

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 RAVIOLI/BREADSTICK SALAD W/ DRESSING CORN JUICE PEACHES MILK, VARIETY
Nov - 4 CHEESEBURGER / BUN CHIPS BAKED BEANS CELERY FRUIT COCKTAIL MILK, VARIETY	Nov - 5 GENERAL TSO CHICKEN/RICE CALIFORNIA MEDLEY FORTUNE COOKIE MANDARIN ORANGES MILK, VARIETY	Nov - 6 NACHOS SUPREME REFRIED BEANS CORN JUICE PEACHES MILK, VARIETY	Nov - 7 BURRITO BLACK BEANS & SALSA CUCUMBER SLICES PEARS JUICE MILK, VARIETY	Nov - 8 BBQ Mac&Cheese BAKED BEANS CARROTS / DIP PINEAPPLE MILK, VARIETY
Nov - 11 CHICKEN BREAST ROLL MASHED POTATOES GREEN BEANS APPLESAUCE MILK, VARIETY	Nov - 12 HAM / CHEESE SANDWICH CHIPS BROC & CAULIFLOWER FRUIT COCKTAIL SALAD W/ DRESSING MILK, VARIETY	Nov - 13 CHICKEN QUESADILLA BLACK BEANS & SALSA Mixed Vegetables MANDARIN ORANGES MILK, VARIETY COOKIE	Nov - 14 BISCUITS & GRAVY EGG OMELET POTATO WEDGES CELERY PEACHES COOKIE MILK, VARIETY	Nov - 15 FISH / BUN CARROTS / DIP BAKED BEANS PINEAPPLE JUICE MILK, VARIETY
Nov - 18 CHICKEN & NOODLES ROLL MASHED POTATOES GREEN BEANS MANDARIN ORANGES PUMPKIN PIE MILK, VARIETY	Nov - 19 RIB / BUN FRENCH FRIES TOMATO & CUCUMBER PEARS JUICE MILK, VARIETY	Nov - 20 TACO IN A BAG REFRIED BEANS CORN PINEAPPLE JUICE MILK, VARIETY	Nov - 21 HAMBURGER / BUN CELERY FRENCH FRIES PEACHES MILK, VARIETY	Nov - 22 CHICKEN PATTY/ BUN GREEN BEANS PEAS STRAWBERRIES MILK, VARIETY
Nov - 25 CHEESEBURGER / BUN CELERY FRENCH FRIES PEACHES JUICE MILK, VARIETY	Nov - 26 HOT DOG /BUN CHIPS BLACK BEANS & SALSA CARROTS / DIP PEARS MILK, VARIETY	Nov - 27 NO SCHOOL TODAY	Nov - 28 NO SCHOOL TODAY	Nov - 29 NO SCHOOL TODAY

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	490*	600-700	82%	Sugars	25.89* g	21.14%	
Cholesterol	49* mg			Protein	24.19* g	19.75%	
Sodium	955* mg	1360		Carbohyd	59.38* g	48.47%	
Fiber	5.36* g			Tot. Fat	17.66* g	32.44%	<=30.0%
Iron	2.37* mg			Sat. Fat	5.21* g	9.57%	<10.00%
Calcium	409.71* mg						
Vitamin A	1149* IU						
Vitamin C	7.55* mg						

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.