



NOVEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Nutrients
<i>This institution is an equal opportunity provider</i>		1 Chicken Patty/Bun CORN FRUIT Milk Variety	2 Calzone MIXED VEGETABLES FRUIT Milk Variety	Cal 454 T.Fat 21.11 G S.Fat 6.0 G Chol 43.0 Mg Sodm 511.81 Mg Carb 49.27 G Fiber 5.8 G Prin 17.84 G Iron 4.90 Mg
6 Frito Pie CORN FRUIT Milk Variety	7 Chicken Enchilada Mixed Vegetables FRUIT Milk Variety	8 Pizza Tossed Salad FRUIT Milk Variety	9 HOLIDAY DINNER	Cal 342 T.Fat 11.07 G S.Fat 3.6 G Chol 34.5 Mg Sodm 631.86 Mg Carb 45.41 G Fiber 4.7 G Prin 18.31 G Iron 2.78 Mg
13 Orange Chicken Rice Bowl BROCCOLI FRUIT Milk Variety	14 Baked Potato Toppings 3 oz. Oat Wheat Roll FRUIT Milk Variety	15 Macaroni & Cheese Green Beans FRUIT Milk Variety	16 P.B. & Jelly Sandwich String Cheese Chips Baby Carrots Milk Variety	Cal 476 T.Fat 19.53 G S.Fat 7.6 G Chol 37.3 Mg Sodm 751.56 Mg Carb 53.05 G Fiber 5.8 G Prin 23.50 G Iron 2.92 Mg
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	
27 Corn Dog Catsup Baked Beans FRUIT Milk Variety	28 Chili Cornbread BROCCOLI FRUIT Milk Variety	29 Hamburger on a Bun Fries FRUIT Milk Variety	30 Tamale Rice Green Beans FRUIT Milk Variety	Cal 569 T.Fat 18.54 G S.Fat 7.2 G Chol 64.1 Mg Sodm 1031.13 Mg Carb 73.18 G Fiber 9.7 G Prin 30.01 G Iron 5.03 Mg