

Shaker Regional School District

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OCTOBER 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
2 BRUNCH FOR LUNCH FRENCH TOAST STICKS SYRUP HASH BROWN SCRAMBLED EGGS APPLESAUCE BANANA CARROT STICKS CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	3 CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA ROASTED CARROTS PEAS SLICED PEACHES APPLE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	4 CHOICE OF BURGER GRILLED CHICKEN ON A ROLL BAKED BEANS GLAZED CARROTS MIXED FRUIT APPLESAUCE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	5 CHICKEN FAJITA CHEESE SAUTEED PEPPERS & ONION REFRIED BEANS SEASONED BROWN RICE MEXICAN CORN PINEAPPLE TIDBITS MANDARIN ORANGES CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP	6 TEACHER WORKSHOPS NO SCHOOL FOR STUDENTS
9 NO SCHOOL FOR STUDENTS	10 CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA PEAS CALIFORNIA VEGETABLE BLEND SLICED PEACHES ORANGE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP	11 PASTA BAR BAKED GARLIC BREADSTICK PARMESAN BROCCOLI FRUIT MIX APPLE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	12 WOK BAR: STIR FRY DAY VEGETABLE LO MEIN VEGETABLE EGG ROLL SEASONED NORMANDY VEG PINEAPPLE TIDBITS ORANGE CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD	13 SLOPPY JOE ON A ROLL FRENCH FRIES SALAD BAR APPLESAUCE GRAPES CHOICE(S) CHEFS SALAD SUNBUTTER & JELLY TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP
16 CHICKEN PATTY ON A ROLL SPICY CHICKEN PATTY ON A BU BAKED BEANS ROASTED CARROTS BANANA CHOICE OF MILK CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	17 CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA CALIFORNIA VEGETABLE BLEND SALAD BAR SLICED PEARS STRAWBERRIES,FRESH CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	18 SOFT SHELL TACO SEASONED BROWN RICE MEXICAN CORN FRUIT MIX PINEAPPLE TIDBITS CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	19 CHICKEN & GRAVY CREAMY MASHED POTATO FRESH BAKED ROLL BROCCOLI SLICED PEACHES GRAPES CHOCOLATE PUDDING VANILLA PUDDING CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP	20 GRILLED CHEESE GRILLED HAM & CHEESE TOMATO SOUP VEGETABLE SOUP GOLDFISH COLE SLAW CELERY STICKS APPLESAUCE MANDARIN ORANGES CHOCOLATE CHIP COOKIE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP

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.

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<p>23</p> <p>TASTE OF THE WORLD CHICKEN RICE CASSEROLE CHICKEN CURRY CASSEROLE CHICKEN ENCHILADA CASSERO FRESH BAKED ROLL ITALIAN VEGETABLE BLEND SWEET GREEN PEAS SLICED PEARS PINEAPPLE TIDBITS CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY & CHEESE WRAP BLT SANDWICH CHEFS SALAD</p>	<p>24</p> <p>CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA GREEN BEANS ITALIAN VEGETABLE BLEND BANANA CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>25</p> <p>PULLED PORK ON WW BUN BAKED BEANS FRENCH FRIES SEASONED NORMANDY VEG SWEET CORN MANDARIN ORANGES PINEAPPLE TIDBITS CHOICE OF MILK CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>26</p> <p>CREAMY MAC & CHEESE SPAGHETTI & SAUCE FRESH BAKED ROLL CALIFORNIA VEGETABLE BLEND PARMESAN BROCCOLI FRUIT MIX GRAPES CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY WRAP BLT SANDWICH CHEFS SALAD</p>	<p>27</p> <p>CLASSIC SHEPHERD'S PIE FRESH BAKED ROLL PEAS PINEAPPLE TIDBITS SLICED PEACHES CHOICE(S) SUNBUTTER & JELLY TUNA SALAD ON WHEAT CHICKEN CAESAR WRAP WG TURKEY WRAP BLT SANDWICH CHEFS SALAD</p>
<p>30</p> <p>BAKED CHICKEN NUGGETS SEASONED BROWN RICE GREEN BEANS ITALIAN VEGETABLE BLEND BANANA CHOCOLATE PUDDING VANILLA PUDDING CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY & CHEESE WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>31</p> <p>CHEESE PIZZA PEPPERONI PIZZA FRENCH BREAD PIZZA ROASTED CARROTS PEAS SLICED PEACHES APPLE CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>1</p> <p>APPETIZER TRAY DAY MOZZARELLA STICKS FRENCH FRIES MARINARA SAUCE PARMESAN BROCCOLI SLICED PEARS GRAPES CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>2</p> <p>CHILI BAKED POTATO W/CHEESE CHEESY GARLIC BREADSTICK SEASONED NORMANDY VEG FRUIT MIX PINEAPPLE TIDBITS CHOICE(S) SUNBUTTER & JELLY CHEFS SALAD TUNA SALAD ON WHEAT TURKEY WRAP BLT SANDWICH CHICKEN CAESAR WRAP</p>	<p>3</p> <p>TEACHER WORKSHOPS NO SCHOOL FOR STUDENTS</p>

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