

# Leland School District

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1  Spaghetti & Meat Sauce Green beans Sliced Strawberries ROLLS (YEAST) Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 2  BBQ Chicken Sandwich Confetti coleslaw Tomato/ cucumber salad French fries Sliced Peaches Low Fat Milk Strawberry Milk Chocolate Milk
Oct - 5  Beef Steak Cheeseburger LETTUCE & TOMATO Garden salad withdressings Applesauce Assorted Chips Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 6  Lemon Pepper Chicken Mashed potatoes Pinto Beans Sliced Peaches Cornbread Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 7  Fish Sticks, Breaded Baked Beans Garden salad withdressings Fresh Orange Smiles Whole Wheat Roll Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 8  Ham and cheese on bun Tomatoes w/ Dip Baked Beans Assorted Chips Blushing Chilled Pears Low Fat Milk Strawberry Milk Chocolate Milk Mayonnaise pc Mustard, PC, MS	Oct - 9  Pepperoni Pizza Whole Grain Garden salad withdressings Corn on the Cob Carrot/Raisin/Apple Medl Low Fat Milk Strawberry Milk Chocolate Milk
Oct - 12  Chicken Fajita Wrap Garden salad withdressings Green peas salad Blueberries w/whipped topping frozen Low Fat Milk *Strawberry Milk *Chocolate Milk	Oct - 13  Turkey and cheese wrap Chips with Salsa and Guacamole Cooked Carrot Slices Mandarin Fruit Cup Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 14  Red Beans and Rice with Sausage Garden salad withdressings Fruit Cocktail Cornbread Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 15  Chicken Spaghetti CORN Tomatoes and Carrots w/ Dip Fresh Orange Smiles Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 16  Pulled Pork on Bun Confetti coleslaw Tomato/ cucumber salad Sliced Peaches Low Fat Milk Strawberry Milk Chocolate Milk
Oct - 19  Chicken Fajita Wrap Cucumber Sticks W/Dip Green bean casserole Pineapple Tidbits Low Fat Milk Strawberry Milk Chocolate Milk Sour Cream Salsa	Oct - 20  Fish Sticks, Breaded Baby Carrots with Dip Baked Beans Pineapple Tidbits Whole Wheat Roll Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 21  Pork, Leg Roast Steamed Brown Rice Gravy Cheesy Broccoli ROLLS (YEAST) Fresh Fruit Cup Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 22  Ham and cheese on bun Garden salad withdressings FRENCH FRIES Cooked Carrot Slices Blushing Chilled Pears Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 23  Spaghetti & Meat Sauce CARROT STICKS APPLESAUCE ROLLS (YEAST) Low Fat Milk Strawberry Milk Chocolate Milk

**\*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.**

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 26  BBQ Chicken Sandwich Tomato/ cucumber salad Assorted Chips Sliced Peaches Cookie, Oatmeal Cranberry Purchased Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 27  Hamburger LETTUCE & TOMATO Kidney Beans Garden salad withdressings Blushing Chilled Pears Oatmeal Raisin Cookie Low Fat Milk Strawberry Milk Chocolate Milk Mayonnaise pc Mustard, PC, MS	Oct - 28  Fish Sticks, Breaded Baked beans Garden salad withdressings Pineapple Tidbits ROLLS (YEAST) Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 29  BBQ Chicken Hawaiian Mashed potatoes CARROTS Sliced Peaches Whole Wheat Roll 2 Low Fat Milk Strawberry Milk Chocolate Milk	Oct - 30  Spaghetti & Meat Sauce Green beans Sliced Strawberries ROLLS (YEAST) Low Fat Milk Strawberry Milk Chocolate Milk

Due to unforeseen problems menus are subject to change.  
 Alternate foods available for students with food allergies.

HAVE A SAFE AND HAPPY SPRING BREAK!

This institution is an equal opportunity provider.

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	751	550-650	116%	Sugars	16.65* g	8.86%	
Cholesterol	65 mg			Protein	36.03 g	19.18%	
Sodium	1389 mg	1230		Carbohyd	109.27 g	58.18%	
Fiber	11.18 g			Tot. Fat	20.57 g	24.65%	
Iron	4.98* mg			Sat. Fat	7.18 g	8.61%	<10.00%
Calcium	515.46* mg						
Vitamin A	8016* IU						
Vitamin C	46.74* mg						

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