

Dorchester School District 4
007 - HEAD START

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN 100% FRUIT JUICE MILK ROSY APPLESAUCE	Nov - 2 SPAGHETTI SAUCE W/ MEAT CORN,CANNED ROLL,HONEY WHEAT RANCH MILK
Nov - 5 HAMBURGER STEAK IN GRAV WHIPPED POTATOES CARROTS FRUIT,FRESH ASSORTED MILK	Nov - 6 ELECTION DAY , NO SCHOOL	Nov - 7 MACARONI AND CHEESE FRUIT CUP, CANNED & FRES MILK GREEN BEANS, SEASONED	Nov - 8 PIZZA, CHEESE/THE MAX MARINATED FRESH VEGETAB ROSY APPLESAUCE MILK	Nov - 9 CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS FRUIT,FRESH ASSORTED KETCUP/HEINZ/LOW SODIUM MILK
Nov - 12 HAMBURGER ON WHOLE WH BAKED BEANS, BUSH'S FRENCH FRIES LETTUCE & TOMATO CHILLED PEACHES MUSTARD KETCUP/HEINZ/LOW SODIUM MILK	Nov - 13 CHICKEN STIR FRY SQUASH,SUMMER 100% FRUIT JUICE MILK BROWN RICE, UNCLE BEN'S FRUIT,FRESH ASSORTED	Nov - 14 Bag Lunch MILK FRUIT,FRESH ASSORTED	Nov - 15 TURKEY AND DRESSING SUP HAM WHIPPED POTATOES SWEET POTAOES, CANNED BROWN RICE, UNCLE BEN'S CRANBERRY SAUCE WHEAT ROLL/PARKERHOUSE FRUIT CUP, CANNED & FRES MILK CUPCAKE/CHOCOLATE CUPCAKE/WHITE 100% FRUIT JUICE	Nov - 16 CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS FRUIT,FRESH ASSORTED KETCUP/HEINZ/LOW SODIUM MILK
Nov - 19 CHICKEN NOODLE SOUP FOR CHEDDAR GOLDFISH CRACKE SAVORY PEAS 100% FRUIT JUICE CHILLED PINEAPPLE TIDBIT MILK	Nov - 20 MANAGER'S CHOICE	Nov - 21 THANKSGIVING BREAK	Nov - 22 THANKSGIVING BREAK	Nov - 23 THANKSGIVING BREAK

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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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26 SPAGHETTI SAUCE W/ MEAT CORN, CANNED ROLL, HONEY WHEAT RANCH MILK	Nov - 27 HAMBURGER ON WHOLE WH BAKED BEANS, BUSH'S FRENCH FRIES LETTUCE & TOMATO CHILLED PEACHES MUSTARD KETCUP/HEINZ/LOW SODIUM MILK	Nov - 28 CHICKEN PARMESAN W/SPAG WHIPPED POTATOES COOKED COLLARDS CHILLED PINEAPPLE TIDBIT MILK	Nov - 29 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN MILK FRUIT, FRESH ASSORTED	Nov - 30 CHICKEN FILLET ON BUN LETTUCE & TOMATO SUCCOTASH KETCUP/HEINZ/LOW SODIUM MILK FRUIT, FRESH ASSORTED

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