

Dorchester School District 4

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 FRUDEL APPLE FILLED 100% FRUIT JUICE CHILLED FRUIT COCKTAIL MILK ASSORTED CEREAL FRUIT,FRESH ASSORTED	Oct - 2 POP TART/LOW FAT STRAWB POP TART LOW FAT FROSTED APPLESAUCE,UNSWEETENED 100% FRUIT JUICE MILK FRUIT,FRESH ASSORTED	Oct - 3 BLUEBERRY MUFFIN APPLE MUFFIN 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK STRAWBERRY APPLESauce C	Oct - 4 HAM & CHEESE BISCUIT/WG 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK CHILLED PINEAPPLE TIDBIT	Oct - 5 FRENCH TOAST STICKS 100% FRUIT JUICE MILK MANDARIN ORANGES FRUIT,FRESH ASSORTED
Oct - 8 GRILLED CHEESE SANDWICH FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK FRUIT PEALS	Oct - 9 ASSORTED CEREAL ANIMAL CRACKERS 100% FRUIT JUICE MILK CHOCOLATE BEAR GRAHAMS FRUIT,FRESH ASSORTED	Oct - 10 GRITS W/ BUTTER 100% FRUIT JUICE MILK FRUIT,FRESH ASSORTED SCRAMBLED EGGS SAUSAGE LINKS YEAST ROLLS-LOCAL	Oct - 11 SAUSAGE BISCUIT CHILLED PINEAPPLE TIDBIT 100% FRUIT JUICE MILK FRUIT,FRESH ASSORTED	Oct - 12 DONUT HOLE GLAZED TURKEY SAUSAGE ROLL 100% FRUIT JUICE MIXED FRUIT CUP MILK
Oct - 15 MINI CINNAMON ROLLS 100% FRUIT JUICE MILK STRAWBERRY CUP, COMMOD FRUIT,FRESH ASSORTED	Oct - 16 ASSORTED CEREAL 100% FRUIT JUICE APPLE SLICES W/ CINNAMON MILK KELLOGG'S CRUNCHMANIA C FRUIT,FRESH ASSORTED	Oct - 17 WG PANCAKE W/ SAUSAGE 100% FRUIT JUICE MIXED FRUIT CUP MILK FRUIT,FRESH ASSORTED	Oct - 18 YOPLAIT PARFAIT KEEBLER GRIPZ FOR PARFAIT 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK FRUIT PEALS	Oct - 19 FISH STICKS GRITS W/ BUTTER 100% FRUIT JUICE MILK KETCUP/HEINZ/LOW SODIUM FRUIT,FRESH ASSORTED
Oct - 22 SAUSAGE PATTIE GRITS W/ BUTTER 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK KETCUP/HEINZ/LOW SODIUM	Oct - 23 BLUEBERRY PANCAKES IW CINNAMON PANCAKES IW 100% FRUIT JUICE APPLESAUCE,SWEETENED MILK	Oct - 24 CHICKEN BISCUIT 100% FRUIT JUICE MANDARIN ORANGES MILK KETCUP/HEINZ/LOW SODIUM FRUIT,FRESH ASSORTED	Oct - 25 ASSORTED CEREAL 100% FRUIT JUICE APPLE SLICES W/ CINNAMON MILK CHOCOLATE BEAR GRAHAMS FRUIT,FRESH ASSORTED	Oct - 26 DUTCH WAFFLES 100% FRUIT JUICE FRUIT PEALS MILK FRUIT,FRESH ASSORTED
Oct - 29 FRUDEL APPLE FILLED 100% FRUIT JUICE CHILLED FRUIT COCKTAIL MILK ASSORTED CEREAL FRUIT,FRESH ASSORTED	Oct - 30 POP TART/LOW FAT STRAWB POP TART LOW FAT FROSTED APPLESAUCE,UNSWEETENED 100% FRUIT JUICE MILK FRUIT,FRESH ASSORTED	Oct - 31 BLUEBERRY MUFFIN APPLE MUFFIN 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK STRAWBERRY APPLESauce C		

***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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