

October Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
 	1 Chicken Sticks Grilled Cheese Corn Carrot, whole steamed Fresh Cut Veggies Mixed Fruit Juice Cup or Box, 4 oz Milk Assorted BBQ Sauce Tea Roll WG	2 Turkey Bacon Ranch Sub Salisbury w/potato & roll Potato Smiles Garden Salad Fresh Cut Veggies Pineapple Tidbits Cantaloupe Milk Assorted Ketchup	3 Burger on Bun Cheese Slices Fruit & Yogurt Salad Box Baked Beans Pasta and Grilled Veggies Fresh Cut Veggies Apple, fresh sliced or whole Pears Milk Assorted Ketchup/Mustard	4 Shrimp Bites Uncrustable and Yogurt Broccoli & Cheese Green Bean Fresh Cut Veggies Peaches Juice Cup or Box, 4 oz Milk Assorted Ketchup Shrimp Sauce	Calories 620 Sodium 1001 mg Total Fat 17.17 g 24.9% Saturated Fat 4.37 g 6.3%
7 Popcorn Chicken Ham Sliders Baked Beans Peas Fresh Cut Veggies Strawberry Applesauce Pineapple Tidbits Milk Assorted Ketchup/BBQ Tea Roll WG	8 Sloppy Joe on WG bun Eggo French Toast/Sausage Corn Carrot, diced Fresh Cut Veggies Orange Smiles (4) Pears Chips, assorted Milk Assorted	9 Pasta/Meat Sc and Breadstick Chicken Wrap K-8 Green Bean Garden Salad Apple, fresh sliced or whole Peaches Milk Assorted Jonny Pops	10 BBQ Rib on WG Walking Taco Peas & Carrots Winter Mix Veg Fresh Cut Veggies Banana Juice Cup or Box, 4 oz Milk Assorted Salsa, prepared Tea Roll WG	11 Uncrustable/String Cheese Carrot, baby Broccoli, fresh Applesauce, Straw. Cup Cuties Oranges Milk Assorted Cookie, sugar	Calories 655 Sodium 1027 mg Total Fat 19.49 g 26.8% Saturated Fat 5.03 g 6.9%
14 Pulled Pork Sandwich Broccoli & Cheese Garden Salad Fresh Cut Veggies Applesauce Cup Juice Cup or Box, 4 oz Milk Assorted Tea Roll WG	15 Pizza Stick and String Cheese Grilled Chicken on WG Bun Baked Beans Carrot, diced Peaches Orange Smiles (4) Milk Assorted Jello with Fruit	16 Italian Dunkers - Ele Chef Salad Green Bean Celery & Peanut Butter Fresh Cut Veggies Pineapple Tidbits Mandarin Oranges Milk Assorted	17 Pizza Cheese Crunchers Chicken Fajita Peas & Carrots Broccoli, fresh Fresh Cut Veggies Pears Raisels Milk Assorted Dressing, Ranch Cup	18 Corndog on a Stick Uncrustable and Yogurt Corn Diced Potato, Buttered Fresh Cut Veggies Banana Apple, slices. IW Milk Assorted Grandma's Mini Cookies	Calories 623 Sodium 1077 mg Total Fat 16.54 g 23.9% Saturated Fat 5.36 g 7.7%
21 Pizza, personal, pepperoni Orange Chicken on Rice Broccoli, steamed Celery & Peanut Butter Fresh Cut Veggies Apple, fresh sliced or whole Juice Cup or Box, 4 oz Fruit Snack, Scooby Doo Milk Assorted Tea Roll WG	22 Hot Dog on WG White Bun Chef Salad Baked Beans Mixed Veggies Fresh Cut Veggies Pears Pineapple Tidbits Chips, assorted Milk Assorted	23 Chicken Fried Steak on WG Bun Meatball Sub w/marinara Diced Potato, Buttered Green Bean Fresh Cut Veggies Peaches Grapes Milk Assorted Tea Roll WG Ketchup	24 Hot Ham & Cheese on WGW bun Fish and Fries Potato AuGratin Pasta and Grilled Veggies Fresh Cut Veggies Cinnamon Apples, warm Juice Cup or Box, 4 oz Milk Assorted Sherbet Cup(fruit juice base)	25 Cheesesticks, Breaded Uncrustable/String Cheese Carrot, diced Garden Salad Fresh Cut Veggies Mixed Fruit Orange Smiles (4) Milk Assorted Gripz Cookie Bits Marinara Cup	Calories 627 Sodium 1032 mg Total Fat 16.90 g 24.2% Saturated Fat 5.02 g 7.2%
28 French Bread Pizza Grilled Cheese Carrot, whole steamed Garden Salad Fresh Cut Veggies Banana Juice Cup or Box, 4 oz Milk Assorted	29 Pork Loin on WG Bun Ham & Cheese Wrap Baked Beans Sweet Potato Fries Fresh Cut Veggies Grapes Peaches Milk Assorted Ketchup/BBQ	30 Burrito and Cheese sauce Cheese Breadsticks/Sauce Broccoli & Cheese Refried Beans Fresh Cut Veggies Apple, fresh sliced or whole Mandarin Oranges Milk Assorted Dick and Jane Cookies	31 Halloween Chicken Hot Beef Sandwich Green Bean Carrot, baby Fresh Cut Veggies Craisins Side Kicks Frozen Fruit Slush Milk Assorted Cookie, Carnival Dressing, Ranch Cup	 	Calories 640 Sodium 1013 mg Total Fat 19.94 g 28.1% Saturated Fat 6.03 g 8.5%

All meals include milk. Substitutions may occur due to availability of products.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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