



October

Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients

<p>New Hanover County Schools Pre-K, Lake Forest Academy~2009</p> <p><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></p>			<p>1 Turkey & Gravy w/ Stuffing Sweet Potato Souffle' Fresh Peach</p>	<p>2 Cheeseburger Tator Tots Strawberry Cups</p>	<p>Cal 638 T.Fat 17.35 G S.Fat 4.9 G Chol 43.3 Mg Sodm 1384.76 Mg Carb 91.90 G Fiber 5.8 G Prtn 29.14 G Iron 4.39 Mg Calc 471.32 Mg Vit A 904.22 RE Vit C 32.46 Mg</p>
<p>5 BBQ Pork Sandwich Green Beans Apricot Cups</p>	<p>6 Cornpudding Corn Fresh Apple</p>	<p>7 Chicken Fryz Breadstick Garden Salad Applesauce Brownie</p>	<p>8 Roasted Chicken Mac 'n Cheese Baked Potato Fresh Banana</p>	<p>9 Popcorn Chicken Potato Smiles Peach Crisp</p>	<p>Cal 586 T.Fat 17.33 G S.Fat 4.9 G Chol 42.4 Mg Sodm 1143.03 Mg Carb 78.80 G Fiber 3.5 G Prtn 28.80 G Iron 3.89 Mg Calc 390.89 Mg Vit A 611.15 RE Vit C 16.83 Mg</p>
<p>12 Pepperoni Pizza Garden Peas Strawberry Cups</p>	<p>13 Pork Chop Sandwich Garden Salad Fresh Orange</p>	<p>14 Chicken Nuggets Lima beans Chilled Pineapple Fresh Baked Cookie</p>	<p>15 Scrambled Eggs Biscuit Hash Brown Stix Applesauce</p>	<p>16 Hot Dog w/ Chili Baked Beans Apple Crisp</p>	<p>Cal 647 T.Fat 20.28 G S.Fat 5.8 G Chol 50.9 Mg Sodm 1409.90 Mg Carb 92.34 G Fiber 5.4 G Prtn 26.17 G Iron 3.88 Mg Calc 471.20 Mg Vit A 476.75 RE Vit C 23.54 Mg</p>
<p>19 Chick Filet Sandwich Tator Tots Shape-Up</p>	<p>20 Tac 'o Bout Fish Kidney Beans Fresh Grapes</p>	<p>21 Cheesey Breadsticks Broccoli Chilled Pears Fresh Baked Cake</p>	<p>22 Roasted Chicken Mac 'n Cheese Mashed Potatoes w/ Gravy Fresh Apple</p>	<p>23 Cheeseburger Tator Tots Chilled Mixed Fruit</p>	<p>Cal 582 T.Fat 17.25 G S.Fat 6.3 G Chol 41.7 Mg Sodm 1141.85 Mg Carb 73.28 G Fiber 3.2 G Prtn 32.96 G Iron 2.83 Mg Calc 481.06 Mg Vit A 310.42 RE Vit C 7.62 Mg</p>
<p>26 BBQ Pork Sandwich Green Beans Sherbet</p>	<p>27 Nachos Grande Corn Fresh Banana</p>	<p>28 Lasagna Cheese Roll-up Garden Salad Applesauce Brownie</p>	<p>29</p>	<p>30</p>	<p>Cal 572 T.Fat 16.94 G S.Fat 5.2 G Chol 39.1 Mg Sodm 1207.32 Mg Carb 78.80 G Fiber 3.2 G Prtn 26.11 G Iron 3.92 Mg Calc 509.93 Mg Vit A 800.79 RE Vit C 18.75 Mg</p>

Teacher Workday