

**OCILE LUNCH CHO COUNTS
BALBOA PARK AND OLD TOWN
2008-2009**

SDUSD: F-211 Weekly menu for 100 servings	ELEM	1 oz cooked or equiv. Amts. X PROTEIN RICH FOODS	Svgs. Per Unit	1 oz Svgs.	1/4 Cup Fruit/Vegetables	Amts. X	Svgs. Per Unit	Cup Svgs.
5810 Sunbutter 14 gms 0004 Cinnamon Bageler 35 gms 1719 Baby Carrots 3 gms 0820 Apple Slices 8 gms 1008 Vanilla Wafers 21 gms REC0692 Milk*	#16 1 ea. 1 pkg. 1 pkg. 1 pkg. 1	Sunflower Seeds Butter 14#	14.4	201.6	Carrots, Packaged pkg. Apples	100 100 pkg.	1.0 2.0	100.0 200.0
(Bread: 1.0)	Ocile:			201.6			TOTAL:	300.0
REC0585 Cured Turkey & Cheese Wrap 29 gms REC2326 Fruit Cup 22 gms 9200 Fresh Orange 19 gms 3908 Jungle Crackers 22 gms REC0692 Milk*	1 1 ea. 1 ea. 1 pkg. 1	Cured, Turkey 12.5# Cheese, Mozzarella 6.25#	9.5 16.0	118.7 100.0	Fruit Cup ea. Oranges (113 Count) Lettuce	100 32.7# 3.5#	2.0 7. 22.2	200.0 228.9 77.7
(Bread: 3.25)	Ocile:			218.7			TOTAL:	506.6
REC1184 Cheesey Country on WW Bun 35 gms 1719 Baby Carrots 3 gms 9252 Fresh Pear 23 gms 1509 Goldfish Grahams 19 gms REC0692 Milk*	1 1 pkg. 1 ea. 1 pkg. 1	Turkey, Cured 12.5# Cheese, American 6.25#	9.5 16.0	118.7 100.0	Pears Carrots, Packaged Lettuce	34.3# 100 ea. 3.5#	9.9 1.0 22.2	339.6 100.0 77.7
(Bread: 3.5)	Ocile:			218.7			TOTAL:	517.3
REC2319 Bologna and Cheese on WW Bread 36 gms 1331 Raisins 34 gms 9040-4 Petite Banana 35 gms REC0692 Milk*	1 1 box 1 ea. 1	Bologna, Turkey 12.5# Cheese, American 6.25#	9.5 16.0	100.0 100.0	Raisins Banana, Petite	100 ea. 33.3#	1.0 6.4	100.0 213.1
(Bread: 2.75)	Ocile:			200.0			TOTAL:	313.1
REC2225 Turkey and Cheese Submarine 42 gms 1719 Baby Carrots 3 gms 9003 Fresh Apple 19 gms REC0692 Milk*	1 1 pkg. 1 pkg. 1	Turkey, Breast 18.75# Cheese, American 6.25#	6.0 16.0	112.5 100.0	Apples (138 cut) Lettuce 3.125# Carrots, Packaged	29# 100 ea.	12.0 22.2 1.0	348.0 69.3 100.0
(Bread: 2)	Ocile:			212.5			TOTAL:	517.3

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*White Milk 16 gms/Chocolate Milk 28 gms

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