

# October

New Hanover County Schools 2009-2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><b>Lunch Meal Prices:</b>  <b>High School:\$2.25</b>  <b>Elem/Middle School:\$2.00</b>  <b>PreK:\$1.80</b>  <b>Breakfast: \$1.25</b>  <b>Adults: a la carte</b></p>	<p><b>On-line Payments</b>  <b>LunchPrepay.com</b> You get quick and easy access to your child's meal account 24 hours a day. You can prepay your child's account with any major credit card!</p> 	<p><b>1</b>            Turkey &amp; Gravy w/ Stuffing            or            Rib-B-Q***            Sweet Potato Souffle'            Garden Salad            Fresh Peach</p>	<p><b>2</b>            Cheeseburger w/ Fixins            Tator Tots            Strawberry Cups</p>	<p>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 53.13 Mg            Vit A 954.60 RE            Vit C 30.30 Mg</p>	
<p><b>5</b>            Seafood Combo or            BBQ Pork Sandwich            Green Beans            Garden Salad            Apricot Cups</p>	<p><b>6</b>            Nachos Grande or            Cornpuppies            Corn            Garden Salad            Fresh Apple</p>	<p><b>7</b>            Lasagna Cheese Roll-up or            Chicken Fryz Breadstick            Black-Eyed Peas            Garden Salad            Applesauce            Brownie</p>	<p><b>8</b>            Roasted Chicken            Mac 'n Cheese or            Tortilla Cheese Rolls***            Baked Potato            Garden Salad            Banana</p>	<p><b>9</b>            Popcorn Chicken            Potato Smiles            Peach Crisp</p>	<p>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 46.286 Mg            Vit A 777.09 RE            Vit C 25.23 Mg</p>
<p><b>12</b>            Pepperoni Pizza or            Cheese Fishwich            Garden Peas            Garden Salad            Strawberry Cups</p>	<p><b>13</b>            Hot Pocket or            Pork Chop Sandwich***            Corn            Garden Salad            Fresh Orange</p>	<p><b>14</b>            Spaghetti or            Chicken Nuggets            Lima beans            Garden Salad            Chilled Pineapple            Cookie</p>	<p><b>15</b>            Scrambled Eggs            Biscuit or            Corndog            Hash Brown            Stix***            Applesauce            Garden Salad</p>	<p><b>16</b>            Hot Dog w/ Chili            Baked Beans            Apple Crisp</p>	<p>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 54.2.65 Mg            Vit A 539.23 RE            Vit C 31.13 Mg</p>
<p><b>National School Lunch Week: October 12th-16th</b></p>					
<p><b>19</b>            Pepperoni Pizza or            Chick Filet Sandwich            Tator Tots            Garden Salad            Shape-Up</p>	<p><b>20</b>            Chicken Quesadilla or            Tac 'o Bout Fish***            Kidney Beans            Garden Salad            Fresh Grapes</p>	<p><b>21</b>            Mini Ravioli or            Cheesey Breadsticks            Broccoli            Garden Salad            Chilled Pears            Fresh Baked Cake</p>	<p><b>22</b>            Roasted Chicken            Mac 'n Cheese or            Ham &amp; Cheese Sandwich            Mashed Potatoes w/ Gravy            Garden Salad            Fresh Apple</p>	<p><b>23</b>            Cheeseburger w/ Fixins            Tator Tots            Chilled Mixed Fruit</p>	<p>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 57.8.21 Mg            Vit A 434.31 RE            Vit C 18.62 Mg</p>
<p><b>26</b>            Seafood Combo or            BBQ Pork Sandwich            Green Beans            Garden Salad            Sherbet</p>	<p><b>27</b>            Nachos Grande or            Pork Choppette Sandwich***            Corn            Garden Salad            Banana</p>	<p><b>28</b>            Lasagna Cheese Roll-up or            Chicken Fryz Breadstick            Black-Eyed Peas            Garden Salad            Applesauce            Brownie</p>	<p><b>29</b>            Popcorn Chicken            Potato Smiles            Peach Crisp</p> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: fit-content;"> <p><b>Trad. Early Dismissal</b></p> </div> <p>*** denotes new item</p>	<p><b>30</b>            Tortilla Cheese Roll            Lima Beans            Strawberry Cups</p> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: fit-content;"> <p><b>Trad. Teacher Workday</b></p> </div>	<p>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</p>

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.