

**Nutritional Information: November 2021 Lunch**

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	
11/1/2021	GALAXY CHEESE PIZZA ^	280	12	6	0	30	440	29	3	9	15	90	0	250	2	11/16/2021	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1		Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0		Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
<b>11/2/2021 Election Day - School Closed for Students</b>																11/17/2021	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0
11/3/2021	GRILLED CHEESE PANINI ^	340	20	10	0	50	760	32	3	4	16	0	0	384	2		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0		HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0		Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	
11/4/2021	CHEESEBURGER	180	12	6	0	48	320	3	0	0	16	0	0	100	2	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	CHEESY TACO MEAT	170	10	5	0	40	366	6	0	1	13	4	0	124	2	
11/18/2021	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	Sliced Apples	30	0	0	0	0	7	1	6	0	0	0	21	20	0	
11/5/2021	TURKEY & CHEESE ON A BUN^	275	7	2	0	50	710	28	2	5	24	0	0	134	2	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2	
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	
11/19/2021	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	
	MARINARA SAUCE CUP	40	1	0	0	0	200	7	1	4	1	90	6	20	1	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
11/22/2021	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	
	PENNE PASTA W/MEAT SAUCE ^	320	9	4	0	36	454	40	4	11	19	9	0	93	4	MARINARA SAUCE CUP	40	1	0	0	0	200	7	1	4	1	90	6	20	1	
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	
11/9/2021	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	BBQ CHICKEN TATER TOT-CHOS	346	13	4	0	46	702	36	3	12	21	1	2	120	1	
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	
11/10/2021	Corn	110	1	0	0	0	26	2	4	4	0	0	5	0	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0		
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	HOMESTYLE SALISBURY STEAK W/GRAVY	212	14	6	0	45	402	7	2	1	16	9	2	37	2	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2	
<b>11/11/2021 Veterans' Day - School Closed</b>																11/24/2021	Mashed Potatoes	123	5	1	0	1	304	17	1	1	3	0	58	45	0
11/12/2021	GENERAL TSO'S CHICKEN & NOODLES ^	384	15	3	0	22	856	43	5	15	18	115	0	13	3		SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1		Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	<b>11/25 - 26/2021 Thanksgiving Recess - School Closed</b>															
11/15/2021	MAC & CHEESE ^	332	10	6	0	32	797	42	2	11	19	449	1	478	1	11/29/2021	GALAXY CHEESE PIZZA ^	280	12	6	0	30	440	29	3	9	15	90	0	250	2
	Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1		Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1
	Diced Peaches	56	0	0	0	0	9	15	2	9	2	0	1	1	0		Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
11/30/2021	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	11/30/2021	Hamburger Bun ^	130	1	0	0	0	250	27	3	2	4	0	0	58	2
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1		Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0		Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0																	