

## LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrients
<p><b>All lunches include:</b> <i>Protein, Fruit, Vegetable, Grain, 1% White Milk or Fat Free Chocolate Milk</i></p> 				<p><b>1</b> Chicken Tenders with WG Bun, Mac &amp; Cheese, Grape Tomatoes &amp; Cucumbers, Fresh Fruit <b>ALT:</b> Pizza Crunchers, Grape Tomatoes &amp; Cucumbers, Fresh Fruit</p>	<p>Calories: 2016/alt 1971 Total Fat: 312/alt 187.5 Carbs: 241.5/alt 239.5 Protein: 85/alt 99 Calcium: 86%/alt 178% Iron: 75%/alt 66% Vitamin A: 84%/alt 87% Vitamin C: 89%/alt 143%</p>
<p><b>4</b> Meatloaf &amp; Gravy, Mashed Potatoes, Fresh Broccoli, Fresh Fruit <b>ALT:</b> Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Fresh Broccoli, Fresh Fruit</p>	<p><b>5</b> French Toast Sticks, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit <b>ALT:</b> French Toast Sticks, Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p><b>6</b> Baked Chicken Nuggets, Tater Tots, Corn, Fresh Fruit <b>ATL:</b> Hummus &amp; Pita Bread Vegetarian Grape Leaves Grape Tomatoes, Fresh Fruit</p>	<p><b>7</b> Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Mixed Greens w/Light Italian Dressing, Fresh Fruit <b>ALT:</b> Potato &amp; Cheese Pierogis Vegetarian Baked Beans, Sliced Green Peppers, Fresh Fruit</p>	<p><b>8</b> Beefaroni, Romaine w/Light Italian Dressing, Tomato &amp; Green Peppers, Fresh Fruit <b>ALT:</b> Pizza Crunchers, Romaine w/Light Italian Dressing, Tomato &amp; Green Peppers, Fresh Fruit</p>	<p>Calories: 3238/alt 3093 Total Fat: 202/alt 260.5 Carbs: 414.5/alt 385.5 Protein: 190/alt 157 Calcium: 188%/alt 286% Iron: 95%/alt 89% Vitamin A: 139%/alt 164% Vitamin C: 279%/alt 274%</p>
<p><b>11</b> Penne Marinara &amp; Meatball, Carrot Sticks, Fresh Fruit <b>ALT:</b> Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit</p>	<p><b>12</b> Pancakes, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit <b>ALT:</b> Pancakes, Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p><b>13</b> Baked Chicken Nuggets, Tater Tots, Corn, Fresh fruit <b>ALT:</b> Potato &amp; Cheese Pierogis Corn, Mixed Greens Salad w/Light Italian Dressing, Fresh Fruit</p>	<p><b>14</b> Hamburger on WG Bun Vegetarian Baked Beans, Mixed Greens w/Light Italian Dressing, Fresh Fruit <b>ALT:</b> Cheese Ravioli w/Marinara, Strawberry Banana Yogurt, Mixed Greens w/Light Italian Dressing, Fresh Fruit</p>	<p><b>15</b> <b>No Lunch</b></p>	<p>Calories: 3144.5/alt 3143 Total Fat: 264/alt 329.5 Carbs: 375/alt 352.5 Protein: 148/alt 151 Calcium: 202%/alt 276% Iron: 118%/alt 112% Vitamin A: 146%/alt 175% Vitamin C: 34%/alt 375%</p>
<p><b>18</b> Beef Ravioli, Fresh Broccoli, Fresh Fruit <b>ALT:</b> Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Fresh Broccoli, Fresh Fruit</p>	<p><b>19</b> French Toast Sticks, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit <b>ALT:</b> French Toast Sticks, Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p><b>20</b> Baked Chicken Nuggets, Tater Tots, Corn, Fresh Fruit <b>ALT:</b> Hummus &amp; Pita Bread Vegetarian Grape Leaves Grape Tomatoes, Fresh Fruit</p>	<p><b>21</b> Hot Turkey &amp; Stuffing, Gravy on side, Corn, Fresh Fruit <b>ALT:</b> Potato &amp; Cheese Pierogis Veggie Baked Beans, Sliced Green Peppers, Fresh Fruit</p>	<p><b>22</b> Beef over Noodles, Romaine w/Light Italian Dressing, Tomato &amp; Green Peppers, Fresh Fruit <b>ALT:</b> Pizza Crunchers, Romaine w/Light Italian Dressing, Tomato &amp; Green Peppers, Fresh Fruit</p>	<p>Calories: 2536/alt 2549 Total Fat: 180/alt 244 Carbs: 328.5/alt 311.5 Protein: 125/alt 130 Calcium: 147%/alt 215% Iron: 86%/alt 78% Vitamin A: 120%/alt 143% Vitamin C: 109%/alt 165%</p>
<p><b>25</b> Meatloaf &amp; Gravy, Mashed Potatoes, Fresh Broccoli, Fresh Fruit <b>ALT:</b> Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit</p>	<p><b>26</b> Pancakes, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit <b>ALT:</b> Pancakes, Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p><b>27</b> <b>No Lunch</b></p>	<p><b>28</b> <b>No School</b>  <b>Happy Thanksgiving!</b></p>	<p><b>29</b> <b>No School</b></p>	<p><i>Lunches provided by:</i> Getaway Café 3049 Sussex Ave @ McNeilly Rd 412-343-1333 Director of Dining Services: <b>Louis Manolios</b></p>