



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Pepperoni Pizza or Cheese Fishwich Garden Peas Chilled Pears	3 Chili con Carne & Beans or Whole Grain Cornpuppies Baked Potato Banana	4 Spaghetti or Chicken Nuggets Lima beans Chilled Pineapple Pudding w/ Toppin'	5 Roasted Chicken&Biscuit or Tuna Sand. w/ Chips & Pickle 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 Pepperoni Pizza or Chick Filet Sandwich Tator Tots Chilled Peaches	10 Chicken Quesadilla or Tac 'o Bout Fish Pinto Beans Fresh Apple		12 Roasted Chicken&Biscuit or Tortilla Cheese Roll Broccoli w/ Cheese Banana	13 Cheeseburger Corn-on-the-Cob 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 Seafood Combo or BBQ Pork Sandwich Green Beans Sherbet	17 Nachos Grande or Pork Choppette Sandwich Corn Fresh Grapes	18 Lasagna Cheese Roll-up or Chicken Fryz Breadstick Black-Eyed Peas Chilled Pears Jello w/ Toppin'	19 Turkey & Gravy w/ Stuffing or Rib-B-Q Sandwich 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 or Sloppy Joe Garden Peas Strawberry Cups	24 Chicken Dippers w/ Egg Roll or Corndog Brown Rice Broccoli 'n Cheese Sherbet	25 26 27 Have a Safe and Happy Thanksgiving!			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 Hot Pocket or Whole Grain Cornpuppies Winter Blend Veggies Applesauce	Chef Salads Available for order on Mon/Wed/Friday Tossed salad available as a vegetable option Mon-Thurs.  Try a Salad Today!			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	
<i>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.</i>					
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					