



EXPANDED MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> ^ Thai Peanut Chicken with Noodles</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Broccoli Mandarin Oranges Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>3 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans ^v Brown Rice</p> <p><u>Grill</u> Buffalo Chicken Sandwich Steak Fries</p> <p><u>Sides</u> Corn Peaches Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>4 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p>EARLY RELEASE DAY</p> <p><u>Choices</u> Chicken Patty Sandwich and Baked Fries Pizza</p> <p><u>Sides</u> Strawberry Cup Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>5 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Meatloaf Mashed Potatoes & Gravy</p> <p><u>Grill</u> Chicken Patty Sandwich Tater Tots</p> <p><u>Sides</u> 🌿 Fresh Steamed Carrots Banana Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Teriyaki Chicken & Edamame</p> <p><u>Grill</u> Hamburger or Cheeseburger Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>
<p>9 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Taco Salad or Soft Shell Taco Refried Beans ^v, Brown Rice</p> <p><u>Grill</u> Fish Sandwich or Smoked Turkey & Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Corn Apple Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>10 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Chow Mein Chow Mein Noodles Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Baked Fries</p> <p><u>Sides</u> Pineapple Tidbits Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>11 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Italian Lasagna Garlic Bread</p> <p><u>Grill</u> Lite Turkey Corn Dog Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>12 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Rice Bowl & Fixings</p> <p><u>Grill</u> Chicken Patty Sandwich Roasted 🌿 Harvest Vegetables</p> <p><u>Sides</u> Broccoli and Carrots Orange Wedges Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>13</p> <p>NO SCHOOL</p>
<p>16 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Sesame Chicken</p> <p><u>Grill</u> Chicken Patty Sandwich Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>17 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce ^v</p> <p><u>Grill</u> Sloppy Joe Tater Tots</p> <p><u>Sides</u> Green Beans Applesauce Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>18 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Chili & Cheesebread</p> <p><u>Grill</u> Turkey Hot Dog (2) Steak Fries</p> <p><u>Sides</u> 🌿 Baked Squash Banana Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>19 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken & Gravy, Mashed Potatoes, Sage Dressing, Green Beans, 🌿 Fresh Cranberry Sauce, Sweet Potato Pie</p> <p><u>Grill</u> Grilled Cheese Sandwich Tater Tots</p> <p><u>Sides</u> Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>20 <u>Breakfast Special</u> Cheese Omelet & Toast</p> <p><u>Real Deal</u> Enchilada Bake</p> <p><u>Grill</u> Hamburger or Cheeseburger Steak Fries</p> <p><u>Sides</u> Corn Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>

Menu subject to change due to availability of food.

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.

These Choice Bar vegetables will be locally sourced while the season lasts:



- Cabbage (Shredded Salad Greens)
- Carrots • Cucumbers
- Onions • Peppers • Zucchini

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans ^v Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>24 <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Scallions, Peas & Cilantro or Ravioli Garlic Bread</p> <p><u>Grill</u> Chicken Nuggets Potato Triangle</p> <p><u>Sides</u> Pears Fresh Veggies/Salad Greens Whole Wheat French Bread</p>	<p>25 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans ^v, Brown Rice</p> <p><u>Grill</u> Turkey Hot Dog (2) Roasted Red Potatoes</p> <p><u>Sides</u> Corn Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>26</p> <p style="text-align: center;">NO SCHOOL</p>	<p>27</p> <p style="text-align: center;">NO SCHOOL</p>
<p>30 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Grilled Cheese Sandwich ^v Tomato Soup ^v</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>Mix it up at Lunch Day!</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 www.mixitup.org or contact Out for Equity at 651-523-6322.</p> 			

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 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.

BREAKFAST

Daily Choices Include:

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

Additional Daily Choices Include:

Homemade Breakfast Breads, Cinnamon Toast, Sausage Biscuit **P**

LUNCH

Available Each Day:

Jelly and peanut butter
Milk (skim, 1%, chocolate skim, strawberry skim, lactose-reduced)

Fresh Veggies May Include:

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

Pizza is offered each day with a choice of sides.

Pizza choices may include:

Hawaiian ^v, Cheese ^v, Veggie ^v, Beef Pepperoni, Beef Sausage



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 Public Schools Nutrition Services
November Expanded Menu 2009 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)
Monday, November 02, 2009														
*Chicken in Thai Peanut Sauce	1/3 cup	167	48	302	1	1	29	40	0	16	7	7	2	0
*Thai Peanut Noodles	1/2 cup	222	0	445	3	1	22	0	0	10	35	6	1	0
*Thai Peanut Noodle fixings	svg	85	0	117	1	0	13	121	2	3	4	7	1	0
*Chicken Nuggets, breast; brd	5 nuggets	240	40	550	1	1	40	0	0	14	13	15	3	0
*Potato Triangle	2 oz.	100	0	300	1	0	0	0	6	1	13	5	2	0
*Honey BBQ Sauce	1 oz.	38	0	81	0	0	4	28	0	0	10	0	0	0
*Broccoli; frozen, boiled	1/2 cp	26	0	10	3	1	30	1029	37	3	5	0	0	0
*Mandarin oranges	1/2 cup	46	0	6	1	0	14	1061	43	1	12	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Tuesday, November 03, 2009														
*Nacho St. Paul	entree	229	13	500	3	1	102	947	5	4	31	10	4	0
*Nacho St. Paul with beans	entree	364	13	870	9	3	142	947	5	10	53	11	4	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Sandwich, Buffalo Chicken	sandwich	295	48	735	2	3	88	2870	0	19	36	8	2	0
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Saint Paul Public 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)
Wednesday, November 04, 2009														
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Pizza, MS. Cheese	slice	407	45	939	5	3	578	681	5	24	44	15	9	0
*Pizza, MS; Hawaiian	slice	423	50	1015	5	3	580	693	6	25	47	16	9	0
*Pizza, MS; Pepperoni	slice	435	52	1032	5	3	579	681	5	25	44	18	10	0
*Pizza, MS; Sausage	slice	454	54	1059	5	3	588	681	5	26	45	20	10	0
*Pizza, MS; Veggie	slice	410	45	939	5	3	580	707	11	24	45	15	9	0
*Strawberry cup	cont.	122	0	4	2	1	14	31	53	1	33	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
Thursday, November 05, 2009														
*Meatloaf	3.5 oz. sl.	233	110	445	0	2	67	122	1	20	8	13	5	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
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Tater Tots	1/2 cp	160	0	330	2	1	0	0	9	2	19	8	2	0
*Carrots, fresh steamed	1/2 cp	25	0	42	2	0	20	10255	4	1	6	0	0	0
*Banana-petite	1 EACH	90	0	1	3	0	5	65	9	1	23	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Saint Paul Public 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)
Friday, November 06, 2009														
*Chicken & Edamame	1/2 cup	169	38	620	1	1	23	361	13	14	12	4	1	0
Hamburger on bun	sandwich	305	32	398	1	3	84	0	0	21	28	12	4	0
*Cheeseburger on bun	1 svg.	330	45	427	1	2	119	250	0	22	21	17	7	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	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
*Mixed fruit	1/2 cup	80	0	5	1	0	0	200	1	1	18	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Monday, November 09, 2009														
*Taco Meat	1 ea.	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
*Tortilla chips	1 oz	132	0	162	2	1	51	0	0	2	20	5	1	0
*Taco fixins: lett, tom, chees	serving	3	0	2	0	0	5	427	2	0	1	0	0	0
*Taco Salad -lett, cheese, tom	1 ea.	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
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Fish Sandwich w/cheese	sandwich	377	54	943	1	2	145	86	0	21	50	11	4	0
*Smoked Turkey & Cheese Hoagie	1 sandwich	236	53	1028	1	2	95	250	0	16	22	9	4	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0

Saint Paul Public Schools Nutrition Services
 November Expanded Menu 2009 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)
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	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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Tuesday, November 10, 2009

*Chow Mein	4 oz.	89	33	504	1	1	18	135	6	10	4	3	1	0
*Noodles, Chow Mein	1 TBSP	15	0	12	0	0	1	0	0	0	2	1	0	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Ribique Sandwich	sandwich	442	50	838	2	3	58	1616	0	20	35	24	9	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Pineapple Tidbits	1/2 cp.	70	0	10	1	1	20	100	9	1	17	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Wednesday, November 11, 2009

*Lasagna	1/24 pan	287	45	467	3	3	336	746	10	20	28	11	6	0
*Garlic Bread	2 oz. pc	216	15	418	3	2	24	178	17	7	32	7	4	0
*Corn Dog, lite, Foster Farms	corn dog	210	15	740	1	3	40	0	0	12	27	6	2	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Banana-petite	1 EACH	90	0	1	3	0	5	65	9	1	23	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	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)
Thursday, November 12, 2009														
*Chicken, Szech/Rice Bowl	3/8 cup	364	52	865	6	3	239	3117	8	22	39	14	3	0
*Rice Bowl Toppings	svg	19	0	23	2	0	20	6257	9	1	4	0	0	0
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Harvest Vegetables	1/2 cup	80	0	105	3	0	34	5153	13	1	12	4	0	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
*Orange wedges, fresh	6 wedges	62	0	0	3	0	52	295	70	1	15	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Friday, November 13, 2009														
HOLIDAY														

Monday, November 16, 2009														
*Sesame Chicken w/pineappl	3/8 cup	170	38	1496	0	1	36	69	2	13	4	4	1	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Fries, Baked	1/2 cup	172	0	273	2	0	0	0	6	2	27	6	0	0
*Mixed fruit	1/2 cup	80	0	5	1	0	0	200	1	1	18	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	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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Tuesday, November 17, 2009														
*Italian Dunker w/o sce SEC	svg (7-12)	460	67	902	5	3	477	630	22	23	44	22	13	0
*Marinara Sauce-1/2 cup	1/2 cup	70	0	550	2	1	40	750	12	2	11	3	0	0
*Sloppy Joe on bun	sandwich	331	46	1048	3	3	111	233	4	19	40	10	3	0
*Tater Tots	1/2 cp	160	0	330	2	1	0	0	9	2	19	8	2	0
*Green Beans; canned,cooked	1/2 cup	14	0	169	1	1	18	236	3	1	3	0	0	0
*Applesauce	1/2 cp	90	0	15	2	0	0	0	0	0	23	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Wednesday, November 18, 2009														
*Chili with beans	6 oz. svg	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
*Hot dog, trky on bun-SEC (2)	2 sand	538	100	1720	1	5	280	0	2	23	52	27	8	0
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Squash, butternut	1/4 cup	21	0	2	0	0	21	5717	8	0	5	0	0	0
*Banana-petite	1 EACH	90	0	1	3	0	5	65	9	1	23	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	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)	
Thursday, November 19, 2009															
*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 (no.16) scoop	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	squares	119	17	162	1	0	49	46	3	2	20	3	1	0	
*Grilled cheese sand, W.W.	sand	316	41	968	4	1	380	1000	0	20	34	14	9	0	
*Tater Tots	1/2 cp	160	0	330	2	1	0	0	9	2	19	8	2	0	
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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	
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0	
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0	
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0	
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0	
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0	
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0	
Friday, November 20, 2009															
*Enchilada Bake	sq	286	37	374	7	2	264	777	4	17	31	12	6	0	
Hamburger on bun	sandwich	305	32	398	1	3	84	0	0	21	28	12	4	0	
*Cheeseburger on bun	1 svg.	330	45	427	1	2	119	250	0	22	21	17	7	0	
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	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	
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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	
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0	
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0	
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0	
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0	
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0	
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	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)
Monday, November 23, 2009														
*Chicken Fajita, meat only	2 oz	109	48	325	0	1	8	218	0	14	2	4	1	0
*Tortilla	tortilla	120	0	310	1	1	60	0	0	3	20	4	2	0
*Fajita Fixings	serving	25	5	12	1	0	26	477	10	1	2	2	1	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
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Ribique Sandwich	sandwich	442	50	838	2	3	58	1616	0	20	35	24	9	0
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0

Tuesday, November 24, 2009														
*Hmong Beef Fried Rice	1 cup	234	161	232	1	2	33	158	0	13	25	8	3	0
*Peas, scallions, cilantro	serving	6	0	2	0	0	9	171	3	0	1	0	0	0
*Ravioli	1 cup	270	30	720	3	3	0	300	1	15	33	8	4	0
*Garlic Bread	2 oz. pc	216	15	418	3	2	24	178	17	7	32	7	4	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
*Potato Triangle	2 oz.	100	0	300	1	0	0	0	6	1	13	5	2	3
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	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)
Wednesday, November 25, 2009														
*Nacho St. Paul	entree	229	13	500	3	1	102	947	5	4	31	10	4	0
*Nacho St. Paul with beans	entree	364	13	870	9	3	142	947	5	10	53	11	4	0
*Beans, refried	1/4 cup	68	0	185	3	1	20	0	0	3	11	1	0	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Hot dog, trky on bun-SEC (2)	2 sand	538	100	1720	1	5	280	0	2	23	52	27	8	0
*Potatoes, roasted w/rosemary	1/2 cup	129	0	143	3	1	18	5	26	3	23	3	0	0
*Corn; canned, yellow	1/2 cup	80	0	310	2	0	20	0	4	2	17	1	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	0
Thursday, November 26, 2009														
HOLIDAY														
Friday, November 27, 2009														
HOLIDAY														
Monday, November 30, 2009														
*Grilled cheese sand, W.W.	sand	316	41	968	4	1	380	1000	0	20	34	14	9	0
*Tomato Soup	3/4 cup	120	3	583	1	1	190	621	36	7	22	0	0	0
*Ribique Sandwich	sandwich	442	50	838	2	3	58	1616	0	20	35	24	9	0
*Steak Fries	1/2 cup	76	0	9	2	1	16	0	11	3	18	0	0	0
*Peaches, canned; lite syrup	1/2 cup	70	0	10	0	0	0	300	1	0	17	0	0	0
*French Bread, Whole Wheat ult	1 oz. sl	80	0	176	2	1	11	0	8	3	16	1	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
*Dressing, Ranch-SEC	Tb	40	0	130	0	0	0	0	0	0	1	4	1	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Milk, strawberry; skim	fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Jelly	Tb	50	0	0	0	0	0	0	0	0	12	0	0	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)
Pizza Choices														
*Pizza, MS. Cheese	slice	407	45	939	5	3	578	681	5	24	44	15	9	0
*Pizza, MS; Hawaiian	slice	423	50	1015	5	3	580	693	6	25	47	16	9	0
*Pizza, MS; Pepperoni	slice	435	52	1032	5	3	579	681	5	25	44	18	10	0
*Pizza, MS; Sausage	slice	454	54	1059	5	3	588	681	5	26	45	20	10	0
*Pizza, MS; Veggie	slice	410	45	939	5	3	580	707	11	24	45	15	9	0