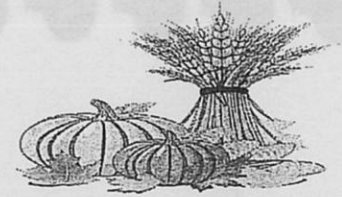




# November 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Choice of 1% or Fat Free Chocolate Milk served daily with Breakfast, and Lunch	1 Pancakes, Sausage Links, Fruit Hot Dog, Baked Beans, Cherry Tomato, Fruit	2 Breakfast Burrito, Fruit Chicken Nuggets, Salad, Broccoli, Cookie, Fruit	3 Sticky Bun, Cheese Stick, Fruit Quesadilla, Cucumber, Green Beans, Fruit	4 <u>Lunch Average</u> Calories: 617 Sat. Fat : 4.3% Sodium : 1115 mg.
5 	6 Bavarian Crème Bar, Cheese Stick, Fruit  Chicken Gravy, Mashed Potato, Broccoli, Fruit, Roll	7 Strawberry Bagel, Cheese Stick, Fruit  Goulash, French Bread, Salad, Carrots, Fruit	8 French Toast Sticks, Sausage Links, Fruit French Bread Pizza, Salad, Cucumber, Fruit	9 Blueberry Mini Loaf, Cheese Stick, Fruit  Corn Dog, Baked Beans, Salad, Fruit		11 <u>Lunch Average</u> Calories: 612 Sat. Fat : 4.5% Sodium : 933 mg.
12	13 Blueberry Waffle, Sausage Links, Fruit  Stromboli, Broccoli, Salad, Fruit	14 Pop Tarts, Cheese Stick, Fruit  Taco, Lettuce, Tomato, Cheese, Fruit	15 Nutri Grain Bar, Cheese Stick, Fruit  Hamburger, French Fries, Carrots, Fruit	16 Blintz Cheese, Juice, Fruit  Burrito, Chili Beans, Salad, Fruit	17 Muffin, Cheese Stick, Fruit  Grilled Cheese, Tomato Soup, Salad, Fruit	18 <u>Lunch Average</u> Calories: 684 Sat. Fat : 8.4% Sodium : 932 mg.
19 Menu Subject to change without notice  	20	21	22	23	24	
	27 Cereal, Cheese Stick, Juice  Chicken Sandwich, Tots, Veggie Trio, Fruit	28 Breakfast Pizza, Fruit  Nacho, Lettuce, Carrots, Fruit	29 Pancake On A stick, Cheese Stick, Fruit  Pizza Pocket, Salad, Cucumber, Fruit	30 Blueberry Bagel, Juice, Fruit  Crispito, Beans, Broccoli, Fruit		<u>Lunch Average:</u> Calories: 739 Sat Fat: 7.2% Sodium: 1720 mg.