

Dorchester School District 4  
004 - ST. GEORGE MIDDLE

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1  POP TART LOW FAT FROSTED POP TART/LOW FAT STRAWB HONEY BUN ASSORTED CEREAL STRAWBERRY APPLESAUCE C STRING CHEESE, MOZZAREL GRAHAM CRACKERS 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK	Nov - 2  FRENCH TOAST STICKS PIZZA-BREAKFAST/TONY'S HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL GRAHAM CRACKERS MANDARIN ORANGES FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK
Nov - 5  GRILLED CHEESE SANDWICH MINI WAFFLES, MAPLE HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL KELLOGG'S CRUNCHMANIA C PEACHES, FROZEN, INDV. SE FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK	Nov - 6  ELECTION DAY , NO SCHOOL	Nov - 7  CHICKEN BISCUIT HONEY BUN ASSORTED CEREAL MILK GRAHAM CRACKERS STRING CHEESE, MOZZAREL MANDARIN ORANGES FRUIT,FRESH ASSORTED 100% FRUIT JUICE	Nov - 8  BLUEBERRY PANCAKES IW CINNAMON PANCAKES IW HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL GRAHAM CRACKERS APPLESAUCE, UNSWEETENED FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK	Nov - 9  ASSORTED CEREAL HONEY BUN STRING CHEESE, MOZZAREL KELLOG'S CRUNCHMANIA FR YOGURT, DANNON, LF, STRA SIDEKICKS/FROZEN JUICE FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK
Nov - 12  MINI CINNAMON ROLLS TURKEY SAUSAGE ROLL HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL GRAHAM CRACKERS STRAWBERRY CUP, COMMOD FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK	Nov - 13  WG PANCAKE W/ SAUSAGE HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL KELLOG'S CRUNCHMANIA FR SIDEKICKS/FROZEN JUICE FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK	Nov - 14  ASSORTED CEREAL HONEY BUN ANIMAL CRACKERS CHOCOLATE BEAR GRAHAMS STRING CHEESE, MOZZAREL MIXED FRUIT CUP FRUIT,FRESH ASSORTED 100% FRUIT JUICE MILK	Nov - 15  SAUSAGE BISCUIT SCRAMBLED EGGS HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL GRAHAM CRACKERS 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK KETCUP/HEINZ/LOW SODIUM	Nov - 16  YOPLAIT PARFAIT KEEBLER GRIPZ FOR PARFAIT HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL GRAHAM CRACKERS APPLE SLICES W/ CINNAMON FRUIT,FRESH ASSORTED 100% FRUIT JUICE 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 19  DUTCH WAFFLES HONEY BUN ASSORTED CEREAL YOGURT, DANNON, LF, STRA STRING CHEESE, MOZZAREL KELLOG'S CRUNCHMANIA FR SIDEKICKS/FROZEN JUICE 100% FRUIT JUICE MILK	Nov - 20  FISH STICKS GRITS W/ BUTTER HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL GRAHAM CRACKERS 100% FRUIT JUICE APPLESAUCE, SWEETENED MILK KETCUP/HEINZ/LOW SODIUM	Nov - 21  THANKSGIVING BREAK	Nov - 22  THANKSGIVING BREAK	Nov - 23  THANKSGIVING BREAK
Nov - 26  FRUDEL APPLE FILLED POP TART/ BROWN SUGAR CI HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL KELLOGG'S CRUNCHMANIA C CHILLED FRUIT COCKTAIL FRUIT, FRESH ASSORTED 100% FRUIT JUICE MILK	Nov - 27  BLUEBERRY MUFFIN APPLE MUFFIN HAM & CHEESE BISCUIT/WG HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL GRAHAM CRACKERS PEARS, DICED IN JUICE CUP FRUIT, FRESH ASSORTED 100% FRUIT JUICE MILK	Nov - 28  HAM & CHEESE BISCUIT/WG HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL KELLOG'S CRUNCHMANIA FR SIDEKICKS/FROZEN JUICE FRUIT, FRESH ASSORTED 100% FRUIT JUICE MILK	Nov - 29  POP TART LOW FAT FROSTED POP TART/LOW FAT STRAWB HONEY BUN ASSORTED CEREAL STRAWBERRY APPLESAUCE C STRING CHEESE, MOZZAREL GRAHAM CRACKERS 100% FRUIT JUICE FRUIT, FRESH ASSORTED MILK	Nov - 30  FRENCH TOAST STICKS PIZZA-BREAKFAST/TONY'S HONEY BUN ASSORTED CEREAL STRING CHEESE, MOZZAREL GRAHAM CRACKERS MANDARIN ORANGES FRUIT, FRESH ASSORTED 100% FRUIT JUICE MILK

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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