

K-6 October Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
				1 No school today	Calories *N/A* Sodium *N/A* mg Dietary Fiber *N/A* g Total Fat *N/A* g *N/A%* Saturated Fat *N/A* g *N/A%*
4 No school today	5 Stuffed Crust Pizza Shrimp Bites Green Beans Garden Salad Peaches Pear, fresh Milk Assorted Apple Smile Cookie	6 Pulled Pork Sandwich Chicken Cheese Burrito Cheese Sauce JTM Baked Beans Fresh Cut Veggies Pineapple Tidbits Juice Cup or Box Chips, assorted Milk Assorted	7 Chicken Fried Steak Bratwurst on Bun Potato Cubes Fresh Cut Veggies Craisins Mixed Fruit Tea Roll WG Milk Assorted	8 Corn dog on a Stick Chicken and Noodles Carrot, whole glazed Fresh Cut Veggies Mandarin Oranges Apple, fresh sliced or whole Fruit Snack, Scooby Doo Milk Assorted	Calories 619 Sodium 983 mg Dietary Fiber 8.07 g Total Fat 17.09 g 24.8% Saturated Fat 4.50 g 6.5%
11 Pizza, sausage MAX Sloppy Joe on WG bun Fresh Cut Veggies Peas & Carrots Grapes Applesauce Gripz Cookie Bits Milk Assorted	12 Meatball Sub w/marinara Grilled Cheese Baked Beans Fresh Cut Veggies Kiwi Fruit Pineapple Tidbits Dick and Jane Cookies Milk Assorted	13 Pork Loin on WG Bun Orange Chicken on Rice Broccoli, steamed Fresh Cut Veggies Pear, fresh Mixed Berry Cup Milk Assorted	14 Chicken Drumstick Chicken Alfredo Pasta Green Beans Fresh Cut Veggies Peaches Jello with Fruit Milk Assorted Garlic Toast, Brown & Serve	15 Sausage & Egg on Bun Quesadilla Corn Tater Tots Apple Crisp WG Juice Cup or Box Milk Assorted	Calories 627 Sodium 920 mg Dietary Fiber 7.09 g Total Fat 19.05 g 27.4% Saturated Fat 5.71 g 8.2%
18 Pizza Cheese Crunchers Uncrustable/String Cheese Green Beans Fresh Cut Veggies Peaches Orange Smiles (4) Milk Assorted Pudding Cup	19 Burger on Bun Chef Salad Corn French Fries Pears Banana Milk Assorted	20 Hot Ham & Cheese on WGW bun Tornado and Cheese stick Sweet Potato Fries Juice Cup or Box Cole Slaw Pineapple Tidbits Milk Assorted	21 Hot Dog on WG White Bun Bosco Sticks and Sauce Chips, assorted Baked Beans Fresh Cut Veggies Mixed Fruit Kiwi Fruit Milk Assorted	22 Breaded Beef Strips Beef Ravioli Broccoli Normandy Garden Salad Raisels Mandarin Oranges Breadstick, WG Milk Assorted Jonny Pops	Calories 658 Sodium 1004 mg Dietary Fiber 8.14 g Total Fat 19.55 g 26.8% Saturated Fat 6.62 g 9.1%
25 Chicken Nuggets Teriyaki Bites Green Beans Garden Salad Pineapple Tidbits Pears Milk Assorted Biscuit. 2 oz WG	26 BBQ Rib on WG Italian Sub Sandwich Potato Cubes Fresh Cut Veggies Peaches Juice Cup or Box Milk Assorted	27 Popcorn Chicken Beef and Noodles Broccoli & Cheese Fresh Cut Veggies Jello with Fruit Apple, fresh sliced or whole Tea Roll WG Milk Assorted	28 Chili Turkey Bacon Ranch Sub Fresh Cut Veggies Grapes Mandarin Oranges Cinnamon Roll 2.5 oz Milk Assorted	29 Pizza Personal Cheese Grilled Chicken on WG Bun Fresh Cut Veggies Peas & Carrots Applesauce Mandarin Oranges Milk Assorted Cookie, sugar	Calories 666 Sodium 1116 mg Dietary Fiber 7.19 g Total Fat 20.67 g 27.9% Saturated Fat 6.23 g 8.4%

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.