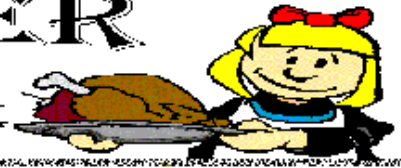


NOVEMBER

2017



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>DAILY LUNCH PRICES \$2.55 Elementary \$3.50 Adult Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p> <p>* Contains Pork</p>		<p>1 Cheeseburger or Trix Yogurt Cup w/Chocolate Chocolate Chip Muffin & String Cheese Fresh Garden Bar Mandarin Oranges</p>	<p>2 Chicken Nuggets or Roasted Pork* w/Gravy Mashed Potatoes w/Gravy Fresh Garden Bar Warm Cinnamon Roll Sweet Carrot Coins Seasonal Fresh Fruit Rice Krispie Treat</p> <p>NOV BIRTHDAY'S CELEBRATION!</p>	<p>3 Sloppy Joe Sandwich or 5" Deep Dish Pizza Fresh Garden Bar Savory Corn Sliced Peaches Ice Cream Sandwich</p> <p>National Sandwich Day!</p>	<p>Cal 591 T.Fat 14.94 G S.Fat 5.5 G Chol 46.9 Mg Sodm 909.57 Mg Carb 89.05 G Fiber 6.9 G Prtn 25.72 G Iron 3.41 Mg Calc 500.29 Mg Vit A 33.15 RE Vit C 24.94 Mg</p>
<p>6 Popcorn Chicken or Hot Dog Crispy Potato Wedges Fresh Garden Bar CountryBlend Vegetables Chilled Pears Bag of Nacho Cheese Doritos</p> <p>National Nacho Day!</p>	<p>7 Mini Chocolate Chip French Toast w/Scrambled Eggs or BBQ Pulled Pork* Sandwich Fresh Garden Bar Chilled Strawberries</p>	<p>8 Wild Mike's Cheese Pizza or Breaded Fish Sandwich w/Cheese Fresh Garden Bar Steamed Broccoli w/Cheese Sliced Peaches Bag of Kettle Style Popcorn</p>	<p>9 Italian Spaghetti w/Meat Sauce or Chicken Tenders Fresh Garden Bar Savory Corn Seasonal Fresh Fruit Assorted Sorbet</p>	<p>10 Walking Taco w/Toppings or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar Cheesy Refried Beans Assorted Juice Cup Vanilla Cupcake</p> <p>National Vanilla Cupcake Day!</p>	<p>Cal 635 T.Fat 17.73 G S.Fat 5.5 G Chol 70.4 Mg Sodm 839.39 Mg Carb 93.82 G Fiber 9.2 G Prtn 26.70 G Iron 3.91 Mg Calc 511.83 Mg Vit A 42.57 RE Vit C 27.03 Mg</p>
<p>13 Mozzarella Sticks or Mandarin Orange Chicken Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits Fortune Cookie</p>	<p>14 Cheeseburger or Chicken Enchilada Fresh Garden Bar Dill Pickle Spear Savory Corn Bag of Frito Chips Seasonal Fresh Fruit</p> <p>National Pickle Day!</p>	<p>15 Two Hard Shell or 1 Soft Shell Taco or 2 Pizza Dippers Fresh Garden Bar Cheesy Refried Beans Chilled Peaches Mini Raspberry Churro</p>	<p>16 Thanksgiving Feast Pilgrims Popcorn Chicken or Gobble Gobble Turkey & Gravy Mayflower Mashed Potatoes Feastable Garden Bar Bountiful California Blend Vegetables, Autumn Juice Cup & a Delicious Cinnamon Roll</p>	<p>17 Macaroni & Cheese or Chicken Nuggets Sweet Potato Fries Fresh Garden Bar Dinner Roll Chilled Pears Cotton Candy Ice Cream Bar</p>	<p>Cal 599 T.Fat 16.08 G S.Fat 5.0 G Chol 45.3 Mg Sodm 996.28 Mg Carb 85.50 G Fiber 9.8 G Prtn 29.38 G Iron 4.14 Mg Calc 514.65 Mg Vit A 32.40 RE Vit C 19.11 Mg</p>
<p>20 Chicken Tenders or Mini Corn Dogs Fresh Garden Bar Baked French Fries Seasoned Broccoli Blue Raspberry Cherry Swirl Shape Up</p>	<p>21 Beefy Nachos or Grilled Cheese Sandwich Fresh Garden Bar Tomato Soup Fresh Banana Minion Graham Snacks</p>	<p>22 Stuffed Crust Cheese Pizza or Mini Maple Pancakes w/Scrambled Eggs Fresh Garden Bar Steamed Peas Chilled Strawberries</p>	<p>23 Happy Thanksgiving</p>	<p>24</p>	<p>Cal 591 T.Fat 16.16 G S.Fat 4.8 G Chol 58.4 Mg Sodm 950.28 Mg Carb 87.28 G Fiber 7.8 G Prtn 25.19 G Iron 3.09 Mg Calc 486.29 Mg Vit A 38.17 RE Vit C 28.80 Mg</p>
<p>27 Sloppy Joe Sandwich or Cheesy Cheese Pizza Crispy Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Sliced Peaches</p> <p>Strawberry Milk Today!</p>	<p>28 Cinnamon French Toast w/2 Breakfast Sausages* or Mandarin Orange Chicken Fresh Garden Bar Mandarin Oranges Fortune Cookie</p> <p>National French Toast Day!</p>	<p>29 Hot Dog or Bosco Sticks Fresh Garden Bar Seasoned Green Beans Crisp Red Grapes Mini Powdered Sugar Donut</p>	<p>30 Italian Spaghetti w/Meat Sauce or Crispy Chicken O's Fresh Garden Bar Garlic Bread Savory Corn Assorted Juice Cup</p>	<p>1</p>	<p>Cal 582 T.Fat 16.91 G S.Fat 4.4 G Chol 53.4 Mg Sodm 889.67 Mg Carb 82.56 G Fiber 6.8 G Prtn 26.39 G Iron 3.56 Mg Calc 449.77 Mg Vit A 37.15 RE Vit C 24.51 Mg</p>

Account Balance: Please access your account on-line at www.Germantownschoools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.