



Monday	Tuesday	Wednesday	Thursday	Nutrients
1 No School	2 Hot Dog/Bun TASTY TOTS FRUIT Milk Variety	3 Tamale Rice Green Beans Fruit Milk Variety	4 Burrito Salsa Green Beans Peaches Milk Variety	Cal 573 T.Fat 15.91 G S.Fat 5.3 G Chol 43.4 Mg Sodm 1149.44 Mg Carb 83.01 G Fiber 10.5 G Prtn 27.30 G Iron 40.21 Mg
8 Chicken Pasta Bake Garlic Toast Broccoli Fruit Milk Variety	9 Corn Dog Catsup Baked Beans FRUIT Milk Variety	10 Orange Chicken Rice Bowl BROCCOLI FRUIT Milk Variety	11 Sloppy Joe on a Roll Oven Fries Pickles FRUIT Milk Variety	Cal 635 T.Fat 22.90 G S.Fat 10.2 G Chol 67.4 Mg Sodm 1379.50 Mg Carb 84.90 G Fiber 8.6 G Prtn 25.85 G Iron 4.15 Mg
15 Chicken Enchilada Tossed Salad FRUIT Milk Variety	16 Pizza BROCCOLI FRUIT Milk Variety	17 Chef Salad Oat Wheat Roll FRUIT Cookie Milk Variety GF	18 Pasta & Meat Sauce Garlic Toast FRUIT Milk Variety	Cal 422 T.Fat 13.45 G S.Fat 5.6 G Chol 68.2 Mg Sodm 698.03 Mg Carb 57.59 G Fiber 6.5 G Prtn 20.25 G Iron 74.99 Mg
22 Chicken Salad Sandwich Bun 4" Chips Baby Carrots Milk Variety	23 Tomato Soup Bread Sticks FRUIT Milk Variety	24 Lo Mein Eggroll Fortune Cookie FRUIT Milk Variety	25 Submarine Sandwich String Cheese Baby Carrots FRUIT Milk Variety	Cal 454 T.Fat 14.05 G S.Fat 6.2 G Chol 57.0 Mg Sodm 1023.89 Mg Carb 56.57 G Fiber 4.7 G Prtn 26.93 G Iron 2.92 Mg
29 Hamburger on a Bun Oven Fries Pickles FRUIT Milk Variety	30 Macaroni & Cheese BROCCOLI FRUIT Milk Variety	This institution is an equal opportunity provider		Cal 648 T.Fat 21.58 G S.Fat 6.8 G Chol 35.7 Mg Sodm 1496.03 Mg Carb 83.85 G Fiber 7.4 G Prtn 31.91 G Iron 4.89 Mg