



# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
27	28	29	30	<b>1</b> Bacon Cheese Burger Tator tots Fries Veg Fruit Bun Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>4</b> Chicken parm Sandwich Harvest Chip Apple Bun Milk	<b>5</b> Chili Corn Fritoz Fruit Cornbread Milk	<b>6</b> Chili cheese Dog Bake Beans Fruit Cookie w.g Bun Milk	<b>7</b> Pizza stick SHS/HMS Pizza Stick (2) Green Beans Fruit Milk	<b>8</b> Nachos w Cheese Corn/black beans Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>11</b> Chicken Quesda Rice/ Salsa Corn/Black beans Fruit Milk	<b>12</b> Cheese Burger Lays Chips Pickles Veg Fruit Bun Milk	<b>13</b> Elementary Mac&cheese Veg SHS/HMS Gyro Fries Fruit Milk	<b>14</b> Pizza Stick Pizza Green Beans Fruit Milk	<b>15</b> BBQ Pulled Pork Brocc w/ dip Fruit Bun Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>18</b> Chicken Nuggets Chicken Strip Corn on Cob Fruit Roll Milk	<b>19</b> Loaded Bake Potato Broccoli Fruit Roll Milk	<b>20</b> Sausage Sandwich Brocc/Cauliflower Fruit Bun Milk	<b>21</b> Pizza Stick SHS/HMS Pizza Stick (2) Green Beans Caesar Salad Fruit Milk	<b>22</b> P&J uncrustable Chip Carrots w/ dip Cookie Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>25</b> Grilled Chicken Kielbasa / kraut Butter noodles w/ parsley Mix veg Fruit Bun/Milk	<b>26</b> Tomato soup Grilled Cheese Broccoli Fruit Milk	<b>27</b> Chicken Boom Boom Sandwich Harvest Chip Carrots w/ dip Fruit Bun Milk	<b>28</b> Pizza Stick SHS/HMS -pizza Stick (2) Green Beans Fruit Milk	<b>29</b> Beef and Cheese nachos Corn/ Black beans Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: