**Please Note:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.

Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

**Fall Cycle**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| **Week 1**  Pig in a Blanket  Roasted Red Potatoes  Broccoli w/Cheese  Fresh Apple Slices  Fruit Choice - Canned  Milk Choice | Chicken Wrap  Spanish Brown Rice  Romaine Lettuce  Tomato Slice  Sautéed Zucchini  Tropical Fruit  **Oatmeal Cookie**  **(9-12)**  Fruit Choice - Fresh  Milk Choice | Spaghetti w/  Meat Sauce  Garlic Bread  Garden Salad  Green Beans  Mandarin Oranges  Fruit Choice - Canned  Milk Choice | Taco Salad  Tortilla Chips  & Tomato Salsa  Refried Beans  Fresh Watermelon  **Cinnamon Puff**  **(6-12)**  Fruit Choice - Canned  Milk Choice | Chicken & Noodles  **Whole Wheat Roll & Honey (6-12)**  Mashed Potatoes  Fresh Baby Carrots  Fresh Grapes  Fruit Choice - Fresh  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **645**  **1066**  **8.2%** | **692**  **1113**  **7.8%** | **788**  **1162**  **7.4%** |
| **Week 2**  Mini Meatball Sub  Ranch Potato Wedges  Tossed Salad  Fresh Peach  Fruit Choice - Canned  Milk Choice | BBQ Chicken Drumstick  Whole Wheat Roll  & Jelly  Baked Beans  Creamy Cole Slaw  Apricot Halves  Fruit Choice - Fresh  Milk Choice | White Chicken Chili  Cornbread Muffin  Cherry Tomatoes  Cucumber Slices  Fresh Banana  Fruit Choice - Canned  Milk Choice | Cheese Pizza  Broccoli Florets  Fresh Baby Carrots  Fresh Citrus Fruit Cup  Fruit Choice - Canned  Milk Choice | Biscuits & Gravy  **Sausage Patty**  **(6-12)**  Fresh Sugar Snap Peas  Hash Brown Patty  Fresh Plum  Fruit Choice - Canned  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **640**  **1078**  **5.6%** | **654**  **1107**  **5.8%** | **839**  **1302**  **5.6%** |

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Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

**Fall Cycle, continued**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| **Week 3**  Pork Rib on a Bun  Dark Green Leaf Lettuce  & Tomato Slice  Sweet Potato Puffs  Fresh Apple  Fruit Choice - Canned  Milk Choice | Taco Soup  Tortilla Chips & Tomato Salsa  Broccoli Florets  Fresh Strawberries  Fruit Choice - Canned  Milk Choice | Corn Dog  Green Beans  Tater Tots  Fruit Cocktail  Snickerdoodle  Fruit Choice - Fresh  Milk Choice | Chicken Quesadilla  **Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12)**  Refried Beans  Fresh Cantaloupe  Fruit Choice - Canned  Milk Choice | Cowboy Cavatini  Whole Wheat Roll  & Jelly  Seasoned Corn  Garden Salad  Fresh Orange  Fruit Choice - Fresh  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **636**  **1099**  **8.2%** | **636**  **1099**  **8.2%** | **771**  **1129**  **8.2%** |
| **Week 4**  Hamburger on a Bun  Dark Green Leaf Lettuce  Tomato Slice  Oven Fries  Strawberries & Bananas  Fruit Choice - Fresh  Milk Choice | Chili  **Tortilla Chips (9-12)**  Red Bell Pepper Strips  Fresh Peach  Cinnamon Roll  Fruit Choice - Canned  Milk Choice | Chicken Nuggets  Whole Wheat Roll  & Jelly  Mashed Potatoes  & Gravy  Tossed Salad  Fresh Pear  Fruit Choice - Canned  Milk Choice | Baked Ham  Angel Biscuit & Jelly  Apple Glazed Sweet Potatoes  Green Beans  Fresh Grapes  **Honey Apple Crisp (9-12)**  Fruit Choice - Canned  Milk Choice | Macaroni & Cheese  Meatballs  **Whole Wheat Bread & Jelly (6-12)**  Seasoned Peas  Fresh Baby Carrots  Apple Salad  Fruit Choice - Canned  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **648**  **1124**  **8.5%** | **671**  **1148**  **8.3%** | **834**  **1222**  **7.9%** |

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