



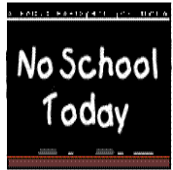




# November 2009



SAN FRANCISCO UNIFIED SD

K-6 ENHANCED (LN)

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages
<p>2</p> <p><b>CHICKEN &amp; BEAN BURRITO</b></p> <p>Baby Carrots</p> <p>Fresh Apple*</p> <p><b>**BEAN &amp; CHEESE BURRITO</b></p>	<p>3</p> <p><b>MACARONI &amp; CHEESE</b></p> <p>Celery Sticks</p> <p>Fresh Orange Wedges*</p>	<p>4</p> <p><b>GRILLED CHICKEN W/BBQ SAUCE</b></p> <p>Collard Greens</p> <p>Fresh Banana*</p> <p>Goldfish Pretzels</p> <p><b>**TOASTED CHEESE SANDWICH</b></p>	<p>5</p> <p><b>FRENCH BREAD CHEESE PIZZA</b></p> <p>Baby Carrots</p> <p>Applesauce</p>	<p>6</p> <p><b>TERIYAKI BEEF W/RICE &amp; VEGETABLES</b></p> <p>Fresh Pear*</p> <p><b>**MINI CHEESE RAVIOLI W/RAGU SAUCE</b></p>	<p>Calories 675.0</p> <p>Protein 30.4</p> <p>Calcium (mg) 556.2</p> <p>Iron (mg) 4.3</p> <p>Vita A (RE) 1272.5</p> <p>Vita C (g) 32.0</p> <p>Saturated Fat 9.1%</p> <p>Total Fat 25.0%</p>
<p>9</p> <p><b>CHICKEN TENDERS W/POTATO WEDGES</b></p> <p>Fresh Apple*</p> <p> Raisin Bran Muffin</p> <p><b>**MAC &amp; CHEESE W/GREEN BEANS</b></p>	<p>10</p> <p><b>LOW FAT TOASTED CHEESE ON WHEAT BREAD</b></p> <p>Baby Carrots</p> <p>Fresh Orange Wedges*</p>	<p>11</p> <p> <b>Veterans Day</b></p>	<p>12</p> <p><b>SPAGHETTI W/MEAT SAUCE</b></p> <p>Pineapple Tidbits</p> <p>Breadstick</p> <p><b>**MINI CHEESE RAVIOLI W/RAGU SAUCE</b></p>	<p>13</p> <p><b>CHEESE PIZZA PIZZA (Whole Grain Crust)</b></p> <p>Baby Carrots</p> <p>Fresh Pear*</p>	<p>Calories 710.0</p> <p>Protein 31.6</p> <p>Calcium (mg) 540.1</p> <p>Iron (mg) 4.1</p> <p>Vita A (RE) 1353.7</p> <p>Vita C (g) 30.2</p> <p>Saturated Fat 8.8%</p> <p>Total Fat 26.8%</p>
<p>16</p> <p><b>ROTINI BAKE W/MIXED VEGETABLES</b></p> <p>Fresh Apple*</p> <p>Breadstick</p> <p><b>**MAC &amp; CHEESE W/GREEN BEANS</b></p>	<p>17</p> <p><b>TOASTED HAM &amp; CHEESE SANDWICH</b></p> <p>Baby Carrots</p> <p>Fresh Orange Wedges*</p> <p><b>**BEAN &amp; CHEESE BURRITO</b></p>	<p>18</p> <p><b>GRILLED CHICKEN PATTY W/GREEN BEANS</b></p> <p>Organic Fresh Fruit*</p> <p><b>**TOASTED CHEESE SANDWICH</b></p>	<p>19</p> <p><b>CHICKEN NUGGETS W/MIXED VEGETABLES</b></p> <p>Applesauce</p> <p><b>**MINI CHEESE RAVIOLI W/RAGU SAUCE</b></p>	<p>20</p> <p><b>CREAMY CHICKEN PASTA</b></p> <p>Celery Sticks</p> <p>Fresh Pear*</p> <p>Garlic Bread</p> <p><b>**CHEESE PIZZA PIZZA (Whole Grain Crust)</b></p>	<p>Calories 689.0</p> <p>Protein 32.9</p> <p>Calcium (mg) 415.5</p> <p>Iron (mg) 4.0</p> <p>Vita A (RE) 830.4</p> <p>Vita C (g) 30.7</p> <p>Saturated Fat 8.8%</p> <p>Total Fat 27.2%</p>
<p>23</p> <p><b>TURKEY W/STUFFING &amp; GRAVY</b></p> <p>Fluffy Whipped Potatoes</p> <p>Fresh Apple*</p> <p>Breadstick</p> <p><b>**MAC &amp; CHEESE W/GREEN BEANS</b></p>	<p>24</p> <p><b>PASTA SALAD</b></p> <p>Fresh Orange*</p> <p><b>**MINI CHEESE RAVIOLI W/RAGU SAUCE</b></p>	<p>25</p> <p></p>	<p>26</p> <p></p>	<p>27</p> <p></p>	<p>Calories 707.5</p> <p>Protein 37.4</p> <p>Calcium (mg) 380.4</p> <p>Iron (mg) 3.6</p> <p>Vita A (RE) 319.8</p> <p>Vita C (g) 95.0</p> <p>Saturated Fat 4.8%</p> <p>Total Fat 21.0%</p>
<p>30</p> <p><b>CHICKEN CHOW MEIN</b></p> <p>Jicama Sticks</p> <p>Fresh Apple*</p> <p><b>**TOASTED CHEESE SANDWICH</b></p>		<p>Check Us Out: <a href="http://portal.sfusd.edu/dept/sns">http://portal.sfusd.edu/dept/sns</a></p>	<p></p>	<p>Calories 696.0</p> <p>Protein 61.3</p> <p>Calcium (mg) 498.1</p> <p>Iron (mg) 4.2</p> <p>Vita A (RE) 754.3</p> <p>Vita C (g) 29.6</p> <p>Saturated Fat 7.5%</p> <p>Total Fat 22.8%</p>	

**\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK. MENU SUBJECT TO CHANGE**

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