

NOVEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
			Nov - 1 CHICKEN NUGGETS BAKED BEANS SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Nov - 2 FISH FRENCH FRIES MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	<table style="width: 100%; border: none;"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>838 100%</td></tr> <tr><td>Chol...</td><td>58 mg</td></tr> <tr><td>Sodium.</td><td>1320 mg</td></tr> <tr><td>Fiber..</td><td>13.9 g</td></tr> <tr><td>Iron...</td><td>5.1 mg</td></tr> <tr><td>Calcium</td><td>459.2* mg</td></tr> <tr><td>Vit A</td><td>6809* IU</td></tr> <tr><td>Vit C</td><td>79.2* mg</td></tr> <tr><td>Sugar</td><td>34.7*g 16.6%Cal</td></tr> <tr><td>Prot</td><td>33.5g 16.0%Cal</td></tr> <tr><td>Carb</td><td>129.4g 61.7%Cal</td></tr> <tr><td>T.Fat</td><td>23.3g 25.0%Cal</td></tr> <tr><td>S.Fat</td><td>4.5g 4.9%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	838 100%	Chol...	58 mg	Sodium.	1320 mg	Fiber..	13.9 g	Iron...	5.1 mg	Calcium	459.2* mg	Vit A	6809* IU	Vit C	79.2* mg	Sugar	34.7*g 16.6%Cal	Prot	33.5g 16.0%Cal	Carb	129.4g 61.7%Cal	T.Fat	23.3g 25.0%Cal	S.Fat	4.5g 4.9%Cal
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Nov - 5 CORN DOG CHICK PEAS BROCCOLI/CHEESE SAU ASSORTED FRUIT MILK - Variety	Nov - 6 HAMBURGER LETTUCE & TOMATO FRENCH FRIES ASSORTED FRUIT MILK - Variety	Nov - 7 TURKEY MASHED POTATOES CHICKEN GRAVY GREEN BEANS ROLL ASSORTED FRUIT MILK - Variety	Nov - 8 PIZZA CORN SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	Nov - 9 PIZZA CORN SALAD, TOSSED RANCH DRESSING ASSORTED FRUIT MILK - Variety	<table style="width: 100%; border: none;"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>728 97%</td></tr> <tr><td>Chol...</td><td>48* mg</td></tr> <tr><td>Sodium.</td><td>1256 mg</td></tr> <tr><td>Fiber..</td><td>13.2 g</td></tr> <tr><td>Iron...</td><td>4.4* mg</td></tr> <tr><td>Calcium</td><td>542.9* mg</td></tr> <tr><td>Vit A</td><td>4587* IU</td></tr> <tr><td>Vit C</td><td>87.7* mg</td></tr> <tr><td>Sugar</td><td>25.7*g 14.1%Cal</td></tr> <tr><td>Prot</td><td>31.9g 17.5%Cal</td></tr> <tr><td>Carb</td><td>113.4g 62.3%Cal</td></tr> <tr><td>T.Fat</td><td>18.8g 23.2%Cal</td></tr> <tr><td>S.Fat</td><td>5.8g 7.2%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	728 97%	Chol...	48* mg	Sodium.	1256 mg	Fiber..	13.2 g	Iron...	4.4* mg	Calcium	542.9* mg	Vit A	4587* IU	Vit C	87.7* mg	Sugar	25.7*g 14.1%Cal	Prot	31.9g 17.5%Cal	Carb	113.4g 62.3%Cal	T.Fat	18.8g 23.2%Cal	S.Fat	5.8g 7.2%Cal
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Nov - 12 BEEFY NACHOS SALSA LETTUCE, SHREDDED REFRIED BEANS ASSORTED FRUIT MILK - Variety	Nov - 13 TOMATO SOUP/CRACKE GRILLED CHEESE SAND CARROT & CELERY RANCH DRESSING ASSORTED FRUIT MILK - Variety	Nov - 14 SPAGHETTI SALAD, TOSSED RANCH DRESSING SAUTEED MUSHROOMS BREADSTICK ASSORTED FRUIT MILK - Variety	Nov - 15 CHICKEN SANDWICH POTATO WEDGES MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	Nov - 16 CHICKEN SANDWICH POTATO WEDGES MIXED VEGETABLES ASSORTED FRUIT MILK - Variety	<table style="width: 100%; border: none;"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>775 100%</td></tr> <tr><td>Chol...</td><td>55* mg</td></tr> <tr><td>Sodium.</td><td>1469* mg</td></tr> <tr><td>Fiber..</td><td>13.2* g</td></tr> <tr><td>Iron...</td><td>6.0* mg</td></tr> <tr><td>Calcium</td><td>602.6* mg</td></tr> <tr><td>Vit A</td><td>8120* IU</td></tr> <tr><td>Vit C</td><td>81.7* mg</td></tr> <tr><td>Sugar</td><td>25.8*g 13.3%Cal</td></tr> <tr><td>Prot</td><td>34.3*g 17.7%Cal</td></tr> <tr><td>Carb</td><td>117.4*g 60.6%Cal</td></tr> <tr><td>T.Fat</td><td>19.8*g 23.0%Cal</td></tr> <tr><td>S.Fat</td><td>5.4*g 6.3%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	775 100%	Chol...	55* mg	Sodium.	1469* mg	Fiber..	13.2* g	Iron...	6.0* mg	Calcium	602.6* mg	Vit A	8120* IU	Vit C	81.7* mg	Sugar	25.8*g 13.3%Cal	Prot	34.3*g 17.7%Cal	Carb	117.4*g 60.6%Cal	T.Fat	19.8*g 23.0%Cal	S.Fat	5.4*g 6.3%Cal
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Nov - 26 HOT DOG ON A BUN HOT DOG SAUCE VEGETABLE BLEND SWEET POTATO FRIES ASSORTED FRUIT MILK - Variety	Nov - 27 CHICKEN FAJITA MEXICAN TOPPING Black Beans ASSORTED FRUIT MILK - Variety	Nov - 28 CHICKEN STRIPS AU GRATIN POTATOES MIXED VEGETABLES ROLL ASSORTED FRUIT MILK - Variety	Nov - 29 CHILI PEANUT BUTTER SAND BROCCOLI, raw CAULIFLOWER, raw RANCH DRESSING ASSORTED FRUIT MILK - Variety	Nov - 30 CHILI PEANUT BUTTER SAND BROCCOLI, raw CAULIFLOWER, raw RANCH DRESSING ASSORTED FRUIT MILK - Variety	<table style="width: 100%; border: none;"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>811 100%</td></tr> <tr><td>Chol...</td><td>86* mg</td></tr> <tr><td>Sodium.</td><td>1298* mg</td></tr> <tr><td>Fiber..</td><td>12.7* g</td></tr> <tr><td>Iron...</td><td>5.1* mg</td></tr> <tr><td>Calcium</td><td>642.3* mg</td></tr> <tr><td>Vit A</td><td>5605* IU</td></tr> <tr><td>Vit C</td><td>93.8* mg</td></tr> <tr><td>Sugar</td><td>23.7*g 11.7%Cal</td></tr> <tr><td>Prot</td><td>43.0*g 21.2%Cal</td></tr> <tr><td>Carb</td><td>109.1*g 53.8%Cal</td></tr> <tr><td>T.Fat</td><td>25.8*g 28.6%Cal</td></tr> <tr><td>S.Fat</td><td>8.8*g 9.8%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	811 100%	Chol...	86* mg	Sodium.	1298* mg	Fiber..	12.7* g	Iron...	5.1* mg	Calcium	642.3* mg	Vit A	5605* IU	Vit C	93.8* mg	Sugar	23.7*g 11.7%Cal	Prot	43.0*g 21.2%Cal	Carb	109.1*g 53.8%Cal	T.Fat	25.8*g 28.6%Cal	S.Fat	8.8*g 9.8%Cal
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*N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
 ** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.