



November 2017 K-8 Lunch Menu

<p><i>ca = calories grams</i> <i>cb = carbohydrates grams</i> <i>so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i> <i>All bread items whole grain</i></p>	<p><i>m = meat/protein</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume</i> <i>o = other</i> <i>s = starchy</i> <i>g = green</i></p>	<p>1 Beef Meatball Sub & WG Bun (1.6m, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 600 cb=76 so=1004</i></p>	<p>2 WG Chicken Nuggets (2m, 1wg) Ketchup Green Beans (3/4o) WG Cheez-Its (1wg) Fresh Cut Pineapple(1/2c) Milk (1c) <i>ca=600 cb=73 so=1088</i></p>	<p>3 Tony's WG Cheese Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 620 cb=97 so=970</i></p>
<p>6 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Green Beans (3/4o) Whole Apple (1/2c) Milk (1c) <i>ca= 625 cb=76 so=947</i></p>	<p>7 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 608 cb=103 so=771</i></p>	<p>8 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) Ranch Carrot Sticks (1/2r) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 640 cb=95 so=1117</i></p>	<p>9 WG Chicken Corndog (2m,2wg) Corn (3/4s) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 610 cb=84 so=1030</i></p>	<p>10 Tony's WG Beef Pepperoni Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=98 so=1083</i></p>
<p>13 WG Chicken Tenders (2m, 1wg) Black Bean & Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Apple (1/2c) Milk (1c) <i>ca=638 cb=103 so=781</i></p>	<p>14 BBQ Beef Rib & WG Bun (2m, 1.5wg) BBQ Sauce Hash Brown (1/4s) Carrot Sticks (1/2r) Whole Banana (1/2c) Milk (1c) <i>ca= 600 cb=93 so=1000</i></p>	<p>15 WG Chicken Nuggets (2m, 1wg) Ketchup Bear Grahams (1wg) Green Beans (3/4o) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 610 cb=80 so=971</i></p>	<p>16 Beef Meatballs & Spaghetti (1.6m, 1/4r marinara) WG Pasta (1/8wg) Carrot Sticks (1/2r) Craisins (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 620 cb=80 so=841</i></p>	<p>17 Tony's WG Cheese Pizza (2m, 2wg, 1/8r) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 620 cb=97 so=970</i></p>
<p>20 Salisbury Steak & Gravy (2m) Mashed Potatoes (3/4s) WG Dinner Roll (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 610 cb=76 so=1222</i></p>	<p>21 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Baked Beans (3/4l) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 635 cb=101 so=1168</i></p>	<p>22 Beef Meatball Sub & WG Bun (1.6m, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 600 cb=76 so=1004</i></p>	<p>23 Thanksgiving Break</p>	<p>24 Thanksgiving Break</p>
<p>27 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Green Beans (3/4o) Whole Apple (1/2c) Milk (1c) <i>ca= 625 cb=76 so=947</i></p>	<p>28 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 608 cb=103 so=771</i></p>	<p>29 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) Ranch Carrot Sticks (1/2r) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 640 cb=95 so=1117</i></p>	<p>30 WG Chicken Corndog (2m,2wg) Corn (3/4s) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 610 cb=84 so=1030</i></p>	

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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