

Common Ground

LUNCH FEB2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1 *HUMMUS WRAP* SAUSAGE AND PEPPER SUB* *ONION RINGS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 2 BAKED CHICKEN VEGGIE CHICKEN CUTLETTTE PASTA, WHOLE GRAIN SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
			Nutrients Target Carb 112.9g 52.1%Cal	Nutrients Target Carb 94.5g 38.7%Cal
Feb - 5 CHILI CON CARNE W/ BEANS TORTILLA CHIPS* SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* SOUR CREAM FAT FREE NACHO CHEESE SAUCE SALSA	Feb - 6 *GRILLED CHEESE SANDWICH* PASTA SALAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* ROASTED TOMATO SOUP	Feb - 7 *FRENCH FRIES BEEF STEW VEGETARIAN "BEEF" STEW NACHO CHEESE SAUCE SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 8 *BACON AND EGG SANDWICH* RANCH POTATO WEDGES SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 9 TURKEY STEW WITH ROLL* POTATOES,MASHED (Pearls) VEGETABLE JAMBALAYA SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Nutrients Target Carb 55.0g 34.3%Cal	Nutrients Target Carb 99.3g 45.2%Cal	Nutrients Target Carb 98.8*g 50.3%Cal	Nutrients Target Carb 89.3*g 50.4%Cal	Nutrients Target Carb 68.8*g 52.0%Cal

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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Feb - 12 TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH *CHIPS,BAKED LAYS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP FRENCH ONION	Feb - 13 BARBECUED CHICKEN POTATO SALAD BAKED BEANS (VEGETARIAN) SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 14 MEATBALL SUB* MEATLESS "MEATBALLS" SUB* PASTA SALAD SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 15 *BEEF HOT DOG WITH BUN* TOFU DOG W/BUN BAKED BEANS (VEGETARIAN) *FRENCH FRIES SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 16 CHILI CON CARNE W/ BEANS NACHO CHEESE SAUCE TORTILLA CHIPS* SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* SOUR CREAM FAT FREE SALSA
Nutrients Target Carb 108.4*g 57.8%Cal	Nutrients Target Carb 108.3*g 54.3%Cal	Nutrients Target Carb 94.6*g 49.6%Cal	Nutrients Target Carb 131.9*g 58.8%Cal	Nutrients Target Carb 57.4*g 32.1%Cal
Feb - 19	Feb - 20	Feb - 21 *GRILLED CHEESE SANDWICH* ROASTED TOMATO SOUP SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 22 *HAMBURGER ON A BUN *GARDENBURGERS* *CHIPS,BAKED LAYS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 23 TURKEY STEW WITH ROLL* RICE,Brown,cooked, Cooks VEGETABLE CURRY SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS CRANBERRY SAUCE
		Nutrients Target Carb 91.7*g 42.4%Cal	Nutrients Target Carb 94.7*g 50.9%Cal	Nutrients Target Carb 146.6*g 66.2%Cal

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 26 SW TURKEY BURGERS *GARDENBURGERS* PASTA, WHOLE GRAIN SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 27 SPAGHETTI AND MEAT SAUCE VEGGIE SPAGHETTI* SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *CIABATTA ROLLS *SOUP BEAN*	Feb - 28 TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH PASTA SALAD *CHIPS,BAKED LAYS SALAD BAR SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*		
Nutrients Target Carb 100.4*g 46.9%Cal	Nutrients Target Carb 112.3*g 58.8%Cal	Nutrients Target Carb 110.6*g 55.5%Cal		

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