

Sharon Middle & high school Menu

October 2008

Please contact: Adele Leonard, Food Service Director: (781) 793-7929

	Monday	Tuesday	Wednesday	Thursday	Friday					
Origins	29 Stuffed shells with sauce Green beans Breadstick	30 No School	1 No School	2 Taco Pie Corn	3 Tony's pizza Tossed salad					
	Calories: 682 Chol (mg): 100 Iron (mg): 17.1 Cal (mg): 44	Vit A (RE) :241 Vit C (mg): 49 Total fat: 27% Sat. fat: 13%		Calories: 571 Chol (mg): 65 Iron (mg): 3.5 Cal (mg): 471	Vit A (RE) 132 Vit C (mg): 44 Total fat: 29% Sat. fat: 10%	Calories: 748 Chol (mg): 34 Iron (mg): 6.6 Cal (mg): 683	Vit A (RE) 322 Vit C (mg): 30 Total fat: 35% Sat. fat: 11%			
Origins	6 Popcorn Chicken Mashed potatoes, Corn Dinner roll	7 Vegetable lo mein Egg roll Fortune cookie	8 Macaroni & cheese Green beans Dinner roll	9 No school	10 Pizza: assorted Tossed salad					
	Calories: 829 Chol (mg): 183 Iron (mg): 4.4 Cal (mg): 492	Vit A (RE): 205 Vit C (mg): 61 Total fat: 21% Sat. fat: 7%	Calories: 758 Chol (mg): 66 Iron (mg): 4.2 Cal (mg): 374	Vit A (RE): 297 Vit C (mg): 32 Total fat: 13% Sat. fat: 4%	Calories: 760 Chol (mg): 63 Iron (mg): 2.7 Cal (mg): 1158	Vit A (RE): 629 Vit C (mg): 31 Total fat: 36% Sat. fat: 17%	Calories: 718 Chol (mg): 36 Iron (mg): 4.1 Cal (mg): 661	Vit A (RE): 288 Vit C (mg): 30 Total fat: 41% Sat. fat: 13%		
Origins	13 No School	14 Lasagna roll-up with sauce Peas	15 early release ms Nachos with cheese Chunky salsa	16 Chili dog on a bun Corn on the cob	17 French bread pizza Tossed salad					
		Calories: 734 Chol (mg): 32 Iron (mg): 6.7 Cal (mg): 513	Vit A (RE): 378 Vit C (mg): 61 Total fat: 22% Sat. fat: 9%	Calories: 701 Chol (mg): 89 Iron (mg): 4.3 Cal (mg): 781	Vit A (RE): 292 Vit C (mg): 32 Total fat: 29% Sat. fat: 17%	Calories: 630 Chol (mg): 49 Iron (mg): 3.5 Cal (mg): 386	Vit A (RE): 72 Vit C (mg): 36 Total fat: 33% Sat. fat: 13%	Calories: 621 Chol (mg): 44 Iron (mg): 2.4 Cal (mg): 746	Vit A (RE): 300 Vit C (mg): 31 Total fat: 38% Sat. fat: 14%	
Origins	20 Chicken nuggets Rice, Peas Dinner roll	21 Smoked Turkey, lettuce, tomatoes & onion on French bread w/dressing	22 Tomato soup Toasted cheese s/w Baked Lay's® potato	23 BBQ Chicken Potato wedges, Corn on the cob, Dinner roll	24 Pizza Dippers Marinara Sauce Tossed salad					
	Calories: 710 Chol (mg): 60 Iron (mg): 4.7 Cal (mg): 400	Vit A (RE): 139 Vit C (mg): 36 Total fat: 27% Sat. fat: 8%	Calories: 626 Chol (mg): 43 Iron (mg): 3.6 Cal (mg): 340	Vit A (RE) 91 Vit C (mg): 33 Total fat: 27% Sat. fat: 6%	Calories: 1004 Chol (mg): 93 Iron (mg): 4.3 Cal (mg): 907	Vit A (RE) 533 Vit C (mg): 65 Total fat: 38% Sat. fat: 18%	Calories: 862 Chol (mg): 126 Iron (mg): 5.7 Cal (mg): 405	Vit A (RE): 162 Vit C (mg): 59 Total fat: 24% Sat. fat: 7%		
Origins	27 Steak and cheese sub Potato wedges	28 Minestrone soup Chicken Caesar wrap	29 American chop suey Green beans Dinner roll	30 Roast turkey with gravy Mashed potatoes, Corn Dinner roll	31 Pizza: assorted Tossed salad					
	Calories: 956 Chol (mg): 80 Iron (mg): 6.6 Cal (mg): 436	Vit A(RE): 88 Vit C (mg): 52 Total fat: 31% Sat. fat: 12%	Calories: 902 Chol (mg): 68 Iron (mg): 6.4 Cal (mg): 584	Vit A (RE)1398 Vit C (mg): 40 Total fat: 27% Sat. fat: 7%	Calories: 544 Chol (mg): 58 Iron (mg): 5.0 Cal (mg): 400	Vit A (RE): 150 Vit C (mg): 42 Total fat: 20% Sat. fat: 8%	Calories: 619 Chol (mg): 83 Iron (mg): 3.6 Cal (mg): 385	Vit A (RE): 78 Vit C (mg): 60 Total fat: 19% Sat. fat: 6%	Calories: 718 Chol (mg): 36 Iron (mg): 4.1 Cal (mg): 661	Vit A (RE): 288 Vit C (mg): 30 Total fat: 41% Sat. fat: 13%
				"All meals at each station include choice of milk (low fat or chocolate) and fruit (fresh, chilled or juice.)"						

Origins:	Available daily:	Hot vegetable choice and/or tossed salad and bread assortment
Trattoria specials:	Daily offerings:	Choice of cheese and pepperoni pizza with tossed salad; Pasta bar
Fresh Grille specials:	Daily offerings:	Hamburger, Cheeseburger, and w/w Chicken patty on bun with lettuce & tomato
Sandwich Central:	Daily offerings:	Assorted deli meats & cheese with lettuce, tomatoes and other raw vegetables; plus selected breads, rolls and wraps
OutTakes:	Daily offerings:	Assorted pre-packaged sandwiches and salads

* Menus have been planned in good faith to meet 1/3 of the Recommended Dietary Allowances for Grade groups 4 - 12. The featured daily nutrient analysis is based upon food values of the planned "Origins" menu only (including the accompanying fruit and milk) and does not include menu substitutions, alternates or ala Carte choices. State and federal requirements suggest nutrient levels be assessed based upon weekly averages to promote a healthy lifestyle for proper growth and development through eating a variety of foods in moderation. For further nutritional information, please contact the food service director.