



# REGULAR MENU

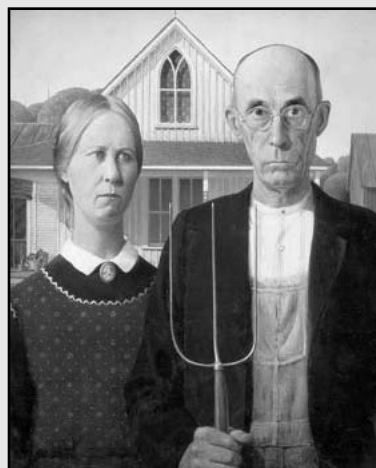


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Cinnamon French Toast and Scrambled Eggs ▼ Potato Triangle Apple Topping Fruit Choice 100% Fruit Juice Whole Wheat French Bread</p>	<p><b>3</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Rice Bowl Broccoli and Carrots Apple Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>4</b> <u>Breakfast Special</u> Cinnamon Toast Waffle with Apple Topping <b>EARLY RELEASE DAY</b></p> <p><u>Lunch</u> Chicken Patty Sandwich Peas Strawberry Cup Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>5</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Soft Shell Taco Refried Beans ▼ Corn, Brown Rice Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>6</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce ▼ 🍷 <b>Fresh Steamed Carrots</b> Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p><b>9</b> <u>Breakfast Special</u> Sausage Biscuit P</p> <p><u>Lunch</u> Chicken Suqaar or Chicken Nuggets Vegetable Rice Pita Bread Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>10</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Turkey Hot Dog Baked Beans Tater Tots Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>11</b> <u>Breakfast Special</u> Pumpkin Bread</p> <p><u>Lunch</u> Cheese ▼ or Hawaiian Pizza Green Beans Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>12</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Hamburger <b>Roasted</b> 🍷 <b>Harvest Vegetables</b> Peaches Onion and Pickles Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>13</b>  <b>NO SCHOOL</b></p>
<p><b>16</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Pasta with Marinara Sauce ▼ Garlic Bread Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>17</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Taco Salad Refried Beans ▼ Corn, Brown Rice Tortilla Chips Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>18</b> <u>Breakfast Special</u> Pancakes with Apple Topping</p> <p><u>Lunch</u> Chicken Patty Sandwich Broccoli Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>19</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken &amp; Gravy Mashed Potatoes Sage Dressing Green Beans 🍷 <b>Fresh Cranberry Sauce</b> Sweet Potato Pie Whole Wheat French Bread</p>	<p><b>20</b> <u>Breakfast Special</u> Apple Cinnamon Bread</p> <p><u>Lunch</u> Macaroni and Cheese ▼ Fish Sandwich 🍷 <b>Baked Squash</b> Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>

Menu subject to change due to availability of food.

## The New American Gothic

Grant Wood's American Gothic painting, depicting a hard-working farmer and his daughter, reminds us of rural Midwestern life. When the final school bell rings this summer, we'll have served over five million lunches featuring almost 200,000 pounds of Minnesota-grown produce. We're thankful to the hard-working farmers whose work, passion and dedication still nourish our children.



### BREAKFAST

**Available Each Day:**

Milk • Graham Crackers • Yogurt  
Fresh Fruit • Whole Grain Cereal  
100% Fruit Juice

### LUNCH


**Available Each Day:**


Alternate Entrees:  
Salad Choices • Sub Sandwich

Milk (Skim, 1%,  
chocolate skim, lactose-reduced)

**Fresh Veggies May Include:**

Baby Carrots • Celery • Cucumbers  
Grape Tomatoes • Jicama  
Peas • Red Onions • Zucchini

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>23</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Lunch</u> Chili and Cheesebread Corn Pears Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p><b>24</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken or Vegetarian Fajita Refried Beans v Brown Rice Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>25</b> <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> Hamburger Roasted Red Potatoes Mixed Fruit Onion &amp; Pickles Shredded Salad Greens Whole Wheat French Bread</p>	<p><b>26</b> NO SCHOOL</p>	<p><b>27</b> NO SCHOOL</p>
<p><b>30</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Chicken Nuggets Mashed Potatoes &amp; Gravy Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p style="text-align: center;"><b>Mix it up at Lunch Day!</b></p> <p>On November 10th, Saint Paul Schools will participate in National Mix it Up at Lunch Day. Mix it Up at Lunch is simple: take a new seat in the cafeteria. By moving to a place where students don't normally sit, they can begin to create a school environment that is less segregated by groups and cliques. Out for Equity is helping to facilitate Mix it Up at Lunch Day. For ideas about how your school can participate in this valuable day, visit <a href="http://www.mixitup.org">www.mixitup.org</a> or contact Out for Equity at 651-523-6322.</p> 			

**These Choice Bar vegetables will be locally sourced while the season lasts:**  
 Cabbage (Shredded Salad Greens)  
 Carrots • Cucumbers  
 Onions • Peppers • Zucchini

**MENU KEY**

- P Contains Pork
- ^ Contains nuts or peanut butter
- v Meatless item
- Locally grown

**Allergy Notice:** Products have been made at the District's Nutrition Center or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

**PAYMENT INFORMATION**

Visit our online payment provider, PayPams, where you can make a payment, check meal account balances and sign up for recurring payments. Go to <http://www.paypams.com> to register. Note: balances are delayed by 24 hours.

**Saint Paul Public School Menu Prices:**

	Lunch	Breakfast	Extra Milk
Elementary	\$1.75	\$0.65 (or no cost at some schools)	\$0.50
Secondary	\$2.00	\$0.70 (or no cost at some schools)	\$0.50
Reduced-price	\$0.40	No cost	\$0.50
Adult	\$3.50	\$2.00	\$0.50

**CONTACT US**

Web Site: [ns.spps.org](http://ns.spps.org) Office: 651-603-4950

**MISSION STATEMENT**

We create and serve foods that students get excited about!  
 Our "healthy hits" are served with respect by a caring staff effectively managing resources.

**Test will identify students for gifted services**

Saint Paul Public Schools (SPPS) will be using the Naglieri Non-verbal Ability Test, Second Edition (NNAT2) to identify students who are eligible for gifted services within the school district. This year, NNAT2 testing will be held the first week of December. Gifted services provide challenging and fast-paced learning programs for students who have the ability to do work at a level above what is expected at their grade in school. Students who have previously been identified as eligible for gifted services are not affected by this test and will continue to receive services.

SPPS will offer the NNAT2 to all kindergarten students and all students in second grade that previously weren't identified in kindergarten or first grade. Parents of students in grades 1, 3, 4 and 5 should talk to their child's teacher to discuss whether their child may be eligible to receive special permission to take the test at their child's current grade level based on high test scores and outstanding school work. November 2nd is the nomination deadline for nominating students to take the NNAT2 in December.

Students will take the NNAT2 for one hour on one day at their school between Dec. 1 - 8, 2009. Families will be notified of final results before the school choice deadline on Mar. 5, 2010.



**2009 Board of Education** Kazoua Kong-Thao, Chair • Elona Street-Stewart, Vice Chair • John Brodrick, Clerk  
 Tom Goldstein, Treasurer • Anne Carroll, Director • Keith Hardy, Director  
**Interim Superintendent** Suzanne P. Kelly

Saint Paul Public Schools is an equal opportunity provider.

Saint Paul Schools Nutrition Services  
November 2009 Elementary Nutritional Information

Nutrient contributions from individual components may not equal the total due to federal rounding regulations. The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from our suppliers, and NutriKids computer database.

Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
<b>Monday, November 02, 2009</b>														
*French Toast, Cinnamon Swirl	slice	156	99	276	0	1	43	142	85	7	23	5	1	0
*Eggs, scrambled	1/4 cp	91	194	154	0	1	39	289	0	6	1	7	2	0
*Potato Triangle	1 pc	100	0	300	1	0	0	0	6	1	13	5	2	0
*Apple Topping	1/2 cup	112	0	9	2	1	23	14	0	0	29	0	0	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*Orange wedges, fresh	6 wedges	62	0	0	3	0	52	295	70	1	15	0	0	0
*Orange Juice	4 fl. oz.	60	0	1	0	0	150	12	60	1	15	0	0	0
*Fruit Punch	4 fl. oz.	60	0	1	0	0	7	7	60	0	16	0	0	0
*Grape juice, white-fortified	4 fl. oz.	64	0	3	0	0	333	10	60	0	16	0	0	0
*Apple Juice	4 fl. oz.	60	0	8	0	0	8	4	1	0	15	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz.	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

Saint Paul Schools Nutrition Services  
November 2009 Elementary Nutritional Information

Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
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<b>Tuesday, November 03, 2009</b>														
*Chicken, Szech/Rice Bowl	3/8 cup	364	52	865	6	3	239	3117	8	22	39	14	3	0
*Broccoli; frozen, boiled	1/2 cp	26	0	10	3	1	30	1029	37	3	5	0	0	0
*Carrot coins, frozen, cooked	1/4 cup	14	0	22	1	0	13	6068	1	0	3	0	0	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

<b>Wednesday, November 04, 2009</b>														
*Chicken Patty Sandwich	1 sand.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Peas	1/2 cp	42	0	4	2	2	47	1049	18	3	7	0	0	0
*Strawberry cup	1 cont.	122	0	4	2	1	14	31	53	1	33	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

Saint Paul Schools Nutrition Services  
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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
<b>Thursday, November 05, 2009</b>														
*Taco Meat	1/4 cp	142	43	476	1	2	17	316	1	12	2	9	3	0
*Tortilla	tortilla	120	0	310	1	1	60	0	0	3	20	4	2	0
*Taco fixins: lett, tom, chees	serving	3	0	2	0	0	5	427	2	0	1	0	0	0
*Beans, refried	1/4 cup	68	0	185	3	1	20	0	0	3	11	1	0	0
*Beans, refried	1/2 cup	135	0	370	6	2	40	0	0	6	22	1	0	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Banana-petite	1	90	0	1	3	0	5	65	9	1	23	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz.	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0
<b>Friday, November 06, 2009</b>														
*Italian Dunker w/o sauce-Elem	svg (K-6)	370	58	697	3	2	359	562	17	17	33	19	12	0
*Marinara Sauce, 1/3 cup	1/3 cup	42	0	330	1	1	24	449	7	1	7	2	0	0
*Marinara Sauce-1/2 cup	1/2 cup	70	0	550	2	1	40	750	12	2	11	3	0	0
*Carrots, fresh steamed	1/2 cp	25	0	42	2	0	20	10255	4	1	6	0	0	0
Pineapple, fresh	1/2 cp	41	0	1	1	0	11	48	39	0	11	0	0	0
*Mango, fresh	1/2 cup	54	0	2	1	0	8	631	23	0	14	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz.	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

Saint Paul Schools Nutrition Services  
November 2009 Elementary Nutritional Information

Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
<b>Monday, November 09, 2009</b>														
*Chicken Suqaar	3/8 cup	30	10	31	0	0	4	646	3	3	1	1	0	0
*Chicken Nuggets, breast; brd	5 nuggets	240	40	550	1	1	40	0	0	14	13	15	3	0
*Honey BBQ Sauce	1 oz.	38	0	81	0	0	4	28	0	0	10	0	0	0
*Vegetable Rice	1/2 cup	132	0	379	1	2	28	3197	3	2	22	4	1	0
*Pita Bread, wh. Wheat-Holyland	1/2 brd	75	0	63	2	1	10	0	0	3	16	0	0	0
*Pita Bread, white	1/2 brd	85	0	100	1	1	30	0	0	3	17	1	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

<b>Tuesday, November 10, 2009</b>														
*Hot dog, turkey ON BUN	1 sand.	259	50	820	1	2	140	0	1	10	22	14	4	0
*Beans, Baked, vegetarian	1/3 cup	70	0	279	3	2	51	475	2	4	14	0	0	0
*Tater Tots	1/2 cp	160	0	330	2	1	0	0	9	2	19	8	2	0
*Orange wedges, fresh	6 wedges	62	0	0	3	0	52	295	70	1	15	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

Saint Paul Schools Nutrition Services  
November 2009 Elementary Nutritional Information

Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
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<b>Wednesday, November 11, 2009</b>														
*Pizza, Elem. Cheese	slice	330	32	757	4	3	415	544	5	18	39	12	7	0
*Pizza, Elem. Hawaiian	slice	344	37	825	4	3	417	556	6	19	41	12	7	0
*Green Beans; canned,cooked	1/2 cup	14	0	169	1	1	18	236	3	1	3	0	0	0
*Banana-petite	1	90	0	1	3	0	5	65	9	1	23	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

<b>Thursday, November 12, 2009</b>														
*Hamburger on bun*	sandwich	305	32	398	1	3	84	0	0	21	28	12	4	0
*Harvest Vegetables	1/2 cup	80	0	105	3	0	34	5153	13	1	12	4	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

<b>Friday, November 13, 2009</b>														
HOLIDAY														

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
<b>Monday, November 16, 2009</b>														
*Pasta (Pasta Plus)	1/2 cup	79	0	11	2	1	9	0	0	4	15	0	0	0
*Pasta (Pasta Plus)	3/4 cup	118	0	16	2	1	13	0	0	6	22	1	0	0
*Marinara Sauce-1/2 cup	1/2 cup	70	0	550	2	1	40	750	12	2	11	3	0	0
*Garlic Bread	2 oz. pc	216	15	418	3	2	24	178	17	7	32	7	4	0
*Mixed fruit	1/2 cup	80	0	5	1	0	0	200	1	1	18	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

<b>Tuesday, November 17, 2009</b>														
*Taco Meat	1/4 cup	142	43	476	1	2	17	316	1	12	2	9	3	0
*Tortilla chips	1 oz	132	0	162	2	1	51	0	0	2	20	5	1	0
*Taco Salad -lett, cheese, tom	1 svg.	38	8	85	0	0	88	338	2	3	1	2	2	0
*Beans, refried	1/2 cup	135	0	370	6	2	40	0	0	6	22	1	0	0
*Beans, refried	1/4 cup	68	0	185	3	1	20	0	0	3	11	1	0	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
<b>Wednesday, November 18, 2009</b>														
*Chicken Patty Sandwich	1 sand.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Broccoli; frozen, boiled	1/2 cp	26	0	10	3	1	30	1029	37	3	5	0	0	0
*Banana-petite	1	90	0	1	3	0	5	65	9	1	23	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

<b>Thursday, November 19, 2009</b>														
*Chicken and gravy	3/8 cup	150	57	309	0	1	144	239	1	12	2	10	5	0
*Mashed Potatoes	1/2 cup	114	0	37	1	0	31	0	38	3	24	0	0	0
*Sage Dressing	1/4 cp	143	17	519	1	1	30	212	0	3	17	7	4	0
*Green Beans; canned,cooked	1/2 cup	14	0	169	1	1	18	236	3	1	3	0	0	0
*Cranberry Sauce	1 oz	64	0	0	1	0	2	11	3	0	16	0	0	0
*Sweet Potato Pie	1 square	119	17	162	1	0	49	46	3	2	20	3	1	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
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<b>Friday, November 20, 2009</b>														
*Macaroni and Cheese	1/2 cp	288	40	563	1	1	260	405	0	14	26	14	8	0
*Fish Sandwich	1 sand.	340	45	800	1	2	80	0	0	19	49	9	2	0
*Squash, butternut	1/4 cup	21	0	2	0	0	21	5717	8	0	5	0	0	0
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0

<b>Monday, November 23, 2009</b>														
*Chili with beans	3/4 cp	217	39	603	5	3	62	885	10	15	20	9	3	0
*Cheesebread	1/24 pan	243	26	400	2	1	320	222	0	14	27	9	5	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0



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Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
<b>Monday, November 30, 2009</b>														
*Chicken Nuggets, breast; brd	5 nuggets	240	40	550	1	1	40	0	0	14	13	15	3	0
*Mashed Potatoes	1/2 cup	114	0	37	1	0	31	0	38	3	24	0	0	0
*Chicken Gravy	2 oz.	40	3	322	0	0	17	20	0	1	6	1	0	0
*Honey BBQ Sauce	1 oz.	38	0	81	0	0	4	28	0	0	10	0	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*Veggies, fresh assorted	1/2 cup	19	0	10	1	1	19	5710	8	1	4	0	0	0
*Salad greens	1/2 cup	9	0	15	1	1	27	3400	12	1	2	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Sub Sandwich	sandwich	259	38	1007	4	2	85	272	17	17	34	6	3	0
*Salad, Entree-asst.	salad	183	130	317	3	3	255	11693	38	16	6	11	6	0
*Dressing, Ranch-ELEM	TB	55	5	125	0	0	0	0	0	1	1	6	1	0