

Nutritional Information: LUNCH														Nutritional Information: LUNCH															
October 2019														October 2019															
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)
9/30 & 10/1/2019 Rosh Hashanah - School Closed														9/30 & 10/1/2019 Rosh Hashanah - School Closed															
CHICKEN STRIPS W/SWEET POTATO FR														CHEESE PIZZA^															
Green Beans														10/2/2019 Romaine Salad															
Orange Juice														Light Ranch Dressing															
BBQ Sauce														Orange Juice															
Ketchup														Choice of Milk															
Choice of Milk														CHICKEN NUGGETS^															
CHEESY TACO MEAT														10/2/2019 Corn Muffin^															
Tortilla Chips^														Country Blend Vegetables															
Corn														Diced Peaches															
Sliced Apples														Honey Mustard Cup															
Salsa														Choice of Milk															
Choice of Milk														10/2/2019 BBQ CHICKEN															
PEPPERONI PIZZA^														Hamburger Bun^															
Romaine Salad														10/2/2019 Maple Baked Beans															
Light Ranch Dressing														Diced Pears															
Fresh Banana														Choice of Milk															
BBQ Sauce														HOT DOG W/ POTATO ROUNDS															
Choice of Milk														Hot Dog Bun^															
PANCAKES & SAUSAGE^														10/2/2019 Romaine Salad															
Tropical Veggie Juice														Light Ranch Dressing															
Applesauce Cup														Fresh Banana															
Syrup														Mustard															
Choice of Milk														Ketchup															
HOMESTYLE SALISBURY STEAK W/GRA														Choice of Milk															
Hamburger Bun^														10/2/2019 CHEESEBURGER															
French Fries														Hamburger Bun^															
Mixed Fruit Cup														10/2/2019 French Fries															
Ketchup														Sliced Apples															
Choice of Milk														Mustard															
10/9/2019 Yom Kippur - School Closed														10/2/2019 Ketchup															
MINI CORN DOGS^														Choice of Milk															
Maple Baked Beans														10/2/2019 CHEESE PIZZA															
Fresh Baby Carrots														Mixed Vegetables															
Light Ranch Dressing														Orange Juice															
Fresh Pear														Choice of Milk															
Mustard														10/2/2019 POPCORN CHICKEN^															
Ketchup														Corn															
Choice of Milk														10/2/2019 Mixed Fruit Cup															
10/11/2019 PTA PIZZA LUNCH														10/2/2019 BBQ Sauce															
10/14/2019 Columbus Day - School Closed														Choice of Milk															
CHICKEN DUNKERS W/PARMESAN MA														10/2/2019 RANCH TURKEY BURGER															
Breadstick^														Hamburger Bun^															
Green Beans														10/2/2019 Golden Potato Rounds															
Applesauce Cup														Orange Juice															
Choice of Milk														Chipotle Ranch															
CHICKEN TACO														Ketchup															
Tortilla Chips^														Choice of Milk															
Fiesta Beans														10/2/2019 MACARONI & CHEESE															
Fresh Banana														Broccoli Florets															
Choice of Milk														Fresh Baby Carrots															
PENNE PASTA W/MEAT SAUCE^														Light Ranch Dressing															
Mixed Vegetables														Fresh Banana															
Diced Peaches														Choice of Milk															
Choice of Milk														10/2/2019 SLOPPY JOE															
														Hamburger Bun^															
														Maple Baked Beans															
														Applesauce Cup															
														Choice of Milk															