



# NOVEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Nutrients
<b>4</b> Sloppy Joe French Fries Fruit Milk	<b>5</b> Chicken Alfredo Garlic Toast Side Salad Fruit Milk	<b>6</b> Baked Potato Toppings 3 oz. Roll,Oat Grain Fruit MILK - Variety	<b>7</b> Roasted Chicken Stuffing MIXED VEGETABLES Fruit MILK - Variety	Cal 517 T.Fat 18.83 G S.Fat 8.9 G Chol 53.0 Mg Sodm 943.34 Mg Carb 62.49 G Fiber 4.4 G Prin 28.63 G
<b>11</b> Soft Taco Lettuce & Tomatoes Fruit MILK - Variety	<b>12</b> Tomato Soup Bread Sticks Fruit MILK - Variety	<b>13</b> Chicken Gumbo Over Rice GREEN BEANS Fruit MILK - Variety	<b>14</b> <b>HOLIDAY DINNER</b>	Cal 501 T.Fat 17.01 G S.Fat 5.2 G Chol 35.1 Mg Sodm 933.62 Mg Carb 65.45 G Fiber 6.8 G Prin 25.05 G
<b>18</b> Corn Dog Ketchup BAKED BEANS Fruit MILK - Variety	<b>19</b> Tamale RICE,Cooked Brown GREEN BEANS Fruit MILK - Variety	<b>20</b> MACARONI AND CHEESE BROCCOLI Fruit MILK - Variety	<b>21</b> Peanut Butter & Jelly Sandwich String Cheese Chips Baby Carrots MILK - Variety	Cal 549 T.Fat 25.18 G S.Fat 8.8 G Chol 51.3 Mg Sodm 1014.93 Mg Carb 57.49 G Fiber 4.9 G Prin 24.00 G
<b>25</b>	<b>26</b> <b>Thanksgiving Break</b>	<b>27</b>	<b>28</b>	<i>This institution is an            equal opportunity            provider</i>