




November

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Pepperoni Pizza Garden Peas Chilled Pears	3 Whole Grain Cornpuppies Baked Potato Banana	4 Chicken Nuggets Lima beans Chilled Pineapple Pudding w/ Topping	5 Roasted Chicken Biscuit Mashed Potatoes w/ Gravy Fresh Grapes	6 Hot Dog w/ Chili Baked Beans Apple Crisp	Cal 626 T.Fat 18.80 G S.Fat 5.5 G Chol 39.0 Mg Sodm 1340.31 Mg Carb 84.95 G Fiber 4.8 G Prtn 29.44 G Iron 3.77 Mg Calc 480.55 Mg Vit A 428.69 RE
9 Chick Filet Sandwich Tator Tots Chilled Peaches	10 Tac 'o Bout Fish Kidney Beans Fresh Grapes	 Veterans' Day	12 Roasted Chicken Biscuit Mashed Potatoes w/ Gravy Fresh Apple	13 Cheeseburger Corn on the Cob Raisins	Cal 604 T.Fat 18.37 G S.Fat 5.5 G Chol 38.7 Mg Sodm 1148.83 Mg Carb 76.45 G Fiber 4.1 G Prtn 33.15 G Iron 3.27 Mg Calc 426.16 Mg Vit A 320.70 RE
16 BBQ Pork Sandwich Green Beans Sherbet	17 Nachos Grande Corn Fresh Grapes	18 Chicken Fryz Breadstick Garden Salad Applesauce Jello w/ Topping	19 Turkey & Gravy w/ Stuffing Sweet Potato Souffle' Fresh Apple	20 Popcorn Chicken Potato Smiles Peach Crisp	Cal 555 T.Fat 17.33 G S.Fat 4.8 G Chol 43.7 Mg Sodm 1107.70 Mg Carb 75.15 G Fiber 3.1 G Prtn 25.60 G Iron 4.45 Mg Calc 426.53 Mg Vit A 1171.18 RE
23 Pepperoni Pizza Garden Peas Strawberry Cups	24 Chicken Dippers Brown Rice Broccoli w/ Cheese Sherbet	25 26 27 <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;">Have a Safe and Happy Thanksgiving!</p> </div> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>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> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;"><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</i></p> </div>			Cal 574 T.Fat 14.58 G S.Fat 5.0 G Chol 35.8 Mg Sodm 1099.77 Mg Carb 82.88 G Fiber 4.3 G Prtn 29.51 G Iron 4.16 Mg Calc 525.92 Mg Vit A 364.09 RE
30 Whole Grain Cornpuppies Winter Blend Veggies Applesauce					Cal 468 T.Fat 9.42 G S.Fat 2.3 G Chol 56.0 Mg Sodm 1087.19 Mg Carb 74.57 G Fiber 4.5 G Prtn 20.76 G Iron 2.94 Mg Calc 419.21 Mg Vit A 306.14 RE