

## Peacham School Lunch Menu for November 2017

### Menu is subject to change without notice.

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Nutrients Avg   |
|--|---|--|--|---|---|
|  |   | 1<br>Hot Turkey Sandwich<br>Tuna Salad Sand.<br>Mashed Potato<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted                  | 2<br>Beef Burrito<br>Bean Burrito<br>Tuna Salad Sand.<br>Sw. Pot. Home Fries<br>Refried Beans<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted  | 3<br>Assorted Pizza<br>Tuna Salad Sand.<br>Carrots<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted      | Calories 573<br>Cholesterol 47 mg<br>Sodium 883 mg<br>Dietary Fiber 9.13 g<br>Iron 3.46 mg<br>Calcium 615.85 mg<br>Vitamin A 9352 IU<br>Vitamin C 50.51 mg<br>Sugars 28.20 g 19.7%<br>Protein 30.53 g 21.3%<br>Carbohydrate 82.96 g 57.9%<br>Total Fat 14.37 g 22.6%<br>Saturated Fat 6.41 g 10.1%  |
| 6<br>Chicken Soup<br>Cheese. Bread Stix<br>Marinara Sauce<br>Pasta<br>Mixed Vegetables<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted                     | 7<br>Sheperd's Pie<br>Biscuit<br>Egg Salad Sand.<br>Fiesta Salad<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted        | 8<br>Mac & Cheese<br>Ham Sand.<br>Pretty Pretty P'l'eas<br>Rice<br>Salad Bar<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted                   | 9<br>Toasted Cheese Sand.<br>Cream/Tomato Soup<br>Ham Sand.<br>Salad Bar<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted                                       | 10<br>NO SCHOOL TODAY<br>IN-SERVICE   | Calories 572<br>Cholesterol 56 mg<br>Sodium 1025 mg<br>Dietary Fiber 9.97 g<br>Iron 3.60 mg<br>Calcium 673.29 mg<br>Vitamin A 6306 IU<br>Vitamin C 51.11 mg<br>Sugars 30.49 g 21.3%<br>Protein 33.79 g 23.6%<br>Carbohydrate 82.12 g 57.4%<br>Total Fat 14.20 g 22.3%<br>Saturated Fat 6.44 g 10.1% |
| 13<br>Chicken Parm.<br>Pasta<br>Marinara Sauce<br>Ham Sand.<br>Garlic & Lemon Broccoli<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted                     | 14<br>El Supremo Taco<br>Ham Sand.<br>Refried Beans<br>Rice<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted             | 15<br>Pasta<br>Meat Sauce<br>Marinara Sauce<br>Sesame Green Beans<br>Ham Sand.<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted | 16<br>Fishwich<br>Ham Sand.<br>Broccoli<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted  | 17<br>Assorted Pizza<br>Ham Sand.<br>Baked Acorn Squash<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted | Calories 618<br>Cholesterol 54 mg<br>Sodium 914 mg<br>Dietary Fiber 10.62 g<br>Iron 4.44 mg<br>Calcium 577.17 mg<br>Vitamin A 4288 IU<br>Vitamin C 76.61 mg<br>Sugars 30.97 g 20.1%<br>Protein 32.05 g 20.8%<br>Carbohydrate 88.69 g 57.4%<br>Total Fat 17.40 g 25.4%<br>Saturated Fat 6.66 g 9.7%  |
| 20<br>Roasted Turkey<br>Mashed Potato<br>Chicken Gravy<br>Stuffing<br>Sandwich Bar<br>Cranberry Sauce<br>Milk, Assorted<br>Salad Bar<br>Fresh Cubed Fruit<br>Fruit Desserts Assted | 21<br>Hamburger Bar<br>Cheeseburger<br>Turkey Sand.<br>Home Fries<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted       | 22<br>NO SCHOOL TODAY<br>THANKSGIVING BREAK  | 23<br>NO SCHOOL TODAY<br>THANKSGIVING BREAK  | 24<br>NO SCHOOL TODAY<br>THANKSGIVING BREAK   | Calories 683<br>Cholesterol 80 mg<br>Sodium 1070 mg<br>Dietary Fiber 8.09 g<br>Iron 5.11 mg<br>Calcium 490.94 mg<br>Vitamin A 4055 IU<br>Vitamin C 52.81 mg<br>Sugars 34.30 g 20.1%<br>Protein 36.29 g 21.3%<br>Carbohydrate 93.99 g 55.1%<br>Total Fat 18.16 g 23.9%<br>Saturated Fat 6.38 g 8.4%  |
| 27<br>BBQ Chicken<br>Tuna Salad Sand.<br>Biscuit<br>Pretty Pretty P'l'eas<br>Milk, Assorted<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted                                  | 28<br>Pasta<br>Marinara Sauce<br>Meat Sauce<br>Italian Style Vegetables<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted | 29<br>Tuna Melt<br>American Chop Suey<br>Biscuit<br>Colima Style Vegetables<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted    | 30<br>Beef Burrito<br>Bean Burrito<br>Tuna Salad Sand.<br>Sw. Pot. Home Fries<br>Refried Beans<br>Garden Salad<br>Fruit Bar<br>Fruit Desserts Assted<br>Milk, Assorted |   | Calories 685<br>Cholesterol 96 mg<br>Sodium 897 mg<br>Dietary Fiber 11.41 g<br>Iron 4.88 mg<br>Calcium 517.77 mg<br>Vitamin A 6239 IU<br>Vitamin C 64.64 mg<br>Sugars 36.01 g 21.0%<br>Protein 38.15 g 22.3%<br>Carbohydrate 93.23 g 54.4%  |

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.