



School District of Philadelphia

Satellite Lunch Menu – May 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritionals
2 Spaghetti w/Meatballs or Taco Seasoned Beef Nacho Chips Mixed Fruit Cup 1% Milk	3 Toasted Ham & Cheese on White Bread Peach Cup Orange Juice 1% Milk	4 Turkey on a Seeded Bun Applesauce Cup Grape Juice 1% Milk	5 Turkey Bologna & Cheese on a Bun Fresh Pear Orange Juice 1% Milk	6 5" Round Pizza Blended Fruit Juice 1% Milk	CALORIES(KCAL) 806.6 PROTEIN(GM) 30.8 CALCIUM(MG) 574.0 IRON(MG) 4.3 VITAMIN A(RE) 253.8 VITAMIN C(MG) 20.6 SAT FAT OF CAL % 6.6 TOTAL FAT OF CAL % 18.1
9 Meatballs & Tomato Sauce or Beef Hot Dog w/Potato Rounds Hot Dog Bun Peach Cup 1% Milk	10 Chicken Nuggets Potato Rounds BBQ Sauce Pear Cup 1% Milk	11 Penne Pasta w/Meatsauce or Chicken Parmesan Mixed Fruit Cup 1% Milk	12 Turkey Ham-Pastrami & Cheese on a Torpedo Roll or Toasted Turkey Ham & Cheese On White Bread Fresh Orange Orange Juice 1% Milk	13 French Bread Pizza or Beef Patty on a Bun Fresh Baby Carrots Ranch Dressing Apple Juice 1% Milk	CALORIES(KCAL) 806.4 PROTEIN(GM) 29.9 CALCIUM(MG) 501.3 IRON(MG) 4.3 VITAMIN A(RE) 268.3 VITAMIN C(MG) 25.9 SAT FAT OF CAL % 6.5 TOTAL FAT OF CAL % 20.4
16 Taco Seasoned Beef Nacho Chips or Spaghetti w/Meatballs Pear Cup 1% Milk	17 Election Day Staff Only Professional Development Day	18 Chicken Nuggets Potato Rounds or Salisbury Steak w/Gravy Mashed Potatoes & Gr Beans or Salisbury Steak w/Gravy Mashed Potatoes & Gr Peas Peach Cup 1% Milk	19 Turkey on a Seeded Bun or Toasted Cheese Sandwich on Oat Bran Bread Fresh Apple Grape Juice 1% Milk	20 4 x 6 Pizza Orange Juice 1% Milk	CALORIES(KCAL) 830.0 PROTEIN(GM) 31.0 CALCIUM(MG) 516.2 IRON(MG) 4.1 VITAMIN A(RE) 282.3 VITAMIN C(MG) 13.3 SAT FAT OF CAL % 6.3 TOTAL FAT OF CAL % 19.5
23 Chicken Parmesan or Penne Pasta w/Meatsauce Applesauce Cup 1% Milk	24 Beef Hot Dog w/Potato Rounds or Meatballs & Sauce Hot Dog Bun Mixed Fruit Cup 1% Milk	25 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Pan Roll 1% Milk	26 Toasted Turkey Ham & Cheese on White Bread or Turkey Ham-Pastrami & Cheese on Torpedo Roll Fresh Orange Apple Juice 1% Milk	27 French Bread Pizza or Beef Patty on a Bun Fresh Baby Carrots Ranch Dressing Grape Juice 1% Milk	CALORIES(KCAL) 795.0 PROTEIN(GM) 29.0 CALCIUM(MG) 520.2 IRON(MG) 4.3 VITAMIN A(RE) 267.1 VITAMIN C(MG) 39.1 SAT FAT OF CAL % 6.6 TOTAL FAT OF CAL % 20.4
30 MEMORIAL DAY SCHOOLS CLOSED 	31 Chicken Nuggets w/Potato Rounds BBQ Sauce Pear Cup 1% Milk			Crackers, Jelly & Dried Fruit offered daily.	CALORIES(KCAL) 788.1 PROTEIN(GM) 27.3 CALCIUM(MG) 346.5 IRON(MG) 3.6 VITAMIN A(RE) 140.0 VITAMIN C(MG) 5.1 SAT FAT OF CAL % 7.3 TOTAL FAT OF CAL % 23.8

Rev. 4/20/11



School District of Philadelphia Satellite Breakfast Menu – May 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritionals
<p style="text-align: right;">2</p> <p>Apple Fruity Muffin 1% Milk</p>	<p style="text-align: right;">3</p> <p>Superstix w/Strawberry Cream Cheese Blended Fruit Juice 1% Milk</p>	<p style="text-align: right;">4</p> <p>Rice Krispies Graham Crackers Orange Juice 1% Milk</p>	<p style="text-align: right;">5</p> <p>Cinnamon Raisin Bagel Assorted Jelly Apple Juice 1% Milk</p>	<p style="text-align: right;">6</p> <p>Corn Muffin Grape Juice 1% Milk</p>	<p>CALORIES(KCAL) 393.3 PROTEIN(GM) 15.5 CALCIUM(MG) 336.1 IRON(MG) 2.2 VITAMIN A(RE) 137.4 VITAMIN C(MG) 36/3 SAT FAT OF CAL % 6.8 TOTAL FAT OF CAL % 21.4</p>
<p style="text-align: right;">9</p> <p>Breakfast Round Apple Juice 1% Milk</p>	<p style="text-align: right;">10</p> <p>Cherry Yogurt Graham Crackers Orange Juice 1% Milk</p>	<p style="text-align: right;">11</p> <p>Banana Muffin Apple Juice 1% Milk</p>	<p style="text-align: right;">12</p> <p>Bagel w/Cream Cheese Grape Juice 1% Milk</p>	<p style="text-align: right;">13</p> <p>Buttermilk Waffles with Maple Syrup Blended Fruit Juice 1% Milk</p>	<p>CALORIES(KCAL) 437.4 PROTEIN(GM) 15.0 CALCIUM(MG) 378.4 IRON(MG) 2.9 VITAMIN A(RE) 168.1 VITAMIN C(MG) 46.8 SAT FAT OF CAL % 8.4 TOTAL FAT OF CAL % 23.0</p>
<p style="text-align: right;">16</p> <p>Cinnamon Raisin Bagel Assorted Jelly Grape Juice 1% Milk</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">Election Day Staff Only Professional Development Day</p>	<p style="text-align: right;">18</p> <p>Bagel w/Cream Cheese Graham Crackers Blended Fruit Juice 1% Milk</p>	<p style="text-align: right;">19</p> <p>Blueberry Muffin Orange Juice 1% Milk</p>	<p style="text-align: right;">20</p> <p>Superstix w/Strawberry Cream Cheese Apple Juice 1% Milk</p>	<p>CALORIES(KCAL) 419.0 PROTEIN(GM) 15.5 CALCIUM(MG) 341.6 IRON(MG) 2.0 VITAMIN A(RE) 169.9 VITAMIN C(MG) 43.2 SAT FAT OF CAL % 7.7 TOTAL FAT OF CAL % 19.9</p>
<p style="text-align: right;">23</p> <p>Corn Muffin Blended Fruit Juice 1% Milk</p>	<p style="text-align: right;">24</p> <p>Golden Pancakes with Maple Syrup Apple Juice 1% Milk</p>	<p style="text-align: right;">25</p> <p>Apple Fruity Muffin 1% Milk</p>	<p style="text-align: right;">26</p> <p>Strawberry Yogurt Graham Crackers Blended Fruit Juice 1% Milk</p>	<p style="text-align: right;">27</p> <p>Breakfast Round Orange Juice 1% Milk</p>	<p>CALORIES(KCAL) 414.5 PROTEIN(GM) 15.3 CALCIUM(MG) 407.8 IRON(MG) 1.5 VITAMIN A(RE) 137.7 VITAMIN C(MG) 47.6 SAT FAT OF CAL % 7.4 TOTAL FAT OF CAL % 23.7</p>
<p style="text-align: right;">30</p> <p style="text-align: center;">MEMORIAL DAY SCHOOLS CLOSED</p> 	<p style="text-align: right;">31</p> <p>Crispix Graham Crackers Grape Juice 1% Milk</p>				<p>CALORIES(KCAL) 348.4 PROTEIN(GM) 12.5 CALCIUM(MG) 305.7 IRON(MG) 6.0 VITAMIN A(RE) 160.0 VITAMIN C(MG) 6.0 SAT FAT OF CAL % 5.4 TOTAL FAT OF CAL % 13.7</p>

Revised 3/17/11

Menu items are subject to change based upon availability.