


Early College Menu 2009

OCTOBER

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Rib-B-Q Sandwich Sweet Potato Souffle' Fresh Peach	2 Cheeseburger Tator Tots Strawberry Cups	Cal 685 T.Fat 18.94 G S.Fat 5.0 G Chol 43.8 Mg Sodm 1529.47 Mg Carb 100.32 G Fiber 5.9 G Prtn 30.48 G Iron 15.92 Mg Calc 531.13 Mg Vit A 954.60 RE Vit C 30.30 Mg
5 BBQ Pork Sandwich w/ slaw Green Beans Apricot Cups	6 Nachos Grande Corn Fresh Apple	7 Lasagna Black-Eyed Peas Applesauce Low Fat Brownie	8 Roasted Chicken Macaroni & Cheese Baked Potato Banana	9 Popcorn Chicken Potato Smiles Peach Crisp	Cal 636 T.Fat 18.91 G S.Fat 5.6 G Chol 51.5 Mg Sodm 1307.55 Mg Carb 88.46 G Fiber 5.2 G Prtn 29.19 G Iron 4.21 Mg Calc 462.86 Mg Vit A 777.09 RE Vit C 25.23 Mg
12 Pepperoni Pizza Garden Peas Strawberry Cups <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> Teacher Workday Wilmington Early College </div>	13 Pork Chop Sandwich Corn Fresh Orange	14 Spaghetti & Meatsauce Garden Salad Chilled Pineapple Fresh Baked Cookie	15 Scrambled Eggs Biscuit Hash Brown Stix Applesauce	16 Hot Dog w/ Chili Baked Beans Apple Crisp	Cal 683 T.Fat 18.86 G S.Fat 5.6 G Chol 51.1 Mg Sodm 1537.32 Mg Carb 101.76 G Fiber 6.7 G Prtn 28.17 G Iron 4.41 Mg Calc 542.65 Mg Vit A 539.23 RE Vit C 31.13 Mg
19 Chick Filet Sandwich Tator Tots Shape-Up	20 Tac 'o Bout Fish Kidney Beans Fresh Grapes	21 Cheesey Breadsticks Broccoli Chilled Pears Fresh Baked Cake	22 Roasted Chicken Macaroni & Cheese Mashed Potatoes w/ Gravy Fresh Apple	23 Cheeseburger Tator Tots Chilled Mixed Fruit <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> Teacher Workday Isaac Bear Early College </div>	Cal 672 T.Fat 20.14 G S.Fat 7.0 G Chol 45.5 Mg Sodm 1538.60 Mg Carb 90.33 G Fiber 5.2 G Prtn 32.58 G Iron 3.86 Mg Calc 578.21 Mg Vit A 434.31 RE Vit C 18.62 Mg
26 Seafood Combo Green Beans Sherbet	27 Nachos Grande Corn Banana	28 Lasagna Cheese Roll-up Breadstick Garden Salad Applesauce Low Fat Brownie	29 Popcorn Chicken Potato Smiles Peach Crisp	30 Zesty Cheese Rolls Garden Salad Strawberry Cups	Cal 645 T.Fat 19.36 G S.Fat 5.3 G Chol 55.9 Mg Sodm 1385.46 Mg Carb 90.38 G Fiber 4.7 G Prtn 29.03 G Iron 4.68 Mg Calc 500.68 Mg Vit A 497.71 RE Vit C 26.97 Mg