NOVEMBER





CICERO SCHOOL DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
November 1, 2021	November 2, 2021	November 3, 2021	November 4, 2021	November 5, 2021
CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice Craisins Choice of Milk	CHEESY EGG TATER TOT-CHOS Graham Crackers ^ Diced Pears Orange Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	PANCAKES ^ Fresh Banana Apple-Cranberry Juice Syrup Choice of Milk	FRUITY CHEERIOS^ Strawberry Pancake Square ^ Fresh Apple Choice of Milk
November 8, 2021	November 9, 2021	November 10, 2021	November 11, 2021	November 12, 2021
NO SCHOOL	NO SCHOOL	RICE CHEX^ Graham Crackers ^ Fresh Apple Choice of Milk	OATMEAL ROUND APPLE CINN(72) Fresh Banana Blended Fruit Juice Choice of Milk	BLUEBERRY MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk
November 15, 2021	November 16, 2021	November 17, 2021	November 18, 2021	November 19, 2021
CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice Craisins Choice of Milk	WAFFLES ^ Diced Pears Apple-Cranberry Juice Syrup Choice of Milk	BANANA MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana Grape Juice Honey Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
November 22, 2021	November 23, 2021	November 24, 2021	November 25, 2021	November 26, 2021
FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice Craisins Choice of Milk	OATMEAL ROUND BANANA CHOC CHIP(72) Diced Peaches Blended Fruit Juice Choice of Milk	NO SCHOOL	THANKSGIVING	NO SCHOOL
November 29, 2021	November 30, 2021	December 1, 2021	December 2, 2021	December 3, 2021
CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice Craisins Choice of Milk	WAFFLES ^ Diced Pears Apple-Cranberry Juice Syrup Choice of Milk			

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: UNITY EAST JUNIOR HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	nutrients consult actual labels on cartons served	at the	scnc	OI.					ı							
	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
H																
11-01-2021	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice	290	7	1	0	0	215	54	2	25	3	120	5	80	8	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
н																
11-02-2021																
2-20	CHEESY EGG TATER TOT-CHOS	213	12	4	0	47	585	21	2	3	7	72	2	122	0	MMA:1oz V:1/2c S
21	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	CHOICE OF PHIK	121	1	1	U	U	133	13		17	0	133	U	302	U	
1-0																
11-03-2021	DOUBLE CHOCOLATE MINI MUFFIN ^	123	3	1	0	18	74	20	2	8	2	31	0	3	1	G/B:1sv WG
21	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
щ																
1-0,																
11-04-2021	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
21	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-05-2021	FRUITY CHEERIOS^	120	2	0	0	0	140	25	2	9	3	400	48	80	3	G/B:1sv WG
-202		120		0	0	U	140	23		9		400	40	80	3	G/B.15V WG
H	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
- 08																

	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11- 20:																
11-09- 2021	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Ħ																
11-10-2021	RICE CHEX^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG BW-LS
2021	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
#																
11-11-2021	OATMEAL ROUND APPLE CINN(72)	280	12	4	0	10	240	38	4	14	5	0	0	20	1	G/B:2sv WG
2021	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
H																
11-12-2021	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
2021	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-15-2021	CINNAMON CHEX^															
2021	Strawberry Square^ Blended Fruit Juice	290	7	1	0	0	215	54	2	25	3	120	5	80	8	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-16-2021	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
021	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-17-2021	BANANA MINI MUFFIN ^	120	3	0	0	18	74	20	2	8	2	33	1	5	1	G/B:1sv WG
2021	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
18																

	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
H																
11-19-2021	EDOCTED CODY ELAVES A	100	0	0		0	100	24				150	_	150	_	C/P:1:::NC
-202	FROSTED CORN FLAKES ^	100	0	0	0	0	180	24	1	8	1	150	5	150	6	G/B:1sv WG
H	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
景																
11-22-2021	FROSTED MINI WHEATS^ Crispy Granola Bites^															
021	Apple Juice	280	2	0	0	0	80	60	4	25	4	0	0	17	9	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-23-2021	OATMEAL ROUND BANANA CHOC CHIP(72)	280	12	4	0	10	240	39	4	15	5	0	0	20	1	G/B:2sv WG
2021	Diced Peaches	80	0	0	0	0	0	21	1	12	1	0	0	0	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
2 1	1						100					.50		302	Ĭ	
11-24- 2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-25- 2021																
1	THANKSGIVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
20																
11-26- 2021	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	NO SCHOOL	U	U	U	0	U	0	U	U	U	U	0	U	0	0	
.1-29																
11-29-2021	CINNAMON CHEX^ Strawberry Square^	200	,				215	F.4		25	_	120	_	00	0	G/D-2 MG 5-1/2-
21	Blended Fruit Juice	290	7	1	0	0	215	54	2	25	3	120	5	80	8	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-3																
11-30-2021	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
021	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT

Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : W/G = Whole Grain

Vegetable Types : BeWell Types :

Allergen Information: UNITY EAST JUNIOR HIGH SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
Ħ						<u>. </u>			
11-01-2021	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		х					х	х
	Craisins								
	Choice of Milk	Х							
Ę									
11-02-2021	CHEESY EGG TATER TOT-CHOS	Х	Х					Х	
H	Graham Crackers ^							Х	х
	Diced Pears								
	Orange Juice								
	Choice of Milk	Х							
Ħ									
11-03-2021	DOUBLE CHOCOLATE MINI MUFFIN ^	Х	Х					Х	x
μ.	Mozzarella Cheese Stick	Х							
	Fresh Apple								
	Choice of Milk	Х							
Ħ									
11-04-2021	PANCAKES ^	Х	Х					Х	х
021	Fresh Banana								
	Apple-Cranberry Juice								
	Syrup								
	Choice of Milk	Х							
ä									
11-05-2021	FRUITY CHEERIOS^								
021	Strawberry Pancake Square ^		Х					Х	x
	Fresh Apple								

	Choice of Milk	X					
21:		<i>A</i>					
11-08- 2021	NO SCHOOL						
	NO SCHOOL						
11-09- 2021	No sellool						
	NO SCHOOL						
1-10-							
11-10-2021	RICE CHEX^					.,	.,
	Graham Crackers ^					Х	Х
	Fresh Apple						
<u> </u>	Choice of Milk	X					
11-11-2021							
-2021	OATMEAL ROUND APPLE CINN(72)	Х	Х			Х	X
	Fresh Banana						
	Blended Fruit Juice						
	Choice of Milk	Х			 		
11-12-2021							
-202:	BLUEBERRY MINI MUFFIN ^	X	X			Х	X
	Mozzarella Cheese Stick	X					
	Fresh Apple						
	Choice of Milk	X					
11-15							
11-15-2021	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		X			Х	Х
	Craisins						
	Choice of Milk	Х					
ä							
11-16-2021	WAFFLES ^	Х	Х			Х	Х
021	Diced Pears						
	Apple-Cranberry Juice						
	Syrup						
	Choice of Milk	Х					
11-17 2021							
-17- 21	BANANA MINI MUFFIN ^	Х	Х			Х	Х

	Mozzarella Cheese Stick	Х					
	Fresh Apple						
	Choice of Milk	Х					
E							
11-18-2021	CHICKEN BISCUIT ^	Х				Х	Х
021	Fresh Banana						
	Grape Juice						
	Honey						
	Choice of Milk	Х					
Ħ							
11-19-2021	FROSTED CORN FLAKES ^						Х
021	Vanilla Waffle Square ^		Х			Х	Х
	Fresh Apple						
	Choice of Milk	Х					
Ħ							
11-22-2021	FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice	X				x	Х
	Craisins						
	Choice of Milk	Х					
11							
11-23-2021	OATMEAL ROUND BANANA CHOC CHIP(72)	х	х			Х	х
)21	Diced Peaches						
	Blended Fruit Juice						
	Choice of Milk	Х					
11-24- 2021							
24- !1	NO SCHOOL						
11- 20:							
11-25- 2021	THANKSGIVING						
11 20:							
11-26- 2021	NO SCHOOL						
11 20							
11-29- 2021	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		х			х	Х

	Craisins						
	Choice of Milk	X					
Ħ							
11-30-2021	WAFFLES ^	х	х			Х	Х
021	Diced Pears						
	Apple-Cranberry Juice						
	Syrup						
	Choice of Milk	X					

NOVEMBER LUNCH



CICERO SCHOOL DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
November 1, 2021	November 2, 2021	November 3, 2021	November 4, 2021	November 5, 2021
GALAXY CHEESE PIZZA ^ Broccoli Diced Pears Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mixed Vegetables Orange Juice BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI ^ Potato Wedges Diced Peaches Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Sliced Apples Mustard Ketchup Choice of Milk	TURKEY & CHEESE ON A BUN^ Country Blend Vegetables Fresh Banana Mayo Choice of Milk
November 8, 2021	November 9, 2021	November 10, 2021	November 11, 2021	November 12, 2021
NO SCHOOL PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Choice of Milk	NO SCHOOL PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ Broccoli Diced Pears Choice of Milk	CRUNCHY CHICKEN TENDERS ^ Corn Fresh Banana BBQ Sauce Choice of Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun ^ Baked Beans Orange Juice Mustard Ketchup Choice of Milk	CHICKEN DUMPLINGS ^ Mixed Vegetables Diced Peaches Choice of Milk
November 15, 2021	November 16, 2021	November 17, 2021	November 18, 2021	November 19, 2021
MAC & CHEESE ^ Country Blend Vegetables Diced Pears Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Choice of Milk	HERO SANDWICH ^ Potato Wedges Orange Juice Mustard Ketchup Choice of Milk	TURKEY TACOS Wild White Nacho Doritos^ Salsa Cup Ruby Rusher Vegetable Juice Sliced Apples Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Fresh Banana Mustard Ketchup Choice of Milk
November 22, 2021	November 23, 2021	November 24, 2021	November 25, 2021	November 26, 2021
PIZZA DIPPERS ^ Marinara Sauce Tropical Veggie Juice Applesauce Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk	NO SCHOOL	THANKSGIVING	NO SCHOOL
November 29, 2021	November 30, 2021	December 1, 2021	December 2, 2021	December 3, 2021
GALAXY CHEESE PIZZA ^ Broccoli Diced Pears Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mixed Vegetables Orange Juice BBQ Sauce Choice of Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANG

^ Denotes item is whole-grain/whole wheat
*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: DANIEL BURNHAM ELEMENTARY SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
11																
11-01-2021	GALAXY CHEESE PIZZA ^	280	12	6	0	30	440	29	3	9	15	90	0	250	2	MMA:2oz G/B:2sv WG V:1/8c RO
12	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-02-2021	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
021	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW- PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-03-2021	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv WG
021	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S
	Diced Peaches	80	0	0	0	0	0	21	1	12	1	0	0	0	0	F:1/2c BW-PLANT
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
ä																
11-04-2021	CHEESEBURGER	180	12	6	0	48	320	3	0	0	16	0	0	100	2	MMA:2oz
2021	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
' 0																

	TURKEY & CHEESE ON A BUN^	275	7	2	0	50	710	28	2	5	24	0	0	134	2	MMA:2oz G/B:2sv WG BW- LPP
	Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1	V:1/4c S V:1/2c O BW- PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mayo	90	9	2	0	10	45	1	0	0	0	0	0	2	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
E																
11-08-2021	NO CCUOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2021	NO SCHOOL PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	0	0	2000	0	360	2	MMA-207 C/P-204 WC
	Marinara Dipping Sauce	85	4	0	0	0	328	10	2	4	18	16	0	27	0	MMA:2oz G/B:2sv WG V:1/2c RO BW-PLANT
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO BW-FLANT V:1/2c RO
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
																1.1/2C BW-FLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-09-2021																
9-20	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
21	PENNE PASTA W/MEAT SAUCE ^	320	9	4	0	36	454	40	4	11	19	9	0	93	4	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-10-2021	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
2021	Corn	110	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
ㅂ																
11-11-2021	HOT DOG WITH POTATO ROUNDS	268	18	6	0	30	830	19	2	2	7	0	1	0	1	MMA:2oz V:1/2c S
21	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Ħ																
11-12-2021	CHICKEN DUMPLINGS ^	324	9	0	0	30	1109	46	2	13	18	21	1	48	3	MMA:2oz G/B:2sv WG V:1/4c O
12	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW- PLANT
	Diced Peaches	80	0	0	0	0	0	21	1	12	1	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-15-2021	MAC & CHEESE ^	332	10	6	0	32	797	42	2	11	19	449	1	478	1	MMA:2oz G/B:1sv WG
021	Country Blend Vegetables	68	0	0	0	0	33	15	3	4	2	396	8	34	1	V:1/4c S V:1/2c O BW- PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
H																
l-16-	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
11-16-2021	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG BW-PLANT
	Diced Peaches	80	0	0	0	0	0	21	1	12	1	0	0	0	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
E																
11-17-20	HERO SANDWICH ^	325	16	6	0	45	470	31	3	2	16	0	1	130	2	MMA:2oz G/B:2sv WG
2021	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-18-2021	TURKEY TACOS	150	8	2	0	47	300	6	2	2	15	562	0	0	1	MMA:2oz BW-LPP BW-LS
2021	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO
	Ruby Rusher Vegetable Juice	50	0	0	0	0	35	14	0	12	0	500	70	10	0	V:1/2c RO
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11 20																
11-19- 2021	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz

	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-22-2021																
2-20	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
21	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1	V:1/2c RO BW-PLANT
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	750	60	0	0	V:3/4c O BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
Ħ																
11-23-2021	BBQ CHICKEN	246	40			4.0	700	26		40	24			420		MMA:2oz V:1/4c RO V:1/2c
021	TATER TOT-CHOS	346	13	4	0	46	702	36	3	12	21	1	2	120	1	S
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-24- 2021																
1 4	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
111 20																
11-25- 2021	THANKSGIVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	THE WILLIAM TO SEE THE		Ü		J											
11-26- 2021																
Ť	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
芸																
11-29-2021	GALAXY CHEESE PIZZA ^	280	12	6	0	30	440	29	3	9	15	90	0	250	2	MMA:2oz G/B:2sv WG V:1/8c RO
)21	Broccoli	37	0	0	0	0	34	7	4	2	4	74	80	80	1	V:3/4c DG BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Chaire of Mill.	121													0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-30-2021																
0-20	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
21	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW- PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT

BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : W/G = Whole Grain

Vegetable Types : BeWell Types :

Allergen Information: DANIEL BURNHAM ELEMENTARY SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

	ALLERGENS.								
		2		Peanut	Tree Nut	77	Shellfish	10	Wheat
	Item Name	Miik	Egg	I I	Ë.	Fish	ish	Soy	eat
Ħ									
11-01-2021	GALAXY CHEESE PIZZA ^	Х						Х	х
021	Broccoli								
	Diced Pears								
	Choice of Milk	Х							
Ħ									
11-02-2021	CRISPY CHICKEN PATTY ^							Х	х
021	Hamburger Bun ^	Х						Х	х
	Mixed Vegetables								
	Orange Juice								
	BBQ Sauce							Х	
	Choice of Milk	Х							
Ħ		-	<u>-</u>	<u>-</u>					
11-03-2021	GRILLED CHEESE PANINI ^	Х						Х	х
021	Potato Wedges							Х	
	Diced Peaches								
	Ketchup								
	Choice of Milk	Х							
Ħ									
11-04-2021	CHEESEBURGER	Х						Х	
021	Hamburger Bun ^	Х						Х	х
	Baked Beans								
	SunSet Sip Juice								
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	Х							
		_							

Ħ							
11-05-2021	TURKEY & CHEESE ON A BUN^	х				X	Х
21	Country Blend Vegetables						
	Fresh Banana						
	Мауо		Х			Х	
	Choice of Milk	Х					
11							
11-08-2021	NO SCHOOL						
)21	PIZZA DIPPERS ^	Х	Х			Х	Х
	Marinara Dipping Sauce	Х				Х	
	SunSet Sip Juice						
	Applesauce						
	Choice of Milk	Х					
Ħ							
11-09-2021	NO SCHOOL						
021	PENNE PASTA W/MEAT SAUCE ^	Х				х	X
	Breadstick ^					Х	X
	Broccoli						
	Diced Pears						
	Choice of Milk	Х					
Ħ							
11-10-2021	CRUNCHY CHICKEN TENDERS ^					Х	X
021	Corn						
	Fresh Banana						
	BBQ Sauce					Х	
	Choice of Milk	Х					
11-							
11-11-2021	HOT DOG WITH POTATO ROUNDS					Х	
i i	Hot Dog Bun ^	Х				Х	X
	Baked Beans						
	Orange Juice						
	Mustard						

	Ketchup					
	Choice of Milk	Х				
I.						
11-12-2021	CHICKEN DUMPLINGS ^				Х	Х
021	Mixed Vegetables					
	Diced Peaches					
	Choice of Milk	Х				
Ħ						
11-15-2021	MAC & CHEESE ^	Х			Х	Х
021	Country Blend Vegetables					
	Diced Pears					
	Choice of Milk	Х				
Ę						
11-16-2021	CRISPY CHICKEN PATTY ^				X	X
021	Hamburger Bun ^	Х			Х	Х
	Broccoli					
	Diced Peaches					
	BBQ Sauce				Х	
	Choice of Milk	х				
Ħ						
11-17-2021	HERO SANDWICH ^	Х			Х	Х
)21	Potato Wedges				Х	
	Orange Juice					
	Mustard					
	Ketchup					
	Choice of Milk	Х				
Ħ						
11-18-2021	TURKEY TACOS				Х	
)21	Wild White Nacho Doritos^	Х				
	Salsa Cup					
	Ruby Rusher Vegetable Juice					
	Sliced Apples					

	Choice of Milk	Х					
Ħ							
11-19-2021	CHARBROILED HAMBURGER					Х	
21	Hamburger Bun ^	х				х	Х
	Baked Beans						
	SunSet Sip Juice						
	Fresh Banana						
	Mustard						
	Ketchup						
	Choice of Milk	Х					
11-5							
11-22-2021	PIZZA DIPPERS ^	Х	Х			Х	X
21	Marinara Sauce						
	Tropical Veggie Juice						
	Applesauce						
	Choice of Milk	х					
11-2							
11-23-202	BBQ CHICKEN TATER TOT-CHOS	X				Х	
11-23-2021	BBQ CHICKEN	X				Х	
11-23-2021	BBQ CHICKEN TATER TOT-CHOS	X				X	
11-23-2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^	x				X	
	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice					X	
11-24- 2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice					X	
11-24- 2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk					X	
	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk					X	
11-24- 11-25- 2021 2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk NO SCHOOL					X	
11-24- 2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk NO SCHOOL					X	
11-24- 11-25- 11-26- 2021 2021 2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk NO SCHOOL THANKSGIVING					X	
11-24- 11-25- 11-26- 2021 2021 2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk NO SCHOOL THANKSGIVING					x	X
11-24- 11-25- 2021 2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk NO SCHOOL THANKSGIVING	X					x
11-24- 11-25- 11-26- 2021 2021 2021	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ Orange Juice Choice of Milk NO SCHOOL THANKSGIVING NO SCHOOL GALAXY CHEESE PIZZA ^	X					x

CRISPY CHICKEN PATTY ^				Х	Х
Hamburger Bun ^	Х			Х	Х
Mixed Vegetables					
Orange Juice					
BBQ Sauce				Х	
Choice of Milk	Х				