

# Dorchester School District 4

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 POP TART/LOW FAT STRAWB POP TART/ BROWN SUGAR CI APPLESAUCE, UNSWEETENED 100% FRUIT JUICE MILK	Oct - 3 SAUSAGE BISCUIT CHILLED PINEAPPLE TIDBIT 100% FRUIT JUICE KETCUP/HEINZ/LOW SODIUM MILK	Oct - 4 BLUEBERRY MUFFIN APPLE MUFFIN 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK STRAWBERRY APPLESauce C	Oct - 5 GRILLED CHEESE SANDWICH FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK PEACHES, FROZEN, INDV. SE	Oct - 6 ASSORTED CEREAL ANIMAL CRACKERS 100% FRUIT JUICE MILK CHOCOLATE BEAR GRAHAMS FRUIT,FRESH ASSORTED
Oct - 9 MINI CINNAMON ROLLS 100% FRUIT JUICE MILK STRAWBERRY CUP, COMMOD FRUIT,FRESH ASSORTED	Oct - 10 ASSORTED CEREAL 100% FRUIT JUICE PEACHES, FROZEN, INDV. SE MILK CHOCOLATE BEAR GRAHAMS FRUIT,FRESH ASSORTED	Oct - 11 WRAPRED SAUSAGE BITES 100% FRUIT JUICE MIXED FRUIT CUP MILK FRUIT,FRESH ASSORTED	Oct - 12 YOPLAIT PARFAIT KEEBLER GRIPZ FOR PARFAIT 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK FRUIT PEALS	Oct - 13 FISH STICKS GRITS W/ BUTTER 100% FRUIT JUICE MILK KETCUP/HEINZ/LOW SODIUM FRUIT,FRESH ASSORTED
Oct - 16 HAM & CHEESE BISCUIT/WG 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK CHILLED PINEAPPLE TIDBIT	Oct - 17 FRENCH TOAST STICKS 100% FRUIT JUICE MILK MANDARIN ORANGES FRUIT,FRESH ASSORTED	Oct - 18 DUTCH WAFFLES 100% FRUIT JUICE FRUIT PEALS MILK FRUIT,FRESH ASSORTED	Oct - 19 ASSORTED CEREAL 100% FRUIT JUICE APPLE SLICES W/ CINNAMON MILK CHOCOLATE BEAR GRAHAMS FRUIT,FRESH ASSORTED	Oct - 20 CHICKEN BISCUIT 100% FRUIT JUICE MANDARIN ORANGES MILK KETCUP/HEINZ/LOW SODIUM FRUIT,FRESH ASSORTED
Oct - 23 BLUEBERRY PANCAKES IW CINNAMON PANCAKES IW 100% FRUIT JUICE APPLESAUCE,SWEETENED MILK	Oct - 24 SAUSAGE PATTIE GRITS W/ BUTTER 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK KETCUP/HEINZ/LOW SODIUM	Oct - 25 CINNAMON MINI'S 100% FRUIT JUICE FRUIT PEALS MILK	Oct - 26 ASSORTED CEREAL ANIMAL CRACKERS 100% FRUIT JUICE MILK CHOCOLATE BEAR GRAHAMS BANANAS	Oct - 27 DONUT HOLE GLAZED TURKEY SAUSAGE ROLL 100% FRUIT JUICE MIXED FRUIT CUP MILK
Oct - 30 POP TART/LOW FAT STRAWB POP TART LOW FAT FROSTED APPLESAUCE, UNSWEETENED 100% FRUIT JUICE MILK FRUIT,FRESH ASSORTED	Oct - 31 SAUSAGE BISCUIT CHILLED PINEAPPLE TIDBIT 100% FRUIT JUICE MILK FRUIT,FRESH ASSORTED			

**\*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.**