



## November 2018 K-8 Lunch Menu

<p><i>ca = calories grams</i> <i>cb = carbohydrates grams</i> <i>so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i> <i>All bread items whole grain</i></p>	<p><i>m = meat/protein</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume</i> <i>o = other</i> <i>s = starchy</i> <i>g = green</i></p>		<p>1 WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=104 so=801</i></p>	<p>2 Bosco Sticks (1m, 2wg) Marinara (1/8r) Celery Sticks (3/4o) Ranch Dressing Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=97 so=970</i></p>
<p>5 Salisbury Steak &amp; Gravy (2m) WG Dinner Roll (1wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c)</p> <p><i>ca= 606 cb=98 so=1317</i></p>	<p>6 WG Chicken Tenders (2m, 1wg) Black Bean &amp; Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca=633 cb=92 so=1070</i></p>	<p>7 WG Chicken Corndog (2m,2wg) Green Beans (3/4o) Ketchup WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c)</p> <p><i>ca= 610 cb=84 so=1030</i></p>	<p>8 Beef Meatball Sub &amp; WG Bun (1.8m, 5 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c)</p> <p><i>ca= 600 cb=75 so=1211</i></p>	<p>9 WG Grilled Cheese Sandwich (1.5m, 1.5wg) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=96 so=997</i></p>
<p>12 Beef Quesadilla (2m, 2wg) Taco Sauce Corn (3/4s) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 625 cb=111 so=991</i></p>	<p>13 WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) Ranch Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c)</p> <p><i>ca=635 cb=82 so=1071</i></p>	<p>14 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Pineapple (1/2c) Milk (1c)</p> <p><i>ca= 645 cb=118 so=676</i></p>	<p>15 Beef Meatballs &amp; Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c)</p> <p><i>ca= 635 cb=66 so=1035</i></p>	<p>16 Tony's Pizza (2m, 2wg, 1/8r) Celery Sticks (3/4o) Beef Peperoni Ranch Dressing Grape Slushy (1/2c) Milk (1c)</p> <p><i>ca= 610 cb=79 so=1145</i></p>
<p>19 Hamburger Patty &amp; WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 600 cb=108 so991</i></p>	<p>20 WG Chicken Patty &amp; WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Cut Melon (1/2c) Milk (1c)</p> <p><i>ca= 605 cb=95 so=1056</i></p>	<p>21 Diced Chicken BBQ (2m, 1/4r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 650 cb=99 so=1011</i></p>	<p>22 Thanksgiving Break</p>	<p>23</p>
<p>26 Salisbury Steak &amp; Gravy (2m) WG Dinner Roll (1wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c)</p> <p><i>ca= 606 cb=98 so=1317</i></p>	<p>27 WG Chicken Tenders (2m, 1wg) Black Bean &amp; Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca=633 cb=92 so=1070</i></p>	<p>28 WG Chicken Corndog (2m,2wg) Green Beans (3/4o) Ketchup WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c)</p> <p><i>ca= 610 cb=84 so=1030</i></p>	<p>29 Beef Meatball Sub &amp; WG Bun (1.8m, 5 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c)</p> <p><i>ca= 600 cb=75 so=1211</i></p>	<p>30 WG Grilled Cheese Sandwich (1.5m, 1.5wg) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=96 so=997</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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