

## Cardinal Wright Regional School Lunch Menu – Weeks of May 4<sup>th</sup> & May 11<sup>th</sup>

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4 Corn Dog Nuggets <i>Alt: Hot Dog</i> Potato Veggie/Fruit Milk	5 Cheese Quesadillas <i>Alt: Hot Dog</i> Mango Salsa w/chips Fruit Milk	6 Chicken Nuggets <i>Alt: Hot Dog</i> Assorted Potatoes Veggie/Fruit Milk	7 Philly Steak Sandwich <i>Alt: Hot Dog</i> Assorted Chips Veggie/Fruit/Milk	8 Stuffed Breadsticks w/sauce <i>Alt: Hot Dog</i> Carrot Sticks Fruit/Milk	9
10 <i>Mother's Day</i>	11 Chicken Tender Salad <i>Alt: Hamburger</i> Fruit Milk	12 Salisbury Steak <i>Alt: Hamburger</i> Mashed Potatoes Veggie/Fruit Milk	13 Meatballs w/breadstick <i>Alt: Hamburger</i> Salad/Fruit Milk	14 Soft Taco <i>Alt: Hamburger</i> Tater Tots Fruit Milk	15 Ravioli <i>Alt: Hamburger</i> Veggie Fruit Milk	16
<b>Nutritional Information Week of May 4<sup>th</sup>!</b>	4 Calories: 490 Fat Calories: 50 Carbs: 56 Protein: 15	5 Calories: 437 Fat Calories: 86 Carbs: 54 Protein: 30	6 Calories: 530 Fat Calories: 130 Carbs: 59 Protein: 27	7 Calories: 580 Fat Calories: 90 Carbs: 48 Protein: 18	8 Calories: 620 Fat Calories: 150 Carbs: 59 Protein: 27	<u><b>Averages for the Week</b></u> Calories: 531.4 Fat Calories: 101.2 Carbs: 55.2 Protein: 23.4
<b>Nutritional Information Week of May 11<sup>th</sup>!</b>	11 Calories: 434 Fat Calories: 78 Carbs: 39 Protein: 20	12 Calories: 510 Fat Calories: 97 Carbs: 64 Protein: 30	13 Calories: 630 Fat Calories: 180 Carbs: 70 Protein: 35	14 Calories: 437 Fat Calories: 86 Carbs: 54 Protein: 30	15 Calories: 415 Fat Calories: 70 Carbs: 59 Protein: 17	<u><b>Averages for the Week</b></u> Calories: 485.2 Fat Calories: 102.2 Carbs: 57.2 Protein: 26.4
<u><b>MENUS WILL BE SENT ON A WEEKLY BASIS BEGINNING THE WEEK OF MAY 18<sup>TH</sup>!</b></u>			<u><b>PB &amp; J and Salads Offered Daily!</b></u>			

2009