

Dorchester School District 4

007 - HEAD START

Sep 24,
2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 SPAGHETTI SAUCE W/ MEAT CORN,CANNED ROLL,HONEY WHEAT RANCH MILK	Oct - 2 SPAGHETTI SAUCE W/ MEAT CORN,CANNED ROLL,HONEY WHEAT RANCH MILK	Oct - 3 CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS FRUIT,FRESH ASSORTED KETCUP/HEINZ/LOW SODIUM MILK	Oct - 4 CHICKEN ALA KING for K thru SQUASH,SUMMER 100% FRUIT JUICE MILK BROWN RICE, UNCLE BEN'S FRUIT,FRESH ASSORTED	Oct - 5 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN 100% FRUIT JUICE MILK ROSY APPLESAUCE
Oct - 8 HAMBURGER STEAK IN GRAV WHIPPED POTATOES CARROTS FRUIT,FRESH ASSORTED MILK	Oct - 9 MANDARIN ORANGE CHICKE ASIAN STIR FRIED RICE TURNIP GREENS MILK FRUIT,FRESH ASSORTED	Oct - 10 Bag Lunch MILK FRUIT,FRESH ASSORTED	Oct - 11 PIZZA, CHEESE/THE MAX MARINATED FRESH VEGETAB ROSY APPLESAUCE MILK	Oct - 12 CHICKEN PARMESAN W/SPAG WHIPPED POTATOES COOKED COLLARDS CHILLED PINEAPPLE TIDBIT MILK
Oct - 15 HAMBURGER ON WHOLE WH BAKED BEANS, BUSH'S FRENCH FRIES LETTUCE & TOMATO CHILLED PEACHES MUSTARD KETCUP/HEINZ/LOW SODIUM MILK	Oct - 16 CHICKEN NUGGETS BREADE ROLL,HONEY WHEAT RANCH PEAS & CARROTS 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK	Oct - 17 MACARONI AND CHEESE FRUIT CUP, CANNED & FRES MILK GREEN BEANS, SEASONED	Oct - 18 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN MILK FRUIT,FRESH ASSORTED	Oct - 19 CHICKEN STIR FRY SQUASH,SUMMER 100% FRUIT JUICE MILK BROWN RICE, UNCLE BEN'S FRUIT,FRESH ASSORTED
Oct - 22 CHICKEN NOODLE SOUP FOR CHEDDAR GOLDFISH CRACKE SAVORY PEAS 100% FRUIT JUICE CHILLED PINEAPPLE TIDBIT MILK	Oct - 23 CHEESEBURGE MEATLOAF LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK	Oct - 24 CHICKEN FILLET ON BUN LETTUCE & TOMATO SUCCOTASH KETCUP/HEINZ/LOW SODIUM MILK FRUIT,FRESH ASSORTED	Oct - 25 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN MILK FRUIT,FRESH ASSORTED	Oct - 26 BEEF A RONI LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK
Oct - 29 SPAGHETTI SAUCE W/ MEAT CORN,CANNED ROLL,HONEY WHEAT RANCH MILK	Oct - 30 SPAGHETTI SAUCE W/ MEAT CORN,CANNED ROLL,HONEY WHEAT RANCH MILK	Oct - 31 CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS FRUIT,FRESH ASSORTED KETCUP/HEINZ/LOW SODIUM 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.

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