



# NOVEMBER

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition

	<p><b>1</b> Biscuits &amp; Gravy</p> <p>Salad Bar Meatball Sub French Toast &amp; Sausage** Hamburger w/Bun French Fries Choice Of Fruit Assorted Milk</p>	<p><b>2</b> Scrambled Eggs w/Toast</p> <p>Salad Bar Frito Chilli Pie Chicken Fajitas Salsa Chicken Sandwich Green Peas Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p><b>3</b> Mini Donuts</p> <p>Salad Bar Nachos Supreme Country Fried Steak Mashed Potatoes/Gravy Popcorn Chicken Garlic Toast Choice Of Fruit Assorted Milk</p>	<p><b>4</b> Mini Eggo Waffles</p> <p>Salad Bar Pizza Day Sloppy Joe Toasted Cheese Green Beans Choice Of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>Avg Nutrients Target Cals... 452 100% Sodium... 503 mg S.Fat... 2.9 g 5.8% Cal</p> <p>Avg Nutrients Target Cals... 690 100% Sodium... 1202mg S.Fat... 5.4 g 7.1% Cal</p>
<p><b>7</b> NO SCHOOL</p>	<p><b>8</b> Breakfast Pizza Sausage**</p> <p>Salad Bar Potato Crunch Fish Stick Chicken Quesadilla Salsa Cheeseburger w/Bun Carrots Choice Of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p><b>9</b> French Toast</p> <p>Salad Bar Breaded Chicken Sandwich Mini Corn Dogs Grilled Cheese Pinto Beans Choice Of Fruit Assorted Milk</p>	<p><b>10</b> WG Muffin</p> <p>Salad Bar Burrito Toasted Ravioli w/cheese Breaded Chicken Chunks Breadstick Green Beans Sliced Carrots Choice Of Fruit Assorted Milk</p>	<p><b>11</b> Mini Maple Pancakes</p> <p>Salad Bar Pizza Day General Tso Chicken BBQ Pulled Pork*** Vegetable Blend 4-way Choice Of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 481 100% Sodium... 505 mg S.Fat... 1.7 g 3.2% Cal</p> <p>Avg Nutrients Target Cals... 675 100% Sodium... 1298 mg S.Fat... 4.6 g 6.1% Cal</p>
<p><b>14</b> Glazed Donut WG</p> <p>Salad Bar Tangerine Chicken Cheeseburger w/bun Turkey Deli Sub WG Sliced Carrots Choice Of Fruit Assorted Milk</p>	<p><b>15</b> Mini Eggo Waffles</p> <p>Salad Bar Taco Snack Breaded Mozzarella Stick BBQ Pork Rib Sandwich*** Saltine Cracker WG Great Northern Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p><b>16</b> Cheese Omelet w/Toast</p> <p>Salad Bar French Toast &amp; Sausage*** Chicken Sandwich Ham &amp; Cheese Sub Vegetable Blend 4-way Choice Of Fruit Assorted Milk</p>	<p><b>17</b> Mini Maple Pancakes</p> <p>Salad Bar Thanksgiving Dinner</p>	<p><b>18</b> Scrambled Eggs w/Toast</p> <p>Salad Bar Pizza Day Chicken Fajita Wrap Potato Crunch Fish Stick Green Peas Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 469 100% Sodium... 522mg S.Fat... 2.7 g 5.3% Cal</p> <p>Avg Nutrients Target Cals... 635 100% Sodium... 1155 mg S.Fat... 4.8 g 6.8% Cal</p>
<p><b>21</b> Honey Bun</p> <p>Salad Bar Frito Chilli Pie Cheeseburger w/Bun Toasted Ravioli w/cheese Corn Choice Of Fruit Assorted Milk</p>	<p><b>22</b> Mini Cinnis</p> <p>Salad Bar Chicken Sandwich Corn Dogs Green Beans Choice Of Fruit Assorted Milk</p>	<p><b>23</b> NO SCHOOL</p>	<p><b>24</b> NO SCHOOL</p>	<p><b>25</b> NO SCHOOL</p>	<p>Avg Nutrients Target Cals... 480 100% Sodium... 443 mg S.Fat... 2.6 g 4.9% Cal</p> <p>Avg Nutrients Target Cals... 669 100% Sodium... 1208 mg S.Fat... 5.9 g 7.9% Cal</p>
<p><b>28</b> Pop Tarts WG</p> <p>Salad Bar Bosco Stick French Toast &amp; Sausage** Combo Sub Sandwich Sun Chips Multigrain Green Beans Choice Of Fruit Assorted Milk</p>	<p><b>29</b> Biscuits &amp; Gravy</p> <p>Salad Bar Cheeseburger w/Bun Chicken Crispito w/Cheese Sloppy Joe Refried Beans w/Cheese Sliced Carrots Choice Of Fruit Assorted Milk</p>	<p><b>30</b> Scrambled Eggs w/Toast</p> <p>Salad Bar Chicken Sandwich Grilled Cheese Taco Salad Tomato Soup Broccoli &amp; Cheese Choice Of Fruit Assorted Milk Chocolate Chip Cookie</p>			<p>Avg Nutrients Target Cals... 475 100% Sodium... 509 mg S.Fat 2.7g 5.0% Cal</p> <p>Avg Nutrients Target Cals... 666 100% Sodium... 1225 mg S.Fat... 5.7 g 7.8% Cal</p>

