

Leeds City Schools

HHFKA - 9-12
OCTOBER 2015
9-12 LUNCH

Sep 23, 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 FAJITA LEEDS CHEESE SAUCE LEEDS CORN, WK LEEDS REFRIED BEANS LEEDS ASSTED FRESH FRUIT LE Lowfat 1% White Milk NonFat Flavored Milk CHICKEN SALAD LEEDS	Oct - 2 PIZZA, ASSORTED SWEET POTATO STRINGS GREEN BEANS LEEDS PINEAPPLE CHUNKS Lowfat 1% White Milk NonFat Flavored Milk HAMBURGER ON A BUN KETCHUP PC LEEDS MUSTARD PC LEEDS MAYO LIGHT PC LEEDS
Oct - 5 CHICKEN NUGGETS BROWN RICE LEEDS K-8 BROWN GRAVY PEAS GREEN LEEDS 1/2 C CARROT STICKS LEEDS 1 RANCH DIP/DRES PC LEED PEARS Lowfat 1% White Milk NonFat Flavored Milk Spicy Wings Leeds	Oct - 6 ITALIAN DUNKERS LEEDS ITALIAN MIXED VEGETABL PARMESAN BROCCOLI BA Lowfat 1% White Milk NonFat Flavored Milk FRUIT COCKTAIL LEEDS 9- CHOCOLATE CAKE CHICKEN SALAD LEEDS	Oct - 7 HAMBURGER ON WW BUN SWEET POTATO STRINGS ROMAINE GARDEN SALAD BANANAS Lowfat 1% White Milk NonFat Flavored Milk RICE KRISPY TREAT LEE CHICKEN SALAD LEEDS CELERY STICKS	Oct - 8 CRISPITO CORN, WHOLE KERNEL, LE BLACK BEANS APPLES,Fresh Lowfat 1% White Milk NonFat Flavored Milk PUDDING LEEDS CHICKEN SALAD LEEDS	Oct - 9 PIZZA, ASSORTED CARROT STICKS K-8 RANCH DIP/DRES PC LEED SPINACH SALAD LEEDS ASSTED FRESH FRUIT LE Lowfat 1% White Milk NonFat Flavored Milk BROWNIE, WG HAM AND CHEESE CROISS
Oct - 12 BRD CHICKEN SANDWICH GRILLED TILAPIA CORNBREAD WW LEEDS SWEET POTATO STRINGS MIXED VEGETABLES LEED Lowfat 1% White Milk NonFat Flavored Milk ASSTED FRESH FRUIT LE JELLO LEEDS MUSTARD PC LEEDS	Oct - 13 HAMBURGER ON A BUN OVEN FRIES SPINACH SALAD LEEDS Lowfat 1% White Milk NonFat Flavored Milk PEARS PUDDING LEEDS TURKEY SALAD LEEDS	Oct - 14 CHICKEN TENDERS LEED CREAMED POTATOES GRAVY, BROWN LEEDS BLACK EYED PEAS LEEDS ROLL, WW FRUIT COCKTAIL LEEDS 9- Lowfat 1% White Milk NonFat Flavored Milk M & M COOKIE LEEDS Stuffed Pepperoni Sandwich	Oct - 15 CHILLI CHEESE DOG LEED BAKED BEANS (VEG) CREAMY COLE SLAW LE BANANAS Lowfat 1% White Milk NonFat Flavored Milk JELLO LEEDS HAM WRAP LEEDS	Oct - 16 PIZZA, ASSORTED ROMAINE GARDEN SALAD CARROT STICKS APPLES,Fresh Lowfat 1% White Milk NonFat Flavored Milk CHOCOLATE CHIP COOKIE TURKEY WRAP LEEDS
Oct - 19 CHICKEN NUGGETS CREAMED POTATOES GRAVY, BROWN LEEDS PEAS GREEN LEEDS 1/2 C ROLL, WW PINEAPPLE CHUNKS NonFat Flavored Milk Lowfat 1% White Milk BROWNIE, WG FISH NUGGETS LEEDS	Oct - 20 HAMBURGER ON WW BUN SPINACH SALAD LEEDS MIXED VEGETABLES LEED ASSTED FRESH FRUIT LE Lowfat 1% White Milk NonFat Flavored Milk SUGAR COOKIE LEEDS BREAD CHIK TENDER SALA	Oct - 21 SPICEY CHICKEN SANDWI GREEN BEANS LEEDS CALIF BLEND VEGGIES LE APPLES,Fresh Lowfat 1% White Milk NonFat Flavored Milk JELLO LEEDS CHICKEN TETRAZZINI LEE ROLL, WW	Oct - 22 TACO SALAD LEEDS REFRIED BEANS LEEDS CORN, WHOLE KERNEL, LE ASSTED FRESH FRUIT LE NonFat Flavored Milk Lowfat 1% White Milk CHOCOLATE CAKE TURKEY WRAP LEEDS	Oct - 23 PIZZA, ASSORTED SWEET POTATO STRINGS CARROT STICKS K-8 RANCH DIP/DRES PC LEED PEARS NonFat Flavored Milk Lowfat 1% White Milk PUDDING LEEDS MEATBALL SUB
Oct - 26 STEAK NUGGETS LEEDS ROLL, WW SPINACH SALAD LEEDS CARROTS, STEAMED PEACHES, CANNED LEED Lowfat 1% White Milk NonFat Flavored Milk TURKEY WRAP LEEDS	Oct - 27 FAJITA LEEDS CHEESE SAUCE LEEDS CORN, WK LEEDS REFRIED BEANS LEEDS ASSTED FRESH FRUIT LE Lowfat 1% White Milk NonFat Flavored Milk JELLO LEEDS CHICKEN SALAD LEEDS	Oct - 28 CHICKEN TENDERS LEED PEAS GREEN LEEDS 1/2 C BROCCOLI, STEAMED LEE MACARONI AND CHEESE BANANAS Lowfat 1% White Milk NonFat Flavored Milk PUDDING LEEDS GRILLED SWEET & SOUR C BREADSTICK LEEDS	Oct - 29 CHILLI CHEESE DOG LEED POTATO ROUNDS LEEDS BAKED BEANS (VEG) ASSTED FRESH FRUIT LE Lowfat 1% White Milk NonFat Flavored Milk HAM AND CHEESE CROISS	Oct - 30 PIZZA, ASSORTED SWEET POTATO STRINGS GREEN BEANS LEEDS PINEAPPLE CHUNKS Lowfat 1% White Milk NonFat Flavored Milk M & M COOKIE LEEDS HAMBURGER ON A BUN KETCHUP PC LEEDS MUSTARD PC LEEDS

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***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.

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complaint of discrimination, write USDA Director, Office of Adjudication, 1400 Independence Avenue, S. W., Washington DC 20250-9410 or call toll free (866) 632-9992 (Voice) Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish) USDA is an equal opportunity provider and employer.

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