

Dorchester School District 4
007 - HEAD START

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 FRUDEL APPLE FILLED 100% FRUIT JUICE MILK	Oct - 2 POP TART/LOW FAT STRAWB POP TART/ BROWN SUGAR CI 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Oct - 3 BLUEBERRY MUFFIN APPLE MUFFIN STRAWBERRY APPLESAUCE C MILK	Oct - 4 HAM & CHEESE BISCUIT/WG 100% FRUIT JUICE MILK CHILLED PINEAPPLE TIDBIT	Oct - 5 FRENCH TOAST STICKS MILK MANDARIN ORANGES
Oct - 8 GRILLED CHEESE SANDWICH BANANAS 100% FRUIT JUICE MILK	Oct - 9 ASSORTED CEREAL 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Oct - 10 SCRAMBLED EGGS GRITS W/ BUTTER YEAST ROLLS-LOCAL MILK 100% FRUIT JUICE	Oct - 11 SAUSAGE BISCUIT 100% FRUIT JUICE MILK	Oct - 12 TURKEY SAUSAGE ROLL 100% FRUIT JUICE MILK
Oct - 15 MINI CINNAMON ROLLS 100% FRUIT JUICE MILK STRAWBERRY CUP, COMMOD	Oct - 16 ASSORTED CEREAL 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Oct - 17 WRAPRED SAUSAGE BITES 100% FRUIT JUICE MIXED FRUIT CUP MILK FRUIT,FRESH ASSORTED	Oct - 18 YOPLAIT PARFAIT KEEBLER GRIPZ FOR PARFAIT MIXED FRUIT CUP MILK	Oct - 19 FISH STICKS 100% FRUIT JUICE MILK KETCUP/HEINZ/LOW SODIUM
Oct - 22 SAUSAGE PATTIE 100% FRUIT JUICE MILK	Oct - 23 BLUEBERRY PANCAKES IW CINNAMON PANCAKES IW 100% FRUIT JUICE APPLESAUCE,SWEETENED MILK	Oct - 24 CHICKEN BISCUIT 100% FRUIT JUICE MILK	Oct - 25 ASSORTED CEREAL APPLE SLICES W/ CINNAMON MILK 100% FRUIT JUICE	Oct - 26 DUTCH WAFFLES 100% FRUIT JUICE MILK
Oct - 29 FRUDEL APPLE FILLED 100% FRUIT JUICE MILK	Oct - 30 POP TART/LOW FAT STRAWB POP TART/ BROWN SUGAR CI 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Oct - 31 BLUEBERRY MUFFIN APPLE MUFFIN STRAWBERRY APPLESAUCE C MILK		

**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.