



# November 2009

## David Ellis-Redford

Friday, October 23, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p><b>2</b> Beef Nachos 3oz Cheese &amp; Taco Sauce Mexican Rice 4 oz Diced Peaches 4oz Brownie (1)</p>	<p><b>3</b> Closed No Lunch</p>	<p><b>4</b> Salsbury Steak w/gravy 3 oz Mashed Potatoes 4oz Celery Sticks(3) &amp; Dip 4 oz Wheat Bread Slice Juice (6 oz)</p>	<p><b>5</b> Popcorn Chicken 4oz Sweet &amp; Sour Dip Baked Potato w/margarine (1) Carrots &amp; Dip 4oz Orange (1)</p>	<p><b>6</b> Little Ceasar's Pizza 1 slice Salad w/ Ranch Dressing 4 oz Apple (1) Cheese Goldfish Crackers</p>
<p><b>9</b> Chicken Nuggets w/Dip (5) Chocolate Chip Loaf Corn on the Cob (1)w/marg. Pineapple Tidbits 4oz</p>	<p><b>10</b> Sloppy Joe on a Bun 3oz Dill Pickel Spear (2) Pear Chips (1 bag)</p>	<p><b>11</b> 1/2 Day No Lunch</p>	<p><b>12</b> Lasagna w/Marinara Garlic Bread (2) Banana (1) Juice (6 oz)</p>	<p><b>13</b> Little Ceasar's Pizza 1 slice Salad w/ Ranch Dressing 4 oz Grapes (1 bunch) Cookie(2)</p>
<p><b>16</b> Turkey Pot Pie 6 oz Salad w/ Ranch Dressing 4 oz Mandarin Oranges 4 oz Muffin 1.8 oz</p>	<p><b>17</b> Cheeseburger on Wheat Bun 2.4 oz Potato Wedges 4 oz w/ketchup Dill Pickel Spear (2) Cole Slaw 4oz</p>	<p><b>18</b> Turkey w/ Gravy 2oz Dressing 4oz Fruit Juice Jello cup 4oz Grapes (1 bunch)</p>	<p><b>19</b> BBQ Meatballs (5) Au Gratin Potatoes 4oz Banana (1) Wheat Roll</p>	<p><b>20</b> Little Ceasar's Pizza 1 slice Cheese Stick (String) Salad w/ Ranch Dressing 4 oz Pudding (Chocolate)</p>
<p><b>23</b> Beef Nachos 3oz Cheese &amp; Taco Sauce Mexican Rice 4 oz Diced Peaches 4oz Sunflower Seeds(1)</p>	<p><b>24</b> Chili W/Beans 6oz Baked Potato w/sour cream Apple (1) Corn Bread (1)</p>	<p><b>25</b> 1/2 Day No Lunch</p>	<p><b>26</b> Closed for Holiday</p>	<p><b>27</b> Closed for Holiday</p>
<p><b>30</b> Popcorn Chicken 4oz Sweet &amp; Sour Dip Diced Potatoes 4oz Carrots &amp; Dip 4oz Mandarin Oranges 4 oz</p>				



All lunches include:  
milk, fruits and/or vegetables,  
bread or bread equivalent,  
meat or meat equivalent.

In the operation of child  
feeding programs, no child  
will be discriminated against  
because of race, sex, color,  
national origin, age or  
handicap.

Weekly Nutritional Average: 661  
Calories from fat, 6% calories  
from saturated fat, 2694 IU  
vitamin A, 33 mg. Vitamin C, 8  
mg. Calcium, 477 mg. iron.  
School Lunch Requirements:  
Milk as a beverage 8 oz. Meat or  
Meat Alternative 2 oz.  
Vegetables/Fruit 2 or more  
servings of vegetables or fruit or  
both. Minimum of 1 Servings per  
day.