

Dorchester School District 4
007 - HEAD START

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 POP TART/LOW FAT STRAWB POP TART/ BROWN SUGAR CI 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Nov - 2 FRENCH TOAST STICKS MILK MANDARIN ORANGES
Nov - 5 GRILLED CHEESE SANDWICH BANANAS 100% FRUIT JUICE MILK	Nov - 6 ELECTION DAY , NO SCHOOL	Nov - 7 CHICKEN BISCUIT 100% FRUIT JUICE MILK	Nov - 8 BLUEBERRY PANCAKES IW CINNAMON PANCAKES IW 100% FRUIT JUICE APPLESAUCE,SWEETENED MILK	Nov - 9 ASSORTED CEREAL 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL
Nov - 12 TURKEY SAUSAGE ROLL 100% FRUIT JUICE MILK	Nov - 13 WRAPRED SAUSAGE BITES 100% FRUIT JUICE MIXED FRUIT CUP MILK FRUIT,FRESH ASSORTED	Nov - 14 ASSORTED CEREAL 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Nov - 15 SAUSAGE BISCUIT 100% FRUIT JUICE MILK	Nov - 16 YOPLAIT PARFAIT KEEBLER GRIPZ FOR PARFAIT MIXED FRUIT CUP MILK
Nov - 19 DUTCH WAFFLES 100% FRUIT JUICE MILK	Nov - 20 FISH STICKS 100% FRUIT JUICE MILK KETCUP/HEINZ/LOW SODIUM	Nov - 21 THANKSGIVING BREAK	Nov - 22 THANKSGIVING BREAK	Nov - 23 THANKSGIVING BREAK
Nov - 26 FRUDEL APPLE FILLED 100% FRUIT JUICE MILK	Nov - 27 BLUEBERRY MUFFIN APPLE MUFFIN STRAWBERRY APPLESauce C MILK	Nov - 28 HAM & CHEESE BISCUIT/WG 100% FRUIT JUICE MILK CHILLED PINEAPPLE TIDBIT	Nov - 29 POP TART/LOW FAT STRAWB POP TART/ BROWN SUGAR CI 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Nov - 30 FRENCH TOAST STICKS MILK MANDARIN ORANGES

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.