



OCTOBER



SCHOOL DISTRICT OF PHILADELPHIA L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	CHICKEN STRIPS ^ BBQ Sauce California Blend Veggies Applesauce Cup Fat Free Chocolate Milk 1% White Milk	TACO SCOOPS Southwest Corn Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH CHICKEN STRIPS Light Italian Dressing Grape Juice Tortilla Chips ^ Fat Free Chocolate Milk 1% White Milk	RANCH TURKEY BURGER Hamburger Bun ^ Potato Rounds Lettuce & Tomato Light Italian Dressing Ketchup CHEF SALAD W/TURKEY HAM Light Ranch Dressing Diced Peaches Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	HOT DOG Hot Dog Bun ^ Mustard Ketchup CHEESE PIZZA ^ Mixed Vegetables Celery Sticks Light Ranch Dressing Sliced Apples Fat Free Chocolate Milk 1% White Milk
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
MEATBALLS & SAUCE Hot Dog Bun ^ TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Garlic Butter Green Beans Carrot Sticks Light Ranch Dressing Blended Fruit Juice Fat Free Chocolate Milk 1% White Milk	CHICKEN PATTY Hamburger Bun ^ BBQ Sauce PANCAKES & SAUSAGE ^ Syrup Potato Rounds Cucumber Coins Light Ranch Dressing Diced Pears Ketchup Fat Free Chocolate Milk 1% White Milk	NO SCHOOL	PEPPERONI PIZZA ^ CHICKEN QUESO BURRITO Taco Sauce Southwest Corn Fresh Broccoli Light Ranch Dressing Sliced Apples Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	CHEESY BUFFALO CHICKEN ROTINI Sweet Garlic Butter Peas Tossed Garden Salad Light Ranch Dressing HEARTY GARDEN SALAD Light French Dressing Fresh Banana Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
TURKEY HAM & CHEESE PANINI CHICKEN RANCH FLATBREAD ^ Sweet Maple Butter Carrots Grape Tomatoes Light Ranch Dressing Diced Peaches Fat Free Chocolate Milk 1% White Milk	TERIYAKI CHICKEN PATTY SLOPPY JOE Hamburger Bun ^ Southwest Corn Celery Sticks Light Ranch Dressing Grape Juice Fat Free Chocolate Milk 1% White Milk	Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk FRENCH BREAD CHEESE PIZZA^ Mixed Vegetables Romaine & Kale Salad Light Italian Dressing CHEF SALAD WITH TURKEY Light Ranch Dressing Fresh Apple	*NATIONAL PASTA DAY* WHOLE GRAIN SPAGHETTI WITH MEATSAUCE Garlic Butter Green Beans Cucumber Coins Light Ranch Dressing CHEF SALAD WITH CHICKEN Light Italian Dressing Fresh Banana Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	CHICKEN NUGGETS BBQ Sauce Fiesta Beans Tossed Garden Salad Light Ranch Dressing Fresh Pear Fat Free Chocolate Milk 1% White Milk
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
CHICKEN PARMESAN MAC & CHEESE ^ Mixed Vegetables Fresh Broccoli Light Ranch Dressing Diced Pears Fat Free Chocolate Milk 1% White Milk	MINI CORN DOGS ^ Mustard Ketchup CHEESE PIZZA ^ Sweet Maple Butter Carrots Light Ranch Dressing Cucumber Coins Light Ranch Dressing Blended Fruit Juice Fat Free Chocolate Milk 1% White Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Grape Tomatoes Light Italian Dressing HEARTY GARDEN SALAD Light Ranch Dressing Fresh Orange Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk	CRISPY CHICKEN DRUMSTICK ^ BBQ Sauce Maple Baked Beans Tossed Garden Salad Light Ranch Dressing Fresh Apple Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	TURKEY & CHEESE SANDWICH ^ Light Mayonnaise Lettuce & Tomato Carrot Sticks Light Ranch Dressing CHEF SALAD WITH CHICKEN STRIPS Light Italian Dressing Fresh Banana Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
CHICKEN STRIPS ^ BBQ Sauce Potato Rounds Grape Tomatoes Light Ranch Dressing Applesauce Cup Ketchup Fat Free Chocolate Milk 1% White Milk	BEEF RIB-B-QUE BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Carrot Sticks Light Ranch Dressing Fresh Pear Fat Free Chocolate Milk 1% White Milk	CHICKEN TACO Southwest Corn Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH CHICKEN Light Italian Dressing Sliced Apples Tortilla Chips ^ Fat Free Chocolate Milk 1% White Milk	GENERAL TSO'S POPCORN CHICKEN Broccoli Cucumber Coins Light Ranch Dressing CHEF SALAD W/TURKEY HAM Light French Dressing Fresh Banana Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	

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

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

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
10-01-2019	CHICKEN STRIPS ^	251	15	3	0	23	377	16	2	1	15	23	0	46	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	California Blend Veggies	44	0	0	0	0	58	9	4	4	3	411	53	53	1	V:1/4c RO V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-02-2019	TACO SCOOPS	145	7	3	0	21	561	9	1	1	12	243	1	36	2	MMA:2oz V:3/8c RO
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN STRIPS	155	9	5	0	48	259	4	2	1	15	2152	20	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		
10-03-2019	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	CHEF SALAD W/TURKEY HAM	158	9	4	0	50	421	4	2	1	15	2152	21	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Whole Grain Roll ^	80	2	0	0	0	120	15	2	1	3	0	0	40	1	G/B:1sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0		
10-04-2019	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.75sv WG
	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	
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Celery Sticks	10	0	0	0	0	52	2	1	1	0	14	2	26	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		

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	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
10-07-2019	MEATBALLS & SAUCE	215	14	5	1	49	540	9	1	1	14	7	0	27	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.75sv WG
	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD	359	20	10	0	50	847	29	2	5	15	120	0	339	1	MMA:2oz G/B:2sv WG
	Garlic Butter Green Beans	42	1	0	0	0	88	7	2	2	2	22	10	35	1	V:1/2c O
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-08-2019	CHICKEN PATTY	200	9	2	0	45	290	9	3	0	19	0	0	0	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	PANCAKES & SAUSAGE ^	250	10	2	0	65	420	26	3	6	16	0	0	63	2	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	Cucumber Coins	11	0	0	0	0	2	3	0	1	0	24	2	12	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-09-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
10-10-2019	PEPPERONI PIZZA ^	317	12	5	0	26	850	34	2	3	16	53	0	344	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	CHICKEN QUESO BURRITO	310	12	5	0	40	341	34	3	4	19	66	1	133	3	MMA:2oz G/B:2.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Fresh Broccoli	10	0	0	0	0	11	2	1	1	1	32	28	13	1	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0		

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10-11-2019	CHEESY BUFFALO CHICKEN ROTINI	372	20	9	0	58	709	32	1	8	16	121	0	186	1	MMA:2oz G/B:1sv WG
	Sweet Garlic Butter Peas	90	0	0	0	0	205	15	5	6	6	0	0	24	2	V:1/2c S
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	HEARTY GARDEN SALAD	95	5	1	0	157	93	5	2	1	7	2071	37	69	2	MMA:2oz V:3/4c DG V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Whole Grain Roll ^	80	2	0	0	0	120	15	2	1	3	0	0	40	1	G/B:1sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-14-2019	TURKEY HAM & CHEESE PANINI	299	13	6	0	56	768	28	2	3	17	60	1	206	2	MMA:2oz G/B:2sv WG
	CHICKEN RANCH FLATBREAD ^	341	14	6	0	41	701	32	2	3	21	88	1	420	3	MMA:2oz G/B:2sv WG
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Grape Tomatoes	13	0	0	0	0	3	3	1	2	1	32	10	8	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-15-2019	TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1	MMA:2oz
	SLOPPY JOE	148	6	3	0	21	194	11	0	4	11	44	1	26	2	MMA:2oz V:1/2c RO
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Celery Sticks	10	0	0	0	0	52	2	1	1	0	14	2	26	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-16-2019	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	FRENCH BREAD CHEESE PIZZA^	302	11	5	0	23	679	34	3	4	17	69	2	356	2	MMA:1.5oz G/B:2sv V:1/4c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Romaine & Kale Salad	17	0	0	0	0	14	3	1	1	1	1366	32	40	0	V:1/2c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD WITH TURKEY	147	6	4	0	37	539	4	2	1	17	2152	20	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c

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10-17-2019	*NATIONAL PASTA DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	WHOLE GRAIN SPAGHETTI WITH MEATSAUCE	290	8	3	0	22	424	38	3	7	16	11	0	69	3	MMA:2oz G/B:1sv WG V:3/4c RO
	Garlic Butter Green Beans	42	1	0	0	0	88	7	2	2	2	22	10	35	1	V:1/2c O
	Cucumber Coins	11	0	0	0	0	2	3	0	1	0	24	2	12	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN	141	8	4	0	41	181	4	2	1	14	2152	21	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Whole Grain Roll ^	80	2	0	0	0	120	15	2	1	3	0	0	40	1	G/B:1sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0		
10-18-2019	CHICKEN NUGGETS	230	13	2	0	20	440	15	3	1	12	20	0	40	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Fiesta Beans	177	0	0	0	0	545	34	8	2	10	118	7	75	3	V:1/2c L V:1/8c RO
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		
10-21-2019	CHICKEN PARMESAN	258	11	2	0	50	494	17	3	3	22	17	0	72	1	MMA:2.25oz G/B:1sv WG V:3/8c RO
	MAC & CHEESE ^	359	14	8	0	37	828	39	2	9	24	13	0	458	1	MMA:2oz G/B:1sv WG
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Fresh Broccoli	10	0	0	0	0	11	2	1	1	1	32	28	13	1	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-22-2019	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	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	
	CHEESE PIZZA ^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Sweet Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Cucumber Coins	11	0	0	0	0	2	3	0	1	0	24	2	12	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	

Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

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	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
10-23-2019	HOMESTYLE SALISBURY STEAK W/GRAVY	112	5	2	0	30	434	6	1	1	11	9	2	21	2	MMA:2oz
	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S
	Grape Tomatoes	13	0	0	0	0	3	3	1	2	1	32	10	8	0	V:1/2c RO
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	HEARTY GARDEN SALAD	95	5	1	0	157	93	5	2	1	7	2071	37	69	2	MMA:2oz V:3/4c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-24-2019	CRISPY CHICKEN DRUMSTICK ^	190	11	2	0	50	450	5	1	0	16	30	0	20	1	MMA:2oz G/B:0.75sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Whole Grain Roll ^	80	2	0	0	0	120	15	2	1	3	0	0	40	1	G/B:1sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	
10-25-2019	TURKEY & CHEESE SANDWICH ^	266	6	2	0	37	846	30	2	4	21	30	0	135	2	MMA:2oz G/B:2sv WG
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN STRIPS	155	9	5	0	48	259	4	2	1	15	2152	20	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0		
10-28-2019	CHICKEN STRIPS ^	251	15	3	0	23	377	16	2	1	15	23	0	46	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Potato Rounds	144	7	1	0	0	394	18	2	1	2	0	1	0	0	V:1/2c S
	Grape Tomatoes	13	0	0	0	0	3	3	1	2	1	32	10	8	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	

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	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
10-29-2019	BEEF RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
	BBQ CHICKEN	162	3	2	0	37	383	17	0	10	17	49	1	14	0	MMA:2oz V:1/4c RO
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Carrot Sticks	24	0	0	0	0	41	6	2	3	1	2987	4	20	0	V:1/2c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-30-2019	CHICKEN TACO	124	5	2	0	45	416	7	0	1	14	146	2	71	1	MMA:2oz V:1/4c RO
	Southwest Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Tossed Garden Salad	10	0	0	0	0	8	2	1	1	1	1290	13	17	0	V:1/2c DG V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN	141	8	4	0	41	181	4	2	1	14	2152	21	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
10-31-2019	GENERAL TSO'S POPCORN CHICKEN	383	15	3	0	22	981	44	5	16	19	39	0	9	3	MMA:2oz G/B:1.5sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Cucumber Coins	11	0	0	0	0	2	3	0	1	0	24	2	12	0	V:1/2c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	CHEF SALAD W/TURKEY HAM	158	9	4	0	50	421	4	2	1	15	2152	21	137	1	MMA:2oz V:3/4c DG V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other