

November 2014

Lunch

Lunch:

P - 6 \$2.20 daily

7 - 12 \$2.30 daily

Milk/juice = 30¢

Milk, fresh fruit and vegetables served daily

Menu subject to change without notice

English Valleys is an equal opportunity provider

Nov 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Cheese bread w/ marinara sauce, corn, tossed salad, watermelon, Fruit, Milk	Sweet & sour chicken nuggets, seasoned rice, Asian vegetables, carrots & celery sticks, tropical fruit, Fruit, Milk	Super nachos, refried beans, green beans, fresh fruit salad, Fruit, Milk	Rock'n Roll beef wrap, steamed carrots, pineapple, cherry crisp (7-12), Fruit, Milk	Pulled pork sandwich, creamy cole slaw, baked beans, fresh strawberries, Fruit, Milk
WEEKLY NUTRIENT AVERAGES: Grades K-6: Calories - 650 Sodium (mg) - 1164 Percentage of total calories from Sat. Fat - 7.9%					
Grades 7-12: Calories - 801 Sodium (mg) - 1206 Percentage of total calories from Sat. Fat - 7.7%					

Nov 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Pig in a blanket, roasted red potatoes, broccoli w/cheese sauce, fresh apple, Fruit, Milk	Hot beef sandwich, mashed potatoes w/ gravy, green beans, patriotic fruit salad, pumpkin bars, Fruit, Milk	Spaghetti w/meat sauce, garlic bread, garden salad, green beans, mandarin oranges, Fruit, Milk	Taco salad, tortilla chips & salsa, refried beans, watermelon, cinnamon puffs (7-12), Fruit, Milk	Chicken Tetrzini, garlic bread, tossed salad, seasoned peas, apricot halves, Fruit, Milk
WEEKLY NUTRIENT AVERAGES: Grades K-6: Calories - 650 Sodium (mg) - 1070 Percentage of total calories from Sat. Fat - 7.9%					
Grades 7-12: Calories - 801 Sodium (mg) - 1145 Percentage of total calories from Sat. Fat - 7.7%					

Nov 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Mini meatball sub, Ranch wedges, tossed salad, strawberries & bananas, Fruit, Milk	BBQ Chicken drumstick, roll & jelly, steamed broccoli, peaches, Fruit, Milk	Cheese pizza, fresh carrots, corn, fresh citrus salad, Fruit, Milk	Chicken noodle soup, cornbread, cherry tomatoes, cucumber slices, fresh banana, Fruit, Milk	Biscuits & gravy, sausage patty (7-12), peas, hash brown patty, grapes, Fruit, Milk
WEEKLY NUTRIENT AVERAGES: Grades K-6: Calories - 640 Sodium (mg) - 1078 Percentage of total calories from Sat. Fat - 5.6%					
Grades 7-12: Calories - 839 Sodium (mg) - 1107 Percentage of total calories from Sat. Fat - 5.6%					

Nov 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Turkey & cheese sub, lettuce & tomato, sweet potato fries, fresh kiwi, Fruit, Milk	BBQ beef on a bun, baked beans, fruit salad, royal brownies (7-12), Fruit, Milk	Crispito, Mexican corn, fresh banana, Fruit, Milk	NO SCHOOL	NO SCHOOL
WEEKLY NUTRIENT AVERAGES: Grades K-6: Calories - 633 Sodium (mg) - 1154 Percentage of total calories from Sat. Fat - 7.2%					
Grades 7-12: Calories - 798 Sodium (mg) - 1232 Percentage of total calories from Sat. Fat - 6.8%					

BREAKFAST:

PLEASE NOTE: Milk choice includes a choice of non-fat (flavored or unflavored) or 1% milk (unflavored)

Fruit juice choice includes any 100% juice

LUNCH:

PLEASE NOTE: Milk choice includes a choice of non-fat or 1% milk

Reduced fat dressing is served with salads and fresh vegetables.

Fruit choices and alternate entrees are not included in the analysis. (9-12) or (7-12) means that those grades only get that extra item.

As you can see, the menus are based on calorie and sodium intake.

As your child gets older the more he or she will get to make a balanced diet.