














REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>These Choice Bar vegetables will be locally sourced while the season lasts:  Cabbage (Shredded Salad Greens) Carrots • Cucumbers Onions • Peppers • Zucchini</p>			<p>1 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Rotini Hot Dish  Fresh Steamed Carrots Garlic Bread Applesauce Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>2 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Grilled Cheese Sandwich  Tomato Soup   Watermelon Fresh Veggies Salad Greens Whole Wheat French Bread</p>
<p>5 <u>Breakfast Special</u> Sausage Biscuit </p> <p><u>Lunch</u> Hmong Beef Fried Rice with Fixings or Ravioli Pineapple Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>6 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Patty Sandwich Green Beans Peaches Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>7 <u>Breakfast Special</u> Pumpkin Bread</p> <p>NEW! </p> <p><u>Lunch</u> Italian Dunkers with Marinara Sauce   Autumn Vegetables Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>8 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Turkey Hot Dog  Roasted Red Potatoes Baked Beans Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>9 <u>Breakfast Special</u> Energy Bar  NEW!</p> <p><u>Lunch</u> Enchilada Bake Brown Rice Corn Peaches Sour Cream, Shredded Salad Greens, Tomato & Onion Whole Wheat French Bread</p>
<p>12 <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Lunch</u> Pasta with Italian Meatsauce Garlic Bread Mixed Fruit Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>13 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Cheese  or Hawaiian Pizza Green Beans Orange Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>14 <u>Breakfast Special</u> Pancakes with Apple Topping</p> <p><u>Lunch</u> Chicken or Vegetarian Fajita Refried Beans  Brown Rice Pears Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>15</p> <p>NO SCHOOL</p>	<p>16</p> <p>NO SCHOOL</p>

Menu subject to change due to availability of food.

New! Pumpkin Bread

Try our Pumpkin Bread on October 7th. This moist and tasty breakfast bread is a delicious way to eat your vegetables!



New! Energy Bar

Some students got a sneak of this new bakery creation last spring and during our summer food program. The secret ingredient, puréed beans, adds great texture and healthy fiber without affecting the flavor. Try it on October 9th and start your morning with a burst of energy from this granola-type breakfast bar.

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>19 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Lunch</u> Lite Turkey Corn Dog Tater Tots Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>20 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Beef or Vegetarian Taco Salad Refried Beans ▽ Corn, Brown Rice Tortilla Chips Fresh Veggies Shredded Salad Greens Whole Wheat French Bread</p>	<p>21 <u>Breakfast Special</u> Banana Chocolate Chip Bread</p> <p><u>Lunch</u> ^ Thai Peanut Chicken & Noodles Broccoli Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>22 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Chicken Nuggets Mashed Potatoes & Gravy 🍂 Roasted Squash Apple Crisp Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>23</p> <p>NO SCHOOL</p>
<p>26 <u>Breakfast Special</u> Lemon Poppyseed Bread</p> <p><u>Lunch</u> Beef Barley Soup and Cheese Square Focaccia Bread Pears Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>27 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Turkey Hot Dog Baked Beans Tater Tots Apple Wedges Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>28 <u>Breakfast Special</u> Egg & Cheese Tortilla</p> <p><u>Lunch</u> Cheese or Veggie Pizza ▽ 🍂 Fresh Steamed Carrots Banana Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>29 <u>Breakfast Special</u> Cheesebread</p> <p><u>Lunch</u> Sesame Chicken Brown Rice Broccoli Pineapple Tidbits Fresh Veggies Salad Greens Whole Wheat French Bread</p>	<p>30 <u>Breakfast Special</u> Apple Cherry Cinnamon Bread</p> <p><u>Lunch</u> ^ PB&J Bar ▽ Strawberry Yogurt Parfait ▽ Peaches Fresh Veggies Salad Greens Whole Wheat French Bread</p>

MENU KEY

- P Contains Pork
- ^ Contains nuts or peanut butter
- ▽ 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.



There's a Rainbow on My Plate!

Cut up a rainbow, Serve it on a plate
Crunch all the colors, Now I'm feeling great!

Eating a variety of colors is a treat for your eyes and a boost to your body! You'll find every color of the rainbow on our menus from the hot shades of peppers, watermelon, and carrots to the cool hues of peas, broccoli, and cabbage.



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 Adult	0.40 3.50	No cost 2.00	0.50 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.



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 Service
October 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)
Thursday, October 01, 2009														
*Rotini Hot Dish-Elem	1/2 cup	176	34	433	3	2	73	1395	7	13	15	7	3	0
*Carrots, fresh steamed	1/2 cp	25	0	42	2	0	20	10255	4	1	6	0	0	0
*Garlic Bread	2 oz. pc	216	15	418	3	2	24	178	17	7	32	7	4	0
*Applesauce	1/2 cp	90	0	15	2	0	0	0	0	0	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

Friday, October 02, 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
*Watermelon	wedge	24	0	1	0	0	6	455	6	0	6	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)
Monday, October 05, 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
*Cheese, cheddar, lofat	TB	20	5	51	0	0	51	76	0	2	0	2	1	0
*Pineapple Tidbits	1/2 cp.	70	0	10	1	1	20	100	9	1	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

Tuesday, October 06, 2009														
*Chicken Patty Sandwich	4.5 oz.	309	92	758	1	2	107	56	1	20	39	8	2	0
*Green Beans; canned,cooked	1/2 cup	14	0	169	1	1	18	236	3	1	3	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

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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, October 07, 2009														
*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
*Autumn Vegetables	1/2 cup	16	0	22	1	0	13	2569	18	1	3	0	0	0
*Banana-petite	1 EACH	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

Thursday, October 08, 2009														
*Hot dog, turkey ON BUN	sandwich	259	50	820	1	2	140	0	1	10	22	14	4	0
*Potatoes, roasted w/rosemary	1/2 cup	129	0	143	3	1	18	5	26	3	23	3	0	0
*Beans, Baked, vegetarian	1/3 cup	70	0	279	3	2	51	475	2	4	14	0	0	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

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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, October 09, 2009														
*Enchilada Bake	sq	286	37	374	7	2	264	777	4	17	31	12	6	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	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
*Sour Cream, lite	TB	19	5	10	0	0	20	46	0	1	1	2	1	0
*Lettuce/Cabbage mix-shredded	1/2 cup	7	0	5	1	0	12	127	7	0	2	0	0	0
*Tomatoes, fresh ripe diced	1 tsp	1	0	0	0	0	0	31	0	0	0	0	0	0
*Onion, diced	1 tsp	1	0	0	0	0	1	0	0	0	0	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

Monday, October 12, 2009														
*Pasta (Pasta Plus)	3/4 cup	118	0	16	2	1	13	0	0	6	22	1	0	0
*Meatsauce-1/2 cup	1/2 cup	110	28	367	2	2	23	1282	6	9	6	6	2	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

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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)
Tuesday, October 13, 2009														
*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
*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

Wednesday, October 14, 2009														
*Chicken Fajita, meat only	2 oz	109	48	325	0	1	8	218	0	14	2	4	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
*Tortilla	tortilla	120	0	310	1	1	60	0	0	3	20	4	2	0
*Brown Rice	1/2 cup	115	0	4	1	1	12	0	0	2	24	1	0	0
*Fajita Fixings	serving	25	5	12	1	0	26	477	10	1	2	2	1	0
*Pears,diced ,light syrup	1/2 cup	80	0	15	1	0	0	0	0	0	19	0	0	0
*Salsa	4 Tb	30	0	300	0	1	40	400	2	0	6	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)
Thursday, October 15, 2009														
HOLIDAY														
Friday, October 16, 2009														
HOLIDAY														
Monday, October 19, 2009														
*Corn Dog, lite,Foster Farms	corn dog	210	15	740	1	3	40	0	0	12	27	6	2	0
*Tater Tots	1/2 cp	160	0	330	2	1	0	0	9	2	19	8	2	0
*Pineapple Tidbits	1/2 cp.	70	0	10	1	1	20	100	9	1	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
Tuesday, October 20, 2009														
*Taco Meat	1 ea.	142	43	476	1	2	17	316	1	12	2	9	3	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
*Taco Salad -lett, cheese, tom	1 ea.	38	8	85	0	0	88	338	2	3	1	2	2	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
*Tortilla chips	1 oz	132	0	162	2	1	51	0	0	2	20	5	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)
Wednesday, October 21, 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
*Broccoli; frozen, boiled	1/2 cp	26	0	10	3	1	30	1029	37	3	5	0	0	0
*Banana-petite	1 EACH	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

Thursday, October 22, 2009														
*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
*Squash, butternut	1/4 cup	21	0	2	0	0	21	5717	8	0	5	0	0	0
*Apple Crisp	1/80 pan	209	18	53	2	1	14	227	0	2	34	8	5	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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Friday, October 23, 2009														
HOLIDAY														

Monday, October 26, 2009														
*Beef Barley Soup	6 oz.	133	31	196	2	1	25	2037	4	9	7	7	3	0
*Cheese square, RF Colby Jack	1 oz.	90	20	190	0	0	200	200	0	7	0	7	4	0
*Focaccia Bread-NC made	squares	124	1	163	2	1	51	12	0	3	21	3	1	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

Tuesday, October 27, 2009														
*Hot dog, turkey ON BUN	sandwich	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
*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

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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, October 28, 2009														
*Pizza, Elem. Cheese	slice	330	32	757	4	3	415	544	5	18	39	12	7	0
*Pizza, Elem. Veggie	slice	333	32	757	4	3	417	567	10	18	40	12	7	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
*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

Thursday, October 29, 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
*Broccoli; frozen, boiled	1/2 cp	26	0	10	3	1	30	1029	37	3	5	0	0	0
*Pineapple Tidbits	1/2 cp.	70	0	10	1	1	20	100	9	1	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

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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, October 30, 2009														
*Peanut Butter & Jelly Bar	1 bar	318	1	271	2	2	16	2	0	10	29	20	4	0
*Parfait, Fruit and Yogurt-Str	serving	188	5	71	1	0	160	27	25	5	41	1	1	0
*Granola	1/3 cup	109	0	74	1	1	10	372	2	2	24	1	1	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