



NOVEMBER 2011

SIoux FALLS SCHOOL DISTRICT CHILD NUTRITION ELEMENTARY LUNCH MENU

Lunch Prices
Full Pay Students \$2.00
Reduced Price
Students .40 cents
Adult Price \$2.55

DAILY MENU ANALYSIS
TARGET
665 CALORIES
LESS THAN 30% CALORIES
FROM FAT
LESS THAN 10% CALORIES
FROM SATURATED FAT

S.F. SCHOOL DISTRICT
657 CALORIES
25.91 TOTAL FAT
7.06 SATURATED FAT

****Whole Grain Serving**
*** Contains Pork**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Corn Dog **Macaroni and Cheese Broccoli with Dip Orange Wedges Milk Choices	2 Taco Fixin's Lettuce and Cheese Cowboy Salsa Banana Milk Choices	3 **Chicken Nuggets Peas Apple Wedges **Dinner Roll Milk Choices	4 **Rotini with Meat Sauce and Bread Stick OR Italian Hot Pocket Mini Carrots Pears Milk Choices
7 Italian Dunker Tossed Salad Mixed Fruit Milk Choices	8 **Pancakes Scrambled Eggs Mini Carrots Orange Wedges Milk Choices	9 Foot Long Hot Dog on Bun Baked Beans Pears Milk Choices	10 No Classes	11 Veteran's Day
14 BBQ Glazed Chicken Nuggets Corn Apple Wedges **Dinner Roll Milk Choices	15 Burrito Lettuce and Cheese Green Beans Pears Milk Choices	16 **Chicken Cheese Quesadilla Mini Carrots Orange Wedges Cookie Milk Choices	17 Turkey Dinner Mashed Potatoes with Gravy Strawberries and Bananas **Dinner Roll Milk Choices	18 Taco Hot Pocket OR *BBQ Pulled Pork on **Bun Tossed Salad Peaches Milk Choices
21 BBQ Beef on **Bun Baked Beans Mixed Fruit **Honey Graham Milk Choices	22 **Cheese Pizza Broccoli with Dip Pears Birthday Cupcake Milk Choices	23 Compensatory Day	24 Thanksgiving Break	25 Thanksgiving Break
28 **Chicken Patty on **Bun Broccoli with Dip Pineapple Milk Choices	29 Pepperoni Hot Pocket Tossed Salad Peaches Brownie Milk Choices	30 Fish Nuggets Green Beans Apple Wedges **Dinner Roll Milk Choices		

BECAUSE OF EMERGENCY SITUATIONS, MENUS MAY BE SUBJECT TO CHANGE WITHOUT NOTICE.

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