatoes Tossed Salad Peaches Milk Cal 757 Protn 28.0g T-Fat 24.2g Carb 109.6g Fiber 6.5g %Cal/Fat 28.8</p>	<p>21 Beef/Bean Burrito Cheese Sauce Seasoned Corn Tossed Salad Juice Bar Milk Cal 723 Protn 24.6g T-Fat 20.7g Carb 113.2g Fiber 5.9g %Cal/Fat 25.8</p>	<p>22 Ham/Cheese/Bun Baked Beans Tossed Salad Pickle Milk Glazed Fruit Cal 677 Protn 28.3g T-Fat 29.6g Carb 79.0g Fiber 3.7g %Cal/Fat 39.3</p>	<p>23 Sliced Turkey Whipped Potatoes Peas & Carrots Wheat Roll Milk Pears Milk Cal 468 Protn 23.4g T-Fat 11.8g Carb 67.5g Fiber 3.3g %Cal/Fat 22.6</p>	<p>24 Taco Salad Broccoli Cinnamon Roll Apple Half Milk Cal 847 Protn 28.4g T-Fat 28.0g Carb 121.4g Fiber 7.4g %Cal/Fat 29.8</p>	<p>Cal 696 T. Fat 23.05 G S. Fat 8.7 G Chol 49.3 Mg Sodm 1626.14 Mg Carb 97.91 G Fiber 5.3 G Prtn 26.55 G Iron 3.65 Mg Calc 543.54 Mg Vit A 412.33 RE</p>
<p>27 No School Staff Development</p> 	<p>28 Chicken Patty Whipped Potatoes Mixed Vegetables Herbed Roll Banana Milk Cal 590 Protn 26.7g T-Fat 20.2g Carb 75.4g Fiber 5.1g %Cal/Fat 30.7</p>	<p>29 Goulash Green Beans Tossed Salad Vienna Bread Milk Citrus Fruit Cup Cal 586 Protn 20.4g T-Fat 14.7g Carb 73.0g Fiber 6.2g %Cal/Fat 26.2</p>	<p>30 Chicken Fajita Red Beans/Rice Muffin Square Peaches Milk Cal 662 Protn 32.1g T-Fat 10.3g Carb 110.0g Fiber 4.3g %Cal/Fat 14.1</p>	<p>The unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited in Seaman USD#345. Violators will be prosecuted.</p>	<p>Cal 591 T. Fat 15.30 G S. Fat 4.0 G Chol 50.1 Mg Sodm 1144.53 Mg Carb 87.02 G Fiber 5.2 G Prtn 26.33 G Iron 3.21 Mg Calc 373.27 Mg Vit A 281.72 RE</p>