

Scholar Dollar Now— Lent Menu Ideas 2012



CWD # 51199 Cod Rectangle 3 oz PC CN 10#
1 each = 1.5 meat/alternate; 1.0 grains/breads

CWD #51176—Cod Sea Wonders 1.1 oz CN 10#
4 each = 2 meat/alternate; 1.75 grains/breads

CWD #51198—Hoki Tater Crust 3 oz CN 10#
1 each = 1.5 meat/alternate; 0.75 grains/breads

CWD #50811—Pollock Healthy Bake Brd CN 40/4 oz
1 each = 2.25 meat/alternate; 0.5 grains/breads

CWD #50802—Pollock Nugget 1 oz PC CN 10#
4 each = 2 meat/alternate; 1.25 grains/breads

CWD #50968—Pollock Rectangle 3 oz PC CN 10#
1 each = 1.5 meat/alternate; 1 grains/bread

CWD #50857—Pollock Stick 1 oz PC CN 10#
2 each = 1 meat/alternate; 0.75 grains/breads

CWD #51858—Shrimp 60-80/# Brd CN T/Off 4/2.5#
4 oz = 1.25 meat/alternate; 2 grains/breads

CWD #55005—Jamwich Pnutbutter Grape Whl Grn 72/2.8 oz
1 each = 1 oz meat/meat alternate; 1.25 grains/breads

CWD# 58285—Egg Omelet Colby Cheese 5” CN 144/2.1 oz
1 each = 2 meat/alternate

CWD #56377—Pizza Cheese Whole Grain Max 96/4.68 oz
1 each = 2.5 grains/breads; 1/8 cup vegetable; 2 meat/alternate

CWD #56376—Pizza Cheese Stuf Crst Whole Grain 72/5.6 oz
1 each = 3.25 grains/breads; 2 meat/alternate; 1/8 cup vegetable

CWD #56375—Pizza Stix Mozz Whole Grain 192/1.93 oz
1 each = 1 grain/bread; 1 meat/alternate

CWD #57381—Pizza Cheese 4X6 CN 96/4.75 oz
1 each = 2 meat/alternate; 2 grains/breads; 1/8 cup vegetable

CWD #56526—Pizza Cheese Big Daddy’s 9/52 oz
1/8 pizza = 2 meat/alternate; 4 grains/breads; 1/8 cup vegetable

CWD #56517—Pizza Cheese Solo Rnd CN 48/7.95 oz
1 each = 2 meat/alternate; 5 grains/breads; 1/8 cup vegetable

CWD #56953—Pizza Cheese Wedge Outr Stuff CN 75/5.73 oz
1 each = 2 meat/alternate; 3 grains/breads; 1/8 cup vegetable

CWD #58172—Bread Stick w/Mozz 7” Bosco 108 ct
1 each = 1 meat/alternate; 2 grains/breads