

Peacham School Lunch Menu for October 2017

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 BBQ Chicken Tuna Salad Sand. Biscuit Pretty Pretty P'l'eas Milk, Assorted Garden Salad Fruit Bar Fruit Desserts Assted	3 Pasta Marinara Sauce Meat Sauce Italian Style Vegetables Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	4 Hot Turkey Sandwich Tuna Salad Sand. Mashed Potato Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	5 Beef Burrito Bean Burrito Tuna Salad Sand. Sw. Pot. Home Fries Refried Beans Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	6 Assorted Pizza Pepperoni Pizza Tuna Salad Sand. Carrots Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 648 Cholesterol 84 mg Sodium 904 mg Dietary Fiber 10.46 g Iron 4.23 mg Calcium 557.87 mg Vitamin A 7268 IU Vitamin C 59.03 mg Sugars 33.38 g 20.6% Protein 36.03 g 22.2% Carbohydrate 90.60 g 55.9% Total Fat 17.46 g 24.3% Saturated Fat 6.64 g 9.2%
9 Chicken Soup Cheese. Bread Stix Marinara Sauce Pasta Mixed Vegetables Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	10 Sheperd's Pie Biscuit Egg Salad Sand. Fiesta Salad Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	11 Mac & Cheese Ham Sand. Pretty Pretty P'l'eas Rice Salad Bar Fruit Bar Fruit Desserts Assted Milk, Assorted	12 Chicken Patty Sandwich Rice Pilaf Southwest Potato Cass. Cheesy Gr. Beans H.S. On Sandwich Bar Salad Bar Fruit Bar Fruit Desserts Assted Milk, Assorted	13 NO SCHOOL TODAY	Calories 637 Cholesterol 58 mg Sodium 991 mg Dietary Fiber 10.94 g Iron 4.29 mg Calcium 649.99 mg Vitamin A 6405 IU Vitamin C 57.60 mg Sugars 31.23 g 19.6% Protein 36.69 g 23.0% Carbohydrate 86.98 g 54.6% Total Fat 17.66 g 24.9% Saturated Fat 6.59 g 9.3%
16 NO SCHOOL TODAY	17 El Supremo Taco Ham Sand. Refried Beans Rice Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	18 Pasta Meat Sauce Marinara Sauce Sesame Green Beans Ham Sand. Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	19 Fishwich Ham Sand. Sugar Snap Peas Cole Slaw Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	20 Assorted Pizza Ham Sand. Kale 'n Garlic Saute Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 637 Cholesterol 53 mg Sodium 906 mg Dietary Fiber 11.54 g Iron 5.13 mg Calcium 633.23 mg Vitamin A 6438 IU Vitamin C 100.32 mg Sugars 31.14 g 19.6% Protein 33.31 g 20.9% Carbohydrate 92.03 g 57.8% Total Fat 17.29 g 24.4% Saturated Fat 7.00 g 9.9%
23 Hamburger Bar Cheeseburger Turkey Sand. Home Fries Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	24 Chicken Fajita Hot Ham & Cheese Veg. Baked Beans Rice Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	25 Tuna Melt American Chop Suey Biscuit Colima Style Vegetables Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	26 Assorted Flatbread Pizza Turkey Sand. Broccoli Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	27 Sloppy Joe w/Roll Chicken Club Wrap "Colonel" Corn Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted	Calories 648 Cholesterol 66 mg Sodium 909 mg Dietary Fiber 10.33 g Iron 4.11 mg Calcium 562.42 mg Vitamin A 3850 IU Vitamin C 62.87 mg Sugars 29.96 g 18.5% Protein 33.92 g 20.9% Carbohydrate 90.24 g 55.7% Total Fat 19.11 g 26.6% Saturated Fat 7.39 g 10.3%
30 BBQ Chicken Tuna Salad Sand. Biscuit Pretty Pretty P'l'eas Milk, Assorted Garden Salad Fruit Bar Fruit Desserts Assted	31 Pasta Marinara Sauce Meat Sauce Italian Style Vegetables Garden Salad Fruit Bar Fruit Desserts Assted Milk, Assorted				Calories 761 Cholesterol 140 mg Sodium 934 mg Dietary Fiber 12.46 g Iron 5.38 mg Calcium 470.92 mg Vitamin A 4143 IU Vitamin C 71.81 mg Sugars 41.16 g 21.6% Protein 44.28 g 23.3% Carbohydrate 102.07 g 53.7%

This institution is an equal opportunity employer and provider.
Student paid meal prices: Bkfst \$1.65, Lunch \$2.75

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.