

## K8 November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
&nbsp;	&nbsp;	&nbsp;	&nbsp;	1  No school today	Calories *N/A* Sodium *N/A* mg Carbohydrate *N/A* g *N/A%* Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
4  Chicken Strips Late Start-No Alternate Corn Potato AuGratin Fresh Cut Veggies Mixed Fruit Juice Cup or Box, 4 oz Milk Assorted BBQ Sauce Tea Roll WG	5  Pizza, Wedge, Pepperoni Fish on Bun Garden Salad Carrot, baby Fresh Cut Veggies Pineapple Tidbits Cantaloupe Milk Assorted Ketchup	6  Burger on Bun Cheese Slices Quesadilla Baked Beans Pasta and Grilled Veggies Fresh Cut Veggies Apple, fresh sliced or whole Pears Milk Assorted Ketchup/Mustard Salsa, prepared	7  Beef Nachos Turkey Sub Green Bean Peas Fresh Cut Veggies Strawberry Applesauce Peaches Milk Assorted Tea Roll WG	8  Chicken Patty on WG Bun Uncrustable/String Cheese Peas & Carrots Fresh Cut Veggies Juice Cup or Box, 4 oz Fruit, Fresh Milk Assorted Granola Bar, wholegrain	Calories 646 Sodium 1079 mg Carbohydrate 88.71 g 54.9% Total Fat 20.46 g 28.5% Saturated Fat 5.05 g 7.0%
11  Pizza, Taco, Fiestada Chef Salad Corn, creamed Carrot, diced Fresh Cut Veggies Orange Smiles (4) Pears Milk Assorted Tea Roll WG	12  Pasta Bake Chicken Wrap Green Bean Garden Salad Apple, fresh sliced or whole Peaches Milk Assorted Tea Roll WG	13  BBQ Rib on WG BLT Sandwich & Cheese Stick Baked Beans Peas & Carrots Fresh Cut Veggies Mandarin Oranges Juice Cup or Box, 4 oz Milk Assorted Cookie, Carnival	14  Chicken Drumstick Crispito/Sauce&Chs. stick Potato Emoji's Broccoli & Cheese Fresh Cut Veggies Applesauce Cup Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	15  Corn dog on a Stick Uncrustable and Yogurt Corn Fresh Cut Veggies Banana Fruit, Fresh Milk Assorted Grandma's Mini Cookies	Calories 626 Sodium 1059 mg Carbohydrate 88.17 g 56.3% Total Fat 18.54 g 26.7% Saturated Fat 5.56 g 8.0%
18  Pizza Cheese Crunchers Peas & Carrots Garden Salad Peaches Orange Smiles (4) Milk Assorted Sherbet Cup (fruit juice base)	19  Chicken Nuggets Grilled Cheese Baked Beans Corn, creamed Fresh Cut Veggies Pineapple Tidbits Mandarin Oranges Milk Assorted Elf Grahams	20  Chili Cheese Fritos Philly Beef Sub Green Bean Broccoli, fresh Fresh Cut Veggies Pears Applesauce Milk Assorted	21  Hot Ham & Cheese on WGW bun Orange Chicken on Rice Broccoli, steamed Corn Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	22  Hot Dog on WG White Bun Uncrustable/String Cheese Mixed Veggies Fresh Cut Veggies Fruit, Fresh Mixed Fruit Milk Assorted Doritos	Calories 632 Sodium 931 mg Carbohydrate 86.62 g 54.9% Total Fat 20.51 g 29.2% Saturated Fat 6.22 g 8.9%
25  Cheesesticks, Breaded Chicken Fajita Garden Salad Mixed Veggies Fresh Cut Veggies Pears Pineapple Tidbits Marinara Cup Milk Assorted Tea Roll WG	26  Ham and Potato Casserole Green Bean Peaches Juice Cup or Box, 4 oz Milk Assorted Cookie, sugar	27  No school today	28  No school today	29  No school today	Calories 583 Sodium 1061 mg Carbohydrate 87.40 g 59.9% Total Fat 15.95 g 24.6% Saturated Fat 5.60 g 8.6%

CCSD is an equal opportunity provider  
All menus subject to change due to product availability

\*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.