



October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
28	29	30	1 Calzone Green beans Fruit Milk	2 Chili Cornbread Corn Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
5 Breaded Chicken Sand Corn/black beans Fruit Bun Milk	6 Cheese Burger Pickle Tator Tots Fruit Bun Milk	7 Pasta w/ meat sauce Brocc Fruit Roll Milk	8 Pizza Stick w/sauce Green beans Fruit Cookie w.g Milk	9 Chili Corn bread Carrots Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
12 Chicken Strips Corn/black beans Fruit Roll Milk	13 Bacon Burger Carrots Fruit Bun Milk	14 Pasta w/ meat sauce Brocc Fruit Roll Milk	15 Calzone Green Beans Fruit Milk	16 Chili Corn bread Mix veg Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
19 Grilled chicken w/ bacon Corn/black Beans Fruit Bun Milk	20 Cheese Burger Tator Tots/ Fries Carrots Fruit Bun Milk	21 Pasta w/ meat sauce Brocc. Fruit Roll Milk	22 Round Pizza Green Beans Fruit Milk	23 Chili Corn bread Mix veg Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
26 Breaded chicken Sand Corn/black beans Fruit/Bun/Milk	27 Bacon Burger Carrots Fruit Bun Milk	28 Pasta w/ meat sauce Brocc. Fruit Roll Milk	29 Mozzarella Stick w/ sauce Green bean Fruit Milk	30 Chili Corn bread Mix veg Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: