

NOVEMBER 2009 ELEMENTARY LUNCH MENU

NUTRITION STANDARDS	WEEKLY NUTRITION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
DAILY GOAL CAL 645 PRO 9 g IRON 3.3 mg Ca++ 267 mg VIT A 1055 IU VIT C 15 mg FAT <30%	AVERAGE DAILY ANALYSIS CAL 750 PRO 28 g IRON 3.77 mg Ca++ 565 mg VIT A 4761 IU VIT C 39 mg FAT 24%	2	3	4	5	6	
		Entrée: Orange Chicken 20 gm- with Wheat Dinner Roll 20 gm- Chicken-Flavored Brown Rice 22 gm- Steamed Carrots 6 gm- Variety Fruit 18 gm- Fortune Cookie 2 gm- Milk	Entrée: Cheese Whole-Grain Stuffed-Crust Pizza 46 gm- Corn 18 gm- Variety Fruit 18 gm- Scooby-Doo Graham Crackers 20 gm- Milk	Entrée: Football Chicken Nuggets 10 gm- with Buttermilk Biscuit 12 gm Mashed Sweet Potatoes 10 gm- Broccoli Normandy 5 gm- Variety Fruit 18 gm- Milk	Entrée: Foot-Long Hot Dog on Bun 37 gm- Vegetarian Baked Beans 27 gm- Sun Chips 22 gm- Variety Fruit 18 gm- Milk	Entrée: Whole Grain French Toast Sticks 56 gm- with Syrup 31 gm- Potato Rounds 21 gm- Fruit Yogurt 22 gm- Fresh Orange 15 gm- Milk	
		9	10	11	12	13	
		Entrée: Chicken Giggles 20 gm- with Wheat Dinner Roll 20 gm- Whipped Potatoes 17 gm- Malibu Mixed Vegetables 3 gm- Variety Fruit 18 gm- Milk	Entrée: Mini Corn Dogs 21 gm- with Warm Wheat Roll 23 gm- Macaroni & Cheese 15 gm- Relish Sticks 5 gm- Variety Fruit 18 gm- Milk	Entrée: Walking Tacos: Taco Meat & Cheese 6 gm- Reduced-Fat Cheese Doritos 19 gm- Shredded Romaine & Tomato 3 gm- Vegetarian Refried Beans 10 gm- Variety Fruit 18 gm- Milk	Entrée: Hamburger on Wheat Bun 30 gm- Sun Chips 22 gm- Fresh Broccoli 3 gm- Variety Fruit 18 gm- Milk	Entrée: Pasta with Spaghetti Sauce** 57 gm- with Cheese Bread 26 gm- Mixed Vegetables 12 gm- Variety Fruit 18 gm- Teddy Graham Crackers 16 gm- Milk	
		16	17	18	19	20	
DAILY GOAL CAL 645 PRO 9 g IRON 3.3 mg Ca++ 267 mg VIT A 1055 IU VIT C 15 mg FAT <30%	AVERAGE DAILY ANALYSIS CAL 703 PRO 27 g IRON 3.43 mg Ca++ 564 mg VIT A 2704 IU VIT C 31 mg FAT 26%	Entrée: Pepperoni Whole-Grain Stuffed-Crust Pizza* 45 gm- Broccoli Normandy 5 gm- Variety Fruit 18 gm- Orange Creamsicle 13 gm- Milk	Entrée: Popcorn Chicken 15 gm- with Warm Yeasty Roll 19 gm- Chicken-Flavored Brown Rice 22 gm- Dark Green Salad with Fat-Free Dressing 10 gm- Variety Fruit 18 gm- Milk	18 <i>Lucky Tray</i>	Entrée: Nachos 36 gm- & Cheese 4 gm- and/or Taco Meat 3 gm- Shredded Romaine Lettuce 2 gm- with Fat-Free Dressing 10 gm- Vegetarian Refried Beans 10 gm- Variety Fruit 18 gm- Milk	Entrée: Mini Pancakes 30 gm- with Syrup 31 gm- and Pork Sausage Links* 1 gm- Relish Sticks 5 gm- Warm Cinnamon Apple Slices 14 gm- Graham Cracker Bug Bites 23 gm- Milk	Entrée: Grilled Whole-Grain Cheese Sandwich 34 gm- Soup 8 gm- Mini Carrots 5 gm- and/or Variety Fruit 18 gm- Goldfish Cheese Crackers 13 gm- Milk
DAILY GOAL CAL 645 PRO 9 g IRON 3.3 mg Ca++ 267 mg VIT A 1055 IU VIT C 15 mg FAT <30%	AVERAGE DAILY ANALYSIS CAL 769 PRO 29 g IRON 4.93 mg Ca++ 536 mg VIT A 6339 IU VIT C 31 mg FAT 24%	23	24 <i>"Local Lunch" Day</i>	25	26	27	
DAILY GOAL CAL 645 PRO 9 g IRON 3.3 mg Ca++ 267 mg VIT A 1055 IU VIT C 15 mg FAT <30%	AVERAGE DAILY ANALYSIS CAL 752 PRO 28 g IRON 3.85 mg Ca++ 545 mg VIT A 5603 IU VIT C 40 mg FAT 24%	Entrée: Corn Dog on a Stick 32 gm- Baked French Fries 14 gm- Vegetarian Baked Beans 27 gm- Variety Fruit 18 gm- Milk	Entrée: Minnesota Turkey and Gravy 3 gm- with Wheat Dinner Roll 20 gm- Whipped Potatoes 17 gm- MN Fresh Butternut Squash 6 gm- Variety Fruit 18 gm- Milk	Entrée: Italian Dunkers 28 gm- with Dipping Sauce 11 gm- Steamed Carrots 6 gm- Variety Fruit 18 gm- Holiday Cookie# 19 gm- Milk	NO SCHOOL Holiday	NO SCHOOL Holiday	
DAILY GOAL CAL 645 PRO 9 g IRON 3.3 mg Ca++ 267 mg VIT A 1055 IU VIT C 15 mg FAT <30%	AVERAGE DAILY ANALYSIS CAL 752 PRO 28 g IRON 3.85 mg Ca++ 545 mg VIT A 5603 IU VIT C 40 mg FAT 24%	30	#May contain peanuts *Contains pork **Check with school for CHO content ~ gm Carbohydrates Menu subject to change		There are employment opportunities in ISD 196 for daily and substitute Food Service positions. To apply, log onto www.district196.org Click on "Employment". "Start an application..." etc. Or call 651-683-8558. <i>This institution is an equal opportunity provider</i>		

Alternatives: Assorted sandwiches available every day (37 gm CHO). On Tuesdays: deli meat and cheese combo with fruit, dinner roll or whole wheat crackers (44 gm CHO). On Wednesdays: chef salad with dinner roll (44 gm CHO). On Thursdays: fruit salad with fruit yogurt and dinner roll (56 gm CHO).
 White milk 12 gm; Chocolate skim milk 28 gm; Strawberry skim milk 31 gm.
There will be no Deli combo option on 11/24 and no Chef Salad option on 11/25.