|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date:** | **Menu # 11** | **Serving Size** | **Protein** | **Sodium** | **Fat** | **Vit C** |
| Meat/Alternate | Shredded Chicken | 3.5 oz. | 31 | 40 | 2 | 0 |
| Vegetable/Fruit | Red Skin Rosemary Potatoes | 1/2 c. | 2.5 | 267 | 4 | 0 |
| Vegetable/Fruit | Diced Peas & Carrots | 1/2 c. | 2 | 30 | 0 | 5 |
| Vegetable/Fruit | 100% Juice Pineapple Orange  | 1/2 c. | 0 | 0 | 0 | 60 |
| Bread |  WG Biscuit GFS 631902 | 1 ea. - 2 oz. | 4 | 460 | 9 | 0 |
| Bread | Graham crackers | 1 pkg. - 2 ct. | n/a | 60 | 2 | 0 |
| Milk | 1% Milk | 1 c. |  | 123 | 2.5 |  |
| Dessert |  |  |  |  |  |  |
| Accompaniment | Margarine | 1 pat | 0 | 45 | 3 | 0 |
| **Totals** |  |  | 39.5 | 1025 | 22.5 | 65 |