

Monday Tuesday Wednesday Thursday Nutrients

4 Chicken Patty/Bun CORN FRUIT Milk Variety	5 Chicken Enchilada Tossed Salad FRUIT Milk Variety	6 Pulled Pork Sandwich Oven Fries Pickles FRUIT Milk Variety	7 CHICKEN ALFREDO Garlic Toast Tossed Salad Apple Milk Variety	Cal 523 T.Fat 23.17 G S.Fat 10.3 G Chol 66.5 Mg Sodm 1118.22 Mg Carb 59.86 G Fiber 4.9 G Prin 20.33 G Iron 3.51 Mg Calc 417.25 Mg Vit A 13.04 RE Vit C 8.68 Mg
11 Pizza BROCCOLI FRUIT Milk Variety	12 Burrito Salsa Green Beans Fruit Milk Variety	13 Roasted Chicken Stuffing MIXED VEGETABLES FRUIT Milk Variety	14 Tomato Soup Bread Sticks FRUIT Milk Variety	Cal 422 T.Fat 9.23 G S.Fat 4.4 G Chol 30.0 Mg Sodm 1066.90 Mg Carb 65.37 G Fiber 10.2 G Prin 21.62 G Iron 3.99 Mg Calc 364.83 Mg Vit A 11.51 RE Vit C 35.64 Mg
18 Chili Cornbread BROCCOLI FRUIT Milk Variety	19 Corn Dog Catsup Baked Beans FRUIT Milk Variety	20 Pasta & Meat Sauce Garlic Toast FRUIT Milk Variety	21 P.B. & Jelly Sandwich String Cheese Chips Baby Carrots Milk Variety	Cal 576 T.Fat 19.62 G S.Fat 7.1 G Chol 62.5 Mg Sodm 1050.85 Mg Carb 71.35 G Fiber 8.1 G Prin 31.33 G Iron 4.63 Mg Calc 406.49 Mg Vit A 13.28 RE Vit C 41.89 Mg
25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	

*This institution is an
equal opportunity
provider*

December

LUNCH

