



November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
		1 <i>Turkey Sandwich Chip w.g Cookie w.g Veg/dip Bun Milk</i>	2 <i>Pizza Stick w/sauce cup Pizza Green beans Fruit Milk</i>	3 <i>Burger Chips w.g Pickle spear Fruit Cookie w.g Bun Milk</i>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
6 <i>Breaded Mozzarella Stick/ sauce cup Broccoli Fresh Fruit cup Cookie w.g Milk</i>	7 <i>Pulled Pork Canned Yams Green beans Corn bread Fruit Milk</i>	8 <i>Chicken Noodle Soup Salad Roll Fruit Milk</i>	9 <i>Pizza Ceasar Salad Fruit Milk</i>	10 <i>Chicken Patty Corn Fruit Bun Milk</i>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
13 <i>Popcorn chicken Corn Fruit Roll Milk</i>	14 <i>Honey beef rib Pickle spear Mix veg Fruit Milk</i>	15 <i>Turkey gravy Mash potato Peas/carrots Strawberry cup Roll Milk</i>	16 <i>Pizza Green beans Fruit Milk</i>	17 <i>Mac&cheese Broccoli Fruit Roll Milk</i>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
20 <i>Bacon Cheese Burger Carrots Fruit Bun Milk</i>	21 <i>Uncrustable/ Lunch meat sándwich Chip w.g Cookie w.g Veg/dip Milk</i>	22 <i>NO SCHOOL! THANKSGIVING BREAK</i>	23 <i>NO SCHOOL! THANKSGIVING BREAK</i>	24 <i>NO SCHOOL! THANKSGIVING BREAK</i>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
27 <i>Chicken strips Corn Fruit Roll Milk</i>	28 <i>Cheese Burger Tator Tots Fruit Bun Milk</i>	29 <i>Pasta/meat sauce Mix veg Fruit Roll Milk</i>	30 <i>Pizza Stick Pizza Green Beans Fruit Milk</i>	1	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: