



# NOVEMBER

# Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.</p> <p>Carb grams indicated in <b>ORANGE</b>.</p>	<p><b>High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit options</b></p>	<p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p>	<p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p>	<p>Cocoa Puffs Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p>
6	7	8	9	10
<p>Cinnamon Toast Cereal Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 205mg Sugars: 48g</p>	<p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p>	<p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p>	<p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p>	<p>Trix Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p>
13	14	15	16	17
<p>Cheerios 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 220mg Sugars: 48g</p>	<p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p>	<p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p>	<p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p>	<p>Cocoa Puffs Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 345 Sodium: 145mg Sugar: 48g</p>
20	21	22	23	24
<p>Cinnamon Toast Cereal Graham Cracker 11g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 350 Sod: 205mg Sugars: 48g</p>	<p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p>			
27	28	29	30	CHATA CATA
	<p>Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 385 Sodium: 100mg Sugar: 56g</p>	<p>Donut 23g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 290 Sodium: 320mg Sugar: 31mg</p>	<p>WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g</p> <p>Cal: 330 Sodium: 270mg Sugar: 54g</p>	

Menus are subject to change due to availability of food or unplanned school closings.  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER  
Contact: Melissa Bryant 614.747.0196



NOVEMBER		CHATA LUNCH		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<b>Carb grams indicated in ORANGE.</b>  <b>Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.</b>		<b>Pizza Day</b> WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugar: 31g</b>	Mac & Cheese 31g Broccoli 3g Cornbread Muffin 24g Pear 25g <b>Cal: 387</b> <b>Sodium: 424mg</b> <b>Sugar: 21g</b>	Grilled Cheese 31g Mixed Vegetables 10g Oranges 21g <b>Cal: 420</b> <b>Sodium: 600mg</b> <b>Sugar: 9g</b>
6	7	8	9	10
Chix Patty 13g on a WG Bun 19g Veg Baked Beans 30g Banana 27g <b>Cal: 579</b> <b>Sodium: 786mg</b> <b>Sugar: 45g</b>	<b>Turkey &amp; Cheese SUB</b> on a WG Bun 27g WG Chips + 19g Carrots 4g Banana 27g <b>Cal: 455</b> <b>Sodium: 765mg</b> <b>Sugar: 23g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugar: 31g</b>	Corn Dog 36g S/P Fries 24g Fruit Slushie Cup 22g <b>Cal: 540</b> <b>Sodium: 384</b> <b>Sugar: 52g</b>	Chzburger on a WG Bun 30g S/P Fries 24g Fruit Slushie 22g  <b>Cal: 510</b> <b>Sodium: 844mg</b> <b>Sugar: 34g</b>
13	14	15	16	17
Chix Nuggets 14g Veg Baked Beans 30g Applesauce 17g <b>Cal: 550</b> <b>Sodium: 665mg</b> <b>Sugar: 70g</b>	<b>Taco Tuesday</b> Chix Taco on a WG Tortilla 1g + 21g Corn & Bean Salad 19g Mixed Fruit Cup 19g <b>Cal: 420</b> <b>Sodium: 625mg</b> <b>Sugar: 22g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugar: 31g</b>	Johnny Marzetti 34g Broccoli 3g WG Roll 24g Pears 25g  <b>Cal: 526</b> <b>Sodium: 489mg</b> <b>Sugar: 26g</b>	BBQ Meatball Sub 22g on a WG Bun 28g S/P Fries 24g Banana 27g <b>Cal: 700</b> <b>Sodium: 880</b> <b>Sugar: 33g</b>
20	21	22	23	24
<b>Pizza Day</b> WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugar: 31g</b>	Chix Drumstick 6g Broccoli 2g Mashed Potatoes WG Roll 12g  <b>Cal: 385</b> <b>Sodium: 75mg</b> <b>Sugar: 19g</b>			
27	28	29	30	
<b>NO SCHOOL</b>  <b>TEACHER WORKDAY</b>	<b>Taco Tuesday</b> Chix Taco on a WG Tortilla 1g + 21g Corn & Bean Salad 19g Mixed Fruit Cup 19g <b>Cal: 420</b> <b>Sodium: 625mg</b> <b>Sugar: 22g</b>	<b>Pizza Day</b> WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g <b>Cal: 420</b> <b>Sodium: 530mg</b> <b>Sugar: 31g</b>	Mac & Cheese 31g Broccoli 3g Cornbread Muffin 24g Pear 25g <b>Cal: 387</b> <b>Sodium: 424mg</b> <b>Sugar: 21g</b>	
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