



IN SCHOOL October 2020 9-12 Lunch Menu

<p><i>Fresh fruit served every day and may vary based on the season and ripeness</i></p> <p><i>Offer vs Serve</i></p> <p><i>Additional juice (1/2c), carrots (1/2r), roll (1wg) offered every day</i></p>	<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 Sloppy Joe (2m, 1/4r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Fresh Melon (1/2c) Milk (1c) ca= 644 cb=84 so=1205</p>	<p>2 Tony's Pizza (2m, 2wg, 1/8r) Beef Peperoni Broccoli (3/4g) Ranch Fresh Melon (1/2c) Milk (1c) ca= 603 cb=89 so=1199</p>
<p>5 Meatballs, Mashed Potatoes & Gravy (2m, 6 meatballs, 1/4r, 3/4s) WG Dinner Roll (1wg) Fresh Pineapple (1/2c) Milk (1c) ca= 621 cb=75 so1204</p>	<p>6 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Melon (1/2c) Milk (1c) ca= 625 cb=98 so=1171</p>	<p>7 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) ca= 625 cb=111 so1106</p>	<p>8 Meatball Sub & WG Bun (1.8m, 5 mballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Melon (1/2c) Milk (1c) ca= 600 cb=75 so=1211</p>	<p>9 Chicken BBQ Sandwich (2m, 1.75wg) WG Corn Chips (1wg) Celery (3/4o) BBQ Sauce Fresh Pineapple (1/2c) Milk (1c) ca=602 cb=100 so=1157</p>
<p>12 WG Chicken Corndog (2m, 2wg) Corn (3/4s) Ketchup WG Bear Grahams (1wg) Fresh Cut Pineapple (1/2c) Milk (1c) ca= 640 cb=116 so=805</p>	<p>13 Mexican Chicken & Rice (2.25m, 1/4wg) Salsa (1/4r) Carrot Sticks (1/2r) WG Nacho Chips (1wg) Whole Apple (1/2c) Milk (1c) ca= 600 cb=97 so=790</p>	<p>14 Bosco Sticks -2 (1m, 2wg) Marinara (1/8r) Ranch Broccoli (3/4g) Fresh Melon (1/2c) Milk (1c) ca=600 cb=103 so=795</p>	<p>15 Meatballs & Spaghetti (2m, 6 meatballs, 1/4r) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Pineapple (1/2c) WG Roll (1wg) Milk (1c) ca= 635 cb=66 so=1035</p>	<p>16 WG Chicken Nuggets (2m, 1wg) WG Dinner Roll (1wg) Ketchup Baked Beans (3/4l) Fresh Melon (1/2c) Milk (1c) ca= 630 cb=84 so=1230</p>
<p>19 Beef Hot Dog & WG Bun (2m, 1.5wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c) ca= 630 cb=94 so=1127</p>	<p>20 Walking Taco Beef (1m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Pineapple (1/2c) Milk (1c) ca= 645 cb=118 so=676</p>	<p>21 WG Chicken Nuggets (2m, 1wg) Ketchup Green Beans (3/4o) WG Bear Grahams (1wg) Fresh Melon (1/2c) Milk (1c) ca= 645 cb=88 so=824</p>	<p>22 Sloppy Joe (2m, 1/4r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Fresh Melon (1/2c) Milk (1c) ca= 644 cb=84 so=1205</p>	<p>23 Tony's Pizza (2m, 2wg, 1/8r) Beef Peperoni Broccoli (3/4g) Ranch Fresh Melon (1/2c) Milk (1c) ca= 603 cb=89 so=1199</p>
<p>26 Meatballs, Mashed Potatoes & Gravy (2m, 6 meatballs, 1/4r, 3/4s) WG Dinner Roll (1wg) Fresh Pineapple (1/2c) Milk (1c) ca= 621 cb=75 so1204</p>	<p>27 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Melon (1/2c) Milk (1c) ca= 625 cb=98 so=1171</p>	<p>28 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) ca= 625 cb=111 so1106</p>	<p>29 Meatball Sub & WG Bun (1.8m, 5 mballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Melon (1/2c) Milk (1c) ca= 600 cb=75 so=1211</p>	<p>30 Chicken BBQ Sandwich (2m, 1.75wg) WG Corn Chips (1wg) Celery (3/4o) BBQ Sauce Fresh Pineapple (1/2c) Milk (1c) ca=602 cb=100 so=1157</p>

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

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