

AFC CUSD 275
 Middle School Lunch
 NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 CREAM CHICKEN OVER BISCUITS*** CARROTS BROCCOLI FLORETS MIXED FRUIT***	4 NO LUNCH	5 TOMATO SOUP** GRILLED CHEESE SANDWICH** APPLESAUCE*** CORN ***	6 BBQ CHICKEN OVER RICE ** FRENCH CUT GREEN BEANS** MIXED FRUIT*** CHOCOLATE CHIP COOKIES	7 CHEESE PIZZA ** CELERY,RAW/PEANUT BUTTER GRAPES,Fresh***	Avg Nutrients Cals... 517 86%
10 CHICKEN PATTY ON WHEAT BUN** CARROTS MANDARIN ORANGES** PICKLES,SWEET	11 NO SCHOOL TODAY	12 CHICKEN NUGGETS** MASHED POTATOES*** CHICKEN GRAVY** PEARS SLICED*** WHEAT BREAD	13 MACHO NACHO LETTUCE SALAD** FRENCH CUT GREEN BEANS** PINEAPPLE TIDBITS	14 SAUSAGE PIZZA* PEAS ** APPLESAUCE WHITE CAKE	Avg Nutrients Cals... 627 100%
17 CHILI **** PEANUT BUTTER SANDWICH CRACKERS APPLESAUCE***	18 CORN DOGS BUSH BAKED BEANS** PEARS SLICED***	19 CHEESEBURGER ON WHEAT BUN** BUSH BAKED BEANS** PICKLES,SWEET APPLESUACE **	20 TACO SALAD*** TORTILLA CHIPS CORN *** PINEAPPLE TIDBITS	21 CHEESE PIZZA*** LETTUCE SALAD** WATERMELON,CHUNKS CORN *** BABY CARROTS	Avg Nutrients Cals... 707 101%
24 PANCAKES SAUSAGE LINKS HASHBROWNS ORANGE JUICE	25 PORK ROAST** POTATOES AU GRATIN**** BROWN GRAVY PEACHES SLICED** WHEAT BREAD	26 NO SCHOOL TODAY	27 NO SCHOOL TODAY	28 NO SCHOOL TODAY	Avg Nutrients Cals... 874 125%

MENU SUBJECT TO CHANGE
 CHOCOLATE OR WHITE MILK WITH EACH MEAL

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.