

OCILE LUNCH MENU
BALBOA PARK AND OLD TOWN
2007-2008

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 Graham Crackers 10gms/pkg 5030 Celery Sticks 4 gms 0820 Apple Slices 8 gms REC0692 Milk**	#16 2 pkg. 1 pkg. 1 pkg. 1	Sunflower Seeds Butter 14#	14.4	201.6	Celery Sticks Apples	100 pkg. 100 pkg.	1.0 2.0	100.0 200.0
(Bread: 1.0)	Ocile:			201.6			TOTAL:	300.0
REC0589 Cured Turkey & Cheese Wrap 29 gms REC2326 Fruit Cup 32 gms 9200 Fresh Orange 19 gms 2075 Tortilla Chips 18 gms REC0692 Milk**	1 1 ea. 1 1 pkg. 1	Cured, Turkey 12.5# Cheese, Mozzarella 6.25#	9.5 16.0	118.7 100.0	Fruit Cup Oranges (113 Count) Lettuce	100 ea 32.7# 3.5#	2.0 7. 22.2	200.0 228.9 77.7
(Bread: 3.25)	Ocile:			218.7			TOTAL:	506.6
REC2319 Bologna and Cheese on WW Bread 36 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	Bologna, Turkey 6.25# Cheese, American 6.25#	16.0 16.0	100.0 100.0	Pears Carrots, Packaged	34.3# 100 ea.	9.9 1.0	339.6 100.0
(Bread: 3.5)	Ocile:			200.0			TOTAL:	439.1
REC2331 Cheesey Country on WW Bun 35 gms 1331 Raisins 34 gms 9040-4 Petite Banana 35 gms REC0692 Milk**	1 ea 1 box 1 ea. 1	Cured, Turkey 12.5# Cheese, American 6.25#	9.5 16.0	118.7 100.0	Raisins Banana, Petite Lettuce	100 ea. 33.3# 3.5#	1.0 6.4 22.2	100.0 213.1 77.7
(Bread: 2.75)	Ocile:			218.7			TOTAL:	390.8
REC2225 Turkey and Cheese Submarine 42 gms 5030 Celery 4 gms 9003 Fresh Apple 19 gms 3908 Jungle Crackers 22 gms REC0692 Milk**	1 1 pkg. 1 ea. 1 pkg. 1	Turkey, Breast 18.75# Cheese, American 6.25#	6.0 16.0	112.5 100.0	Apples (138 cut) Lettuce	29# 3.125#	12.0 22.2	348.0 69.3
(Bread: 4.5)	Ocile:			212.5			TOTAL:	417.3

**White Milk 16 gms Chocolate Milk 28 gms