

# CARB LUNCH MENU

# NOVEMBER 2011

Mon	Tue	Wed	Thu	Fri
	1 <b>Cool Lunch!</b> Teriyaki Chicken Dippers <b>9</b> And Steamed White Rice <b>25</b>	2 <b>Brunch For Lunch!</b> Waffle Stix <b>25</b> w/Turkey Sausage Patty Baked Hash Browns <b>15</b> 100% Orange Juice <b>14</b>	3 <b>Cool Lunch!</b> Turkey Taco Bar And Tortilla Chips <b>22</b> Salsa <b>2</b>	4 <b>Pizza Friday!</b> Thin Crust Cheese Pizza <b>37</b> w/Cherry Tomato Salad <b>2</b> Fresh Grapes <b>8</b>
7 Baked Breaded Chicken Patty Sandwich <b>44</b> w/Baked Potato Smiles <b>20</b> Frozen Wild Cherry Cup <b>18</b>	8 <b>Cool Lunch!</b> Baked Corn Dog <b>27</b> w/Fresh Baby Carrots <b>8</b>	9 <b>Cool Lunch!</b> w/Baked Chicken Nuggets <b>15</b> And Warm Dinner Roll <b>25</b>	10 <b>Cool Lunch!</b> Señor Felix Bean & Cheese Burrito <b>40</b> w/Corn <b>8</b> Mild Chili Salsa <b>2</b>	11 VETERAN'S HOLIDAY
14 All American Char Broiled Beef Hamburger <b>34</b> w/Baked Seasoned Potato Wedges <b>16</b> Frozen Vanilla Yogurt Cup <b>33</b>	15 <b>Cool Lunch!</b> Oven Fried Chicken <b>7</b> w/Whole Wheat Roll <b>25</b>	16 <b>ELEMENTARY SCHOOL SITES CLOSED</b>	17 <b>Cool Lunch!</b> Crunchy Taco <b>16</b> w/Frozen Watermelon Cup <b>18</b>	18 <b>Pizza Friday!</b> Big Daddy Cheese or Pepperoni Pizza <b>56</b> w/Fresh Garden Salad <b>2</b> Fresh Orange Slices <b>11</b>
21 3 Cheese Ravioli <b>24</b> w/Warm Bread Stick <b>20</b> Tamai Farm Salad Greens <b>2</b> Nicholas Farm Red Ruby Grapes <b>8</b>	22 <b>Cool Lunch!</b> Honey Rib Sandwich on Whole Grain Bun <b>50</b> And Baked Beans <b>26</b>	23 Slice of Cheese Pizza <b>39</b> w/Fresh Baby Carrots <b>8</b> Thanksgiving Cookie <b>19</b> Cry Baby Sour Apple Cup <b>25</b>	24 THANKSGIVING  HOLIDAY	25 THANKSGIVING  HOLIDAY
28 Orange Chicken <b>20</b> w/Steamed White Rice <b>25</b> Broccoli Florets <b>3</b> Orange Slices <b>11</b>	29 <b>Cool Lunch!</b> Turkey Hot Dog on Whole Grain Bun <b>30</b> w/Seasoned Potato Wedges <b>16</b>	30 <b>Cool Lunch!</b> Baked Chicken Strips <b>12</b> w/Whole Grain Roll <b>27</b>		

## WEEKLY NUTRITION ANALYSIS

WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5	
Average	RDA	Average	RDA	Average	RDA	Average	RDA	Average	RDA
Calories 623	644	Calories 665	644	Calories 693	644	Calories 828	644	Calories 883	644
Cholesterol 66 Mg	100	Cholesterol 60 Mg	100	Cholesterol 61 Mg	100	Cholesterol 66 Mg	100	Cholesterol 81 Mg	100
Calcium 576 Mg	267	Calcium 566 Mg	267	Calcium 729 Mg	267	Calcium 872 Mg	267	Calcium 893 Mg	267
Vit. A 2844 IU	1055	Vit. A 4695 IU	1055	Vit. A 4050 IU	1055	Vit. A 6282 IU	1055	Vit. A 5360 IU	1055
Vit. C 40 IU	15	Vit. C 48 IU	15	Vit. C 77 IU	15	Vit. C 63 IU	15	Vit. C 95 IU	15
Total Fat 24%	<30%>	Total Fat 23%	<30%>	Total Fat 19%	<30%>	Total Fat 20%	<30%>	Total Fat 22%	<30%>
Saturated Fat 9%	<10%>	Saturated Fat 9%	<10%>	Saturated Fat 7%	<10%>	Saturated Fat 8%	<10%>	Saturated Fat 8%	<10%>