



Early College Menu 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Pepperoni Pizza Garden Peas Chilled Pears	3 Chili con Carne & Beans Baked Potato Banana	4 Spaghetti Lima beans Chilled Pineapple Pudding w/ Toppin'	5 Roasted Chicken&Biscuit Mashed Potatoes w/ Gravy Fresh Grapes	6 Hot Dog w/ Chili Baked Beans Apple Crisp	Cal 684 T.Fat 19.60 G S.Fat 5.9 G Chol 48.3 Mg Sodm 1441.75 Mg Carb 97.58 G Fiber 7.1 G Prtn 30.85 G Iron 4.94 Mg Calc 541.15 Mg Vit A 869.48 RE Vit C 23.50 Mg
9 Chick Filet Sandwich Tator Tots Chilled Peaches	10 Chicken Quesadilla Pinto Beans Fresh Apple	 Veterans' Day	12 Tortilla Cheese Rolls Broccoli w/ Cheese Banana	13 Cheeseburger Tator Tots Raisins	Cal 669 T.Fat 21.15 G S.Fat 6.7 G Chol 40.4 Mg Sodm 1398.93 Mg Carb 89.03 G Fiber 5.7 G Prtn 32.06 G Iron 3.82 Mg Calc 515.75 Mg Vit A 544.80 RE Vit C 18.98 Mg
16 BBQ Pork Sandwich Green Beans Sherbet	17 Nachos Grande Corn Fresh Grapes	18 Chicken Fryz Breadstick Black-Eyed Peas Chilled Pears Jello w/ Toppin'	19 Turkey & Gravy w/ Stuffing Sweet Potato Souffle' Fresh Apple	20 Popcorn Chicken Potato Smiles Peach Crisp	Cal 632 T.Fat 18.48 G S.Fat 5.0 G Chol 53.7 Mg Sodm 1359.13 Mg Carb 90.05 G Fiber 5.0 G Prtn 28.66 G Iron 8.94 Mg Calc 502.66 Mg Vit A 1244.02 RE Vit C 32.65 Mg
23 Pepperoni Pizza Garden Peas Strawberry Cups	24 Chicken Dippers w/ Egg Roll Brown Rice Broccoli 'n Cheese Sherbet	25	26	27	Cal 638 T.Fat 17.61 G S.Fat 5.7 G Chol 59.2 Mg Sodm 1272.41 Mg Carb 92.16 G Fiber 5.7 G Prtn 30.71 G Iron 4.87 Mg Calc 532.55 Mg Vit A 1581.84 RE Vit C 59.62 Mg
30 Whole Grain Cornpuppies Winter Blend Veggies Applesauce	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="color: orange; font-weight: bold; font-size: 1.2em;">Have a Safe and Happy Thanksgiving!</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="color: red; font-weight: bold; font-size: 1.1em;">Chef Salads Available for order on Mon/Wed/Friday Tossed salad available as a vegetable option Mon-Thurs.</p> <p style="font-size: 1.5em; font-weight: bold; color: black;">Try a Salad Today</p>  </div>			30	Cal 537 T.Fat 10.48 G S.Fat 3.8 G Chol 37.5 Mg Sodm 964.90 Mg Carb 82.31 G Fiber 5.6 G Prtn 23.77 G Iron 3.89 Mg Calc 572.14 Mg Vit A 535.16 RE Vit C 36.59 Mg
<p style="font-size: 0.9em; color: gray;">In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, sex, or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p style="font-size: 0.9em;">The Child Nutrition Department is located at 1802 South 15th Street, Wilmington, NC, 28401. For questions/concerns, please contact the Child Nutrition Director, Mrs. Imer Smith at 254-4212</p> </div>					