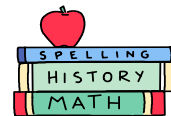




# SEPTEMBER 2008

San Francisco Unified School District



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
<p>1</p> 	<p>2</p> <p>MEATLOAF W/ MASHED POTATOES &amp; GRAVY</p> <p>Orange Wedges Sliced Multigrain Bread Milk</p>	<p>3</p> <p>BREADED CHICKEN PATTY W/ GREEN BEANS</p> <p>Fresh Banana Hamburger Bun BBQ Sauce Catsup Whole Grain Cinnamon Graham Milk</p>	<p>4</p> <p>SPAGHETTI W/ MEATSAUCE</p> <p>Fresh Apple Garlic Bread Low Fat Honey Graham Milk</p>	<p>5</p> <p>GRILLED TURKEY HAM &amp; CHEESE SANDWICH</p> <p>Baby Carrots Ranch Dressing Pineapple Tidbits Milk</p> 		
	<p>GRILLED CHEESE ON WHEAT</p>	<p>BEAN &amp; CHEESE BURRITO</p>	<p>MACARONI &amp; CHEESE W/GREEN BEANS</p>	<p>CHEESE QUESADILLA</p>	<p>Calories 809 Protein (g) 35 Calcium (mg) 461 Iron (mg) 6.6 Vit A (RE) 854 Vit C (g) 44 Saturated Fat 6.8% Total Fat 25%</p>	
<p>8</p> <p>CHICKEN NUGGETS W/ MIXED VEGETABLES</p> <p>Fresh Plum BBQ Sauce Catsup Low Fat Honey Graham Milk</p>	<p>9</p> <p>TOASTED CHEESE ON WHEAT</p> <p>Baby Carrots Orange Wedges Creamy Ranch Dressing Cinnamon Belly Bears Milk</p> 	<p>10</p> <p>CHICKEN HOT DOG W/BAKED BEANS</p> <p>Fresh Banana Hot Dog Bun Catsup Mustard Low Fat Honey Graham Milk</p>	<p>11</p> <p>MINI CHEESE RAVIOLI W/RAGU SAUCE</p> <p>Applesauce Garlic Bread Milk</p>	<p>12</p> <p>TERIYAKI BEEF DIPPERS W/RICE &amp; VEGETABLES</p> <p>Fresh Apple Soy Sauce Corn Muffin Milk</p>		
<p>CHEESE PIZZA</p>		<p>BEAN &amp; CHEESE BURRITO</p>	<p>MACARONI &amp; CHEESE W/GREEN BEANS</p>	<p>CHEESE QUESADILLA</p>	<p>Calories 795 Protein (g) 30 Calcium (mg) 466 Iron (mg) 5.3 Vit A (RE) 869 Vit C (g) 31 Saturated Fat 7.5% Total Fat 24%</p>	
<p>15</p> <p>PENNE PASTA W/ MEATSAUCE</p> <p>Fresh Nectarine Sliced Multigrain Bread Honey Belly Bears Milk</p> 	<p>16</p> <p>CHICKEN &amp; BEAN BURRITO</p> <p>Baby Carrots Orange Wedges Creamy Ranch Dressing Salsa Corn Muffin Milk</p>	<p>17</p> <p>GRILLED CHICKEN PATTY W/ GREEN BEANS</p> <p>Fresh Banana Hamburger Bun BBQ Sauce Cinnamon Belly Bears Milk</p> 	<p>18</p> <p>PATTY MELT SANDWICH</p> <p>Baby Carrots Pineapple Tidbits Creamy Ranch Dressing Catsup Mustard Mayonnaise Milk</p>	<p>19</p> <p>CHEESE PIZZA</p> <p>Baby Carrots Fresh Apple Ranch Dressing Low Fat Honey Graham Milk</p>		
<p>CHEESE PIZZA</p>	<p>GRILLED CHEESE ON WHEAT</p>	<p>BEAN &amp; CHEESE BURRITO</p>	<p>MACARONI &amp; CHEESE W/GREEN BEANS</p>		<p>Calories 787 Protein (g) 34 Calcium (mg) 526 Iron (mg) 6.1 Vit A (RE) 1526 Vit C (g) 41 Saturated Fat 7.4% Total Fat 24%</p>	
<p>22</p> <p>SALISBURY STEAK W/MASHED POTATOES &amp; GRAVY</p> <p>Fresh Plum Sliced Multigrain Bread Milk</p>	<p>23</p> <p>CHICKEN PARMESAN</p> <p>Baby Carrots Orange Wedges Ranch Dressing Breadstick Milk</p> 	<p>24</p> <p>CHEESEBURGER W/SEASONED CORN</p> <p>Fresh Banana Hamburger Bun Catsup Mustard Mayonnaise Low Fat Honey Graham Milk</p>	<p>25</p> <p>MACARONI &amp; CHEESE W/ GREEN BEANS</p> <p>Applesauce Breadstick Cinnamon Belly Bears Milk</p> 	<p>26</p> <p>SWEET &amp; SOUR RICE BOWL W/ CHICKEN &amp; MIXED VEGETABLES</p> <p>Fresh Apple Soy Sauce Corn Muffin Milk</p>		
<p>CHEESE PIZZA</p>	<p>GRILLED CHEESE ON WHEAT</p>	<p>BEAN &amp; CHEESE BURRITO</p>	<p>MACARONI &amp; CHEESE W/GREEN BEANS</p>	<p>CHEESE QUESADILLA</p>	<p>Calories 796 Protein (g) 33 Calcium (mg) 510 Iron (mg) 5.6 Vit A (RE) 767 Vit C (g) 41 Saturated Fat 8.9% Total Fat 26%</p>	
<p>29</p> <p>CHEESE PIZZA DIPPERS</p> <p>Baby Carrots Fresh Nectarine Catsup Milk</p>	<p>30</p> <p>TERIYAKI GLAZED CHICKEN WITH FRIED RICE</p> <p>Baby Carrots Orange wedges Ranch Dressing Soy Sauce Sliced Multigrain Bread Milk</p> <p>GRILLED CHEESE ON WHEAT</p>	<p>Check Us Out: <a href="http://portal.sfusd.edu/dept/sns">http://portal.sfusd.edu/dept/sns</a></p>		<p><b>BREAKFAST</b></p> <p>A variety of cereals and juices will be available daily.</p> 		
					<p>Calories 736 Protein (g) 34 Calcium (mg) 550 Iron (mg) 5.5 Vit A (RE) 2335 Vit C (g) 59 Saturated Fat 7.2% Total Fat 23%</p>	
<p><b>**VEGETARIAN OPTION FOR THAT DAY OF THE WEEK.**</b></p>						

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