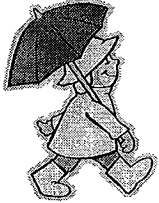


REVISED

School District of Philadelphia
Satellite Lunch Menu – April 2008



Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Toasted Cheese Sandwich on Oat Bran Bread or Bagel Dog Pear Cup Apple Juice 1% Milk	2 Chicken Nuggets Potato Rounds BBQ Sauce Applesauce 1% Milk	3 Turkey Bologna-Pastrami & Cheese on a Bun or Toasted Ham & Cheese on White Bread Fresh Orange Grape Juice 1% Milk	4 Cheese Pizza or Beef Patty on a Bun and Fresh Baby Carrots Ranch Dressing Blended Fruit Juice 1% Milk	Calories 564 Protein (g) 26 Calcium (mg) 472 Iron (mg) 2.7 Vitamin A (RE) 311 Vitamin C (g) 22 Sat Fat of Cal 12.5% Ttl Fat of Cal 30%
7 Mozzarella Nuggets Dipping Sauce Seasoned Corn 1% Milk	8 Chicken Parmesan or Spaghetti w/Meatsauce Peach Cup 1% Milk	9 Salisbury Steak Whipped Potatoes w/Gravy Seasoned Corn Pan Roll 1% Milk	10 Turkey Bologna-Salami & Cheese on a Torpedo Roll or Turkey Ham & Cheese on a Seeded Bun Fresh Apple Grape Juice 1% Milk	11 French Bread Pizza or Beef Patty on a Bun and Fresh Baby Carrots Ranch Dressing Blended Fruit Juice 1% Milk	Calories 543 Protein (g) 28 Calcium (mg) 497 Iron (mg) 2.5 Vitamin A (RE) 337 Vitamin C (g) 17 Sat Fat of Cal 11.4% Ttl Fat of Cal
14 Penne Pasta w/Meatsauce or Taco Seasoned Beef Nachos Chips Applesauce 1% Milk	15 Chicken Nuggets w/Potato Rounds BBQ Sauce Peach Cup 1% Milk	16 Meatballs & Tomato Sauce or Hot Dog with Tator Tots Mixed Fruit Cup Hot Dog Bun 1% Milk	17 5" Round Pizza or Beef Patty on a Bun and Baby Carrots Ranch Dressing Blended Fruit Juice 1% Milk	18 Turkey Bologna & Cheese on a Bun Fresh Pear Apple Juice 1% Milk	Calories 550 Protein (g) 26 Calcium (mg) 434 Iron (mg) 3.2 Vitamin A (RE) 427 Vitamin C (g) 16 Sat Fat of Cal 11.6% Ttl Fat of Cal 30%
21 Bagel Dog or Toasted Cheese Sandwich on Oat Bran Bread Mixed Fruit Cup Apple Juice 1% Milk	22 PROFESSIONAL DEVELOPMENT DAY Staff Only	23 Spaghetti w/Meatsauce or Chicken Parmesan Peach Cup 1% Milk	24 Turkey Ham & Cheese on a Seeded Bun or Turkey Bologna-Pastrami & Cheese on a Bun Fresh Orange Grape Juice 1% Milk	25 Cheese Pizza or Beef Patty on a Bun and Baby Carrots Ranch Dressing Blended Fruit Juice 1% Milk	Calories 546 Protein (g) 28 Calcium (mg) 505 Iron (mg) 2.8 Vitamin A (RE) 376 Vitamin C (g) 27 Sat Fat of Cal 11.8% Ttl Fat of Cal 27%
28 Hot Dog with Tator Tots or Meatballs & Tomato Sauce Applesauce Hot Dog Bun 1% Milk	29 Chicken Nuggets w/Potato Rounds BBQ Sauce Mixed Fruit Cup 1% Milk	30 Taco Seasoned Beef Nachos Chips or Penne Pasta w/Meatsauce Peach Cup 1% Milk	Menu items are subject to change based upon availability.		Calories 546 Protein (g) 24 Calcium (mg) 348 Iron (mg) 3.1 Vitamin A (RE) 214 Vitamin C (g) 8 Sat Fat of Cal 10.1% Ttl Fat of Cal 31.1% Revised 3/11/08