

# Dorchester School District 4

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1  SPAGHETTI SAUCE W/ MEAT TOSSED SALAD W/ DRESSIN NACHOS WITH GROUND BEE BREADSTICKS, WHOLE WHEA CALIFORNIA BLEND FRUIT,FRESH ASSORTED MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 2  HOT DOG CHILI FOR HOT DOGS SPAGHETTI SAUCE W/ MEAT CORN,CANNED MIXED VEGETABLES APPLE CRISP 100% FRUIT JUICE MILK KETCUP/HEINZ/LOW SODIUM PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED	Oct - 3  TACOS CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS WHOLE GRAIN DINNER ROLL FRUIT,FRESH ASSORTED TACO SAUCE HONEY MUSTARD KETCUP/HEINZ/LOW SODIUM 100% FRUIT JUICE MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 4  VEGTABLE SOUP W/ BEEF CHEDDAR GOLDFISH CRACKE CHEESEBURGER ON BUN PEARS CARROTS LETTUCE & TOMATO TURNIP GREENS MILK WHOLE WHEAT SUGAR COOK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED	Oct - 5  PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN CHEF SALAD W/ HAM PRETZELS WHOLE GRAIN POTATO WEDGES, FROZEN, 100% FRUIT JUICE MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED
Oct - 8  HAMBURGER STEAK IN GRAV WHIPPED POTATOES HOT TURKEY AND CHEESE O BUN BREADSTICKS, WHOLE WHEA CARROTS MIXED VEGETABLES FRUIT,FRESH ASSORTED MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 9  BBQ RIB PATTY MANDARIN ORANGE CHICKE ASIAN STIR FRIED RICE TURNIP GREENS ROLL,HONEY WHEAT RANCH CUCUMBER,RAW FIELD PEAS W/ SNAPS CRAISINS MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED	Oct - 10  Bag Lunch MILK FRUIT,FRESH ASSORTED	Oct - 11  PIZZA, WW STUFFED CRUST CORN DOG TOSSED SALAD W/ DRESSIN MARINATED FRESH VEGETAB ROSY APPLESAUCE MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED	Oct - 12  CHICKEN PARMESAN W/SPAG WHIPPED POTATOES MEATLOAF/K-8 COOKED COLLARDS CHILLED PINEAPPLE TIDBIT ROLL,HONEY WHEAT RANCH MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED
Oct - 15  CORN DOG HAMBURGER ON WHOLE WH BAKED BEANS, BUSH'S FRENCH FRIES LETTUCE & TOMATO CHILLED PEACHES MUSTARD KETCUP/HEINZ/LOW SODIUM MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 16  CHICKEN NUGGETS BREADE ROLL,HONEY WHEAT RANCH CORN,CANNED CHICKEN FAJITA WRAP PEAS & CARROTS 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 17  BARBECUE CHICKEN MACARONI AND CHEESE FRUIT CUP, CANNED & FRES BROWN RICE, UNCLE BEN'S MILK 100% FRUIT JUICE ROLL,HONEY WHEAT RANCH BROCCOLI SALAD PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 18  PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN CHEF SALAD W/ HAM PRETZELS WHOLE GRAIN POTATO WEDGES, FROZEN, 100% FRUIT JUICE MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED	Oct - 19  SLOPPY JOE ON A BUN CHICKEN STIR FRY BAKED BEANS, BUSH'S SQUASH,SUMMER BISCUIT/MINI WHOLE GRAIN 100% FRUIT JUICE MILK KETCUP/HEINZ/LOW SODIUM BROWN RICE, UNCLE BEN'S PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED

**\*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
Oct - 22  CHICKEN NOODLE SOUP FOR CHEDDAR GOLDFISH CRACKE BBQ PORK /TOMATO BASE O SAVORY PEAS 100% FRUIT JUICE TOMATOES,FRESH,RED RIPE RANCH DRESSING-LF CHILLED PINEAPPLE TIDBIT MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 23  CHEESEBURGE MEATLOAF TOSSED SALAD W/ DRESSIN LIMA BEANS, FROZEN BROCCOLI FRESH RANCH DRESSING-LF FRUIT,FRESH ASSORTED BISCUIT/MINI WHOLE GRAIN MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 24  CHICKEN FILLET ON BUN RED RICE AND SAUSAGE/k-8 LETTUCE & TOMATO BAKED BEANS, BUSH'S CANTALOUPE SUCCOTASH CORNBREAD KETCUP/HEINZ/LOW SODIUM MAYONNAISE, FAT FREE MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED	Oct - 25  PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN CHEF SALAD W/ HAM PRETZELS WHOLE GRAIN POTATO WEDGES, FROZEN, 100% FRUIT JUICE MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED	Oct - 26  BEEF A RONI CHICKEN TETRAZZINI, K-8 LIMA BEANS, FROZEN BROCCOLI FRESH RANCH DRESSING-LF FRUIT,FRESH ASSORTED BISCUIT/MINI WHOLE GRAIN MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL
Oct - 29  SPAGHETTI SAUCE W/ MEAT TOSSED SALAD W/ DRESSIN NACHOS WITH GROUND BEE BREADSTICKS, WHOLE WHEA CALIFORNIA BLEND FRUIT,FRESH ASSORTED MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL	Oct - 30  HOT DOG CHILI FOR HOT DOGS SPAGHETTI SAUCE W/ MEAT CORN,CANNED MIXED VEGETABLES APPLE CRISP 100% FRUIT JUICE MILK KETCUP/HEINZ/LOW SODIUM PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL FRUIT,FRESH ASSORTED	Oct - 31  TACOS CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS WHOLE GRAIN DINNER ROLL FRUIT,FRESH ASSORTED TACO SAUCE HONEY MUSTARD KETCUP/HEINZ/LOW SODIUM 100% FRUIT JUICE MILK PEANUT BUTTER AND JELLY STRING CHEESE, MOZZAREL		

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