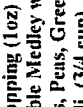
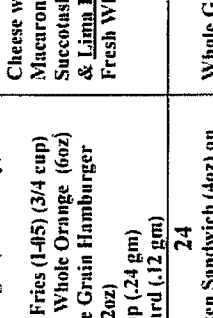
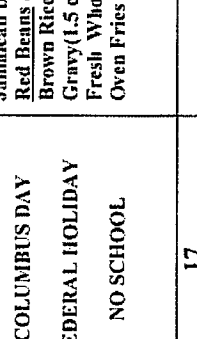


		REGULAR LUNCH				
	Tue	Wed	Thu	Fri	Sat	
All milk is 1/2 pint servings. All Milk is 2%, 1% or Fat Free White Milk.	3	5	6	7	8	
	Oven Baked Chicken Nuggets (3 oz) Oven Fries (3/4 cup) Fresh Whole Orange (6 oz)	Chef Salad with Grilled Chicken (3oz), Romaine Lettuce, Red Cabbage, Carrots, Shredded Cheese (1.5 cup) Whole Grain Rotini Pasta with Zucchini & Yellow Squash (1 cup) Salad Dressing (.12gm)	Southern Fried Chicken (4 oz) Red Beans & Rice with Chicken Gravy(2 servings) Fresh Whole Nectarine (6oz) Whole Kernel Corn (3/4 cup) <i>Bananas</i>	Whole Grain Cheese Pizza (4.5 oz)(D-23A) Beef Topping (1oz) Vegetable Medley with Carrots, Peas, Greens, & Broccoli (3/4 cup) Fresh Whole Banana (6oz)		
	10	12	12	14	15	
	COLUMBUS DAY FEDERAL HOLIDAY NO SCHOOL	Chef Salad with Grilled Chicken (3oz), Romaine Lettuce, Red Cabbage, Carrots, Shredded Cheese (1.5 cup) Whole Grain Rotini Pasta with Zucchini & Yellow Squash (1 cup) Fresh Whole Plum (6oz) Salad Dressing (.12gm)	Fried Chicken Hot BBQ Chicken(3oz) Fiesta Steamed Broccoli (3/4 cup) Spinach Roasted Garlic Mashiee Potatoes (1.5 cup) Fresh Whole Apple (6oz) Red Beans Brown Rice	Combination Fried Rice with Whole Grain Brown Rice (1cup) & Peas & Carrots (3/4 cup) with Chicken Egg Roll (3oz) Fresh Whole Banana (6 oz)		
	17	19	20	21	22	
	Hamburger (Beef Patty) (3oz) Oven Fries (1-45) (3/4 cup) Fresh Whole Orange (6oz) Whole Grain Hamburger Roll (2oz) Catsup (.24 gm) Mustard (.12 gm)	Chef Salad with Grilled Chicken (3oz), Romaine Lettuce, Spinach, Red Cabbage, Carrots, Shredded Cheese (1.5 cup) Whole Grain Rotini Pasta with Zucchini & Yellow Squash (1 cup) Fresh Whole Peach (6oz) Salad Dressing (.12gm)	Oven Baked Chicken Nuggets (D-09B) (3oz) Whole Grain Dinner Roll (2oz) BBQ Dipping Sauce (.12 gm) Steamed Carrots (1 cup) Fresh Whole Nectarine (6oz)	Sloppy Tom (Turkey Joe: 3oz) (F-12) on a Whole Grain Roll (2oz) Fresh Steamed Broccoli (3/4 cup) Fresh Whole Banana (6 oz)		
	24	26	27	28	29	
	Chicken Sandwich (4oz) on Whole Grain Roll (2 slices) Natural Cut Oven Fries (3/4 cup) Fresh Whole Red Apple (6oz) Mayonnaise (.12 gm) Catsup (.12 gm)	Chef Salad with Grilled Chicken (3oz), Romaine Lettuce, Red Cabbage, Carrots, Shredded Cheese (1.5 cup) Whole Grain Rotini Pasta with Zucchini & Yellow Squash (1 cup) Fresh Whole Plum (6oz) Salad Dressing (.12gm)	Chicken & Vegetable Egg Roll (4oz) with Combination Fried Rice with Whole Grain Brown Rice with Green Peas and Diced Carrots (1.5 cups) Fresh Fruit - Whole Nectarine(6oz)	Whole Grain Cheese Pizza (4.5 oz)(D-23A) Vegetable Medley with Carrots, Peas, Green Beans, Black Beans & Corn (3/4 cup) Fresh Whole Banana (6oz)	School Child Nutrition Program Healthy School Act www.drapple.us	
	31			30		
	Turkey Hot Dog(3oz) on a Whole Grain Hot Dog Roll (2oz) Vegetarian Baked Beans (1 cup) Fresh Whole Red Apple (6oz) Catsup (.24 gm) Mustard (.12 gm)			Whole Grain Spaghetti (1 cup) with Whole Grain Spaghetti Noodles, & Ground Turkey (1 cup) Orange Glazed Steamed Carrots (3/4 cup) Fresh Whole Pear(6 oz)		

Portion Control: Daily Meals served are at least 3/4 cup per serving of fruit, vegetables, 1/4 cup of beans or peas and 1 serving of a 100% Whole Grain Milk Variety: 8 fl oz or 1/2 pint, Flavored low-fat (2%), (1%) and Unflavored Fat Free (skim) fluid milk is offered to each scholar every day
Local Distributors: Restaurant Depot, 4720 Eisenhower Avenue, Alex, VA 22304/ 703-461-4720/U.S. Food Service, Jessup, MD, Shenandoah Pride, Springfield, VA (703) 321-9500
www.drapple.us