

FOREST ELEMENTARY & HAWKINS MIDDLE

OCTOBER 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Chef Salad Pepperoni Pizza Wedge Chicken Fajitas Whole Kernel Corn Broccoli Salad Garden Salad W/Dressing Fresh Oranges Chilled Diced Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	3 Chef Salad Spaghetti & Meat Sauce Grilled Chicken Sandwich Black-Eyed Peas Potato Salad Tossed Salad w/ Dressing Mandarin Fruit Cup Fresh Apples Whole Wheat Garlic Toast Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yellow Cake	4 Chef Salad Salisbury Steak W/Gravy Fish Melt Southern Collard Greens Scalloped Potatoes Raw Veggies with Dip Fresh Pears Pineapple Tidbits Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	5 Chef Salad Chicken with Alfredo Sauce Corn Dog Green Peas Garden Salad W/Dressing Chilled Peach Slices Fresh Bananas Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yeast Roll	6 Chef Salad Chicken Patty Sandwich Beef & Bean Burrito Tater Tots Glazed Carrots Baked Beans Rosey Applesauce Fresh Plums Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Calories 650 Cholesterol 69 mg Sodium 1176 mg Dietary Fiber 9.38 g Iron 3.72 mg Calcium 495.15 mg Vitamin A 5554 IU Vitamin C 28.32 mg Sugars 43.07 g 26.5% Protein 33.30 g 20.5% Carbohydrate 94.11 g 57.9% Total Fat 17.26 g 23.9% Saturated Fat 4.51 g 6.2%
9 Chef Salad Hamburger w/ Trimmings Hot Dog Seasoned Potato Wedges Baked Beans Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	10 Chef Salad Steak Fingers Ham & Cheese on Hoagie Corn on the Cob Seasoned Lima Beans Yam Patties Tropical Fruit Chilled Diced Pears Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	11 Chef Salad Beefy Nachos Grande Turkey & Cheese Hoagie Whole Kernel Corn Baked Beans Garden Salad W/Dressing Fresh Bananas Mandarin Fruit Cup Chocolate Chip Cookie Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	12 Chef Salad Cheeseburger Hot Dog Tater Tots Creamy Coleslaw California Veggies Fresh Plums Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	13 Chef Salad Pepperoni Pizza Wedge Beef & Bean Burrito Whole Kernel Corn Black Bean Salad Baked Beans Fresh Bananas Chilled Peach Slices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 644 Cholesterol 49 mg Sodium 1050 mg Dietary Fiber 7.20 g Iron 3.79 mg Calcium 415.81 mg Vitamin A 1675 IU Vitamin C 18.50 mg Sugars 44.91 g 27.9% Protein 27.28 g 16.9% Carbohydrate 93.71 g 58.2% Total Fat 19.73 g 27.6% Saturated Fat 7.05 g 9.9%
16 STAFF DEVELOPMENT SCHOOL IS OUT!!!!	17 Chef Salad Red Beans and Rice with Sausage Ham & Cheese on Hoagie Southern Green Beans Raw Veggies with Dip Pinto Beans Cornbread Fresh Oranges Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	18 Chef Salad Beef-A-Roni/FES and John Wayne/HMS Grilled Chicken Sandwich Steamed Broccoli Florets Potato Salad Garden Salad W/Dressing Fresh Pears Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	19 Chef Salad Cheeseburger Hot Dog Tater Tots Creamy Coleslaw California Veggies Fresh Plums Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	20 Chef Salad Pepperoni Pizza Wedge Beef & Bean Burrito Whole Kernel Corn Black Bean Salad Baked Beans Fresh Bananas Chilled Peach Slices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 628 Cholesterol 56 mg Sodium 1187 mg Dietary Fiber 9.17 g Iron 4.17 mg Calcium 457.62 mg Vitamin A 2452 IU Vitamin C 28.30 mg Sugars 44.22 g 28.2% Protein 29.95 g 19.1% Carbohydrate 91.88 g 58.5% Total Fat 17.21 g 24.7% Saturated Fat 6.26 g 9.0%
23 Chef Salad Buffalo Hot Wings Hot Dog Mashed Potatoes Steamed Broccoli Florets Pinto Beans Chilled Peach Slices Fresh Apples Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	24 Chef Salad Spaghetti & Meat Sauce Grilled Chicken Sandwich Southern Green Beans Black-Eyed Peas California Veggies Whole Wheat Garlic Toast Mandarin Fruit Cup Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	25 Chef Salad Steak Fingers Ham & Cheese on Hoagie Corn on the Cob Seasoned Lima Beans Yam Patties Tropical Fruit Chilled Diced Pears Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	26 Chef Salad Beefy Nachos Grande Turkey & Cheese Hoagie Whole Kernel Corn Baked Beans Garden Salad W/Dressing Fresh Bananas Mandarin Fruit Cup Chocolate Chip Cookie Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	27 Chef Salad Hamburger w/ Trimmings Chicken Patty Sandwich Seasoned Potato Wedges Baked Beans Garden Salad W/Dressing Pineapple Tidbits Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Pudding	Calories 648 Cholesterol 68 mg Sodium 1093 mg Dietary Fiber 7.26 g Iron 3.90 mg Calcium 412.25 mg Vitamin A 2194 IU Vitamin C 23.22 mg Sugars 45.68 g 28.2% Protein 31.00 g 19.1% Carbohydrate 91.00 g 56.2% Total Fat 19.06 g 26.5% Saturated Fat 6.23 g 8.7%
30 Chef Salad Salisbury Steak W/Gravy Fish Melt Southern Collard Greens Scalloped Potatoes Raw Veggies with Dip Fresh Pears Pineapple Tidbits Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	31 Chef Salad Taco Soup Grilled Chicken Sandwich Black-Eyed Peas Potato Salad Tossed Salad w/ Dressing Mandarin Fruit Cup Fresh Apples Whole Wheat Garlic Toast Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yellow Cake				Calories 68 Cholesterol 8 mg Sodium 126 mg Dietary Fiber 0.96 g Iron 0.45 mg Calcium 53.90 mg Vitamin A 398 IU Vitamin C 2.65 mg Sugars 4.47 g 26.4% Protein 3.42 g 20.2% Carbohydrate 9.67 g 57.0% Total Fat 1.78 g 23.6% Saturated Fat 0.56 g 7.5%

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