

# Dorchester School District 4

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 CHICKEN NOODLE SOUP FOR CHEDDAR GOLDFISH CRACKE SAVORY PEAS 100% FRUIT JUICE CHILLED PINEAPPLE TIDBIT MILK	Oct - 3 HAMBURGER ON WHOLE WH BAKED BEANS, BUSH'S FRENCH FRIES LETTUCE & TOMATO CHILLED PEACHES MUSTARD 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 CHICKEN NUGGETS BREADE ROLL,HONEY WHEAT RANCH PEAS & CARROTS 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK	Oct - 6 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN 100% FRUIT JUICE MILK ROSY APPLESAUCE
Oct - 9 CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS FRUIT,FRESH ASSORTED KETCUP/HEINZ/LOW SODIUM MILK	Oct - 10 HAMBURGER STEAK IN GRAV WHIPPED POTATOES CARROTS FRUIT,FRESH ASSORTED MILK	Oct - 11 BEEF A RONI LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK	Oct - 12 MACARONI AND CHEESE FRUIT CUP, CANNED & FRES MILK GREEN BEANS, SEASONED	Oct - 13 PIZZA, CHEESE/THE MAX MARINATED FRESH VEGETAB ROSY APPLESAUCE MILK
Oct - 16 SPAGHETTI SAUCE W/ MEAT CORN,CANNED BREADSTICKS, WHOLE WHEA MILK FRUIT,FRESH ASSORTED	Oct - 17 CHEESEBURGE MEATLOAF LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK	Oct - 18 CHICKEN FILLET ON BUN LETTUCE & TOMATO SUCCOTASH KETCUP/HEINZ/LOW SODIUM MILK FRUIT,FRESH ASSORTED	Oct - 19 VEGETABLE SOUP W/ BEEF CHEDDAR GOLDFISH CRACKE PEARS MILK STRING CHEESE, MOZZAREL	Oct - 20 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN MILK FRUIT,FRESH ASSORTED
Oct - 23 MANAGER'S CHOICE	Oct - 24 MANDARIN ORANGE CHICKE ASIAN STIR FRIED RICE TURNIP GREENS MILK FRUIT,FRESH ASSORTED	Oct - 25 SPAGHETTI SAUCE W/ MEAT BREADSTICKS, WHOLE WHEA CALIFORNIA BLEND FRUIT,FRESH ASSORTED MILK	Oct - 26 CHICKEN PARMESAN W/SPAG WHIPPED POTATOES COOKED COLLARDS CHILLED PINEAPPLE TIDBIT MILK	Oct - 27 PIZZA, CHEESE/THE MAX MARINATED FRESH VEGETAB ROSY APPLESAUCE 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.

# Dorchester School District 4

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 30  CHICKEN NOODLE SOUP FOR CHEDDAR GOLDFISH CRACKE SAVORY PEAS 100% FRUIT JUICE CHILLED PINEAPPLE TIDBIT MILK	Oct - 31  HAMBURGER ON WHOLE WH BAKED BEANS, BUSH'S FRENCH FRIES LETTUCE & TOMATO CHILLED PEACHES MUSTARD 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.*