



NOVEMBER

SCHOOL DISTRICT OF PHILADELPHIA



Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
				EGG & CHEESE BAGEL ^ APPLE DELIGHT CRUMBLE Diced Peaches Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
FRENCH TOAST STICKS ^ Syrup CHEERIOS ^ Maple Breakfast Square ^ Diced Pears Orange Juice 1% White Milk Fat Free Chocolate Milk	NO SCHOOL	EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Apple Breakfast Bar ^ Diced Peaches Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	Honey VANILLA YOGURT Granola ^ Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk CHICKEN BISCUIT ^	BEEF SAUSAGE SLIDER ^ CHOCOLATE CHIP LOAF ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
NO SCHOOL	BREAKFAST BURRITO ^ Taco Sauce STRAWBERRY BANANA YOGURT Granola ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	LEMON LOAF ^ Fresh Banana Grape Juice 1% White Milk Fat Free Chocolate Milk PANCAKES ^ Syrup	EGG & CHEESE BAGEL ^ APPLE DELIGHT CRUMBLE Diced Peaches Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ RICE CHEX ^ Animal Grahams ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
1% White Milk Fat Free Chocolate Milk WAFFLES ^ Syrup CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square ^ Diced Peaches Orange Juice	EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	*NEW ITEM* MINI CINNIS ^ MULTI GRAIN CHEERIOS ^ Strawberry Pancake Square ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ PUMPKIN LOAF ^ Fresh Banana Grape Juice 1% White Milk Fat Free Chocolate Milk	COLBY CHEESE OMELET Whole Wheat Bread VANILLA YOGURT Granola ^ Applesauce Cup Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ CORN CHEX ^ Animal Grahams ^ Diced Pears Orange Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup CHOCOLATE CHIP LOAF ^ Diced Peaches Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	RASPBERRY YOGURT Granola ^ Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk BREAKFAST BURRITO ^ Taco Sauce	THANKSGIVING	NO SCHOOL

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
11-01-2019	EGG & CHEESE BAGEL ^	257	7	2	0	110	430	37	3	2	14	34	15	132	2	MMA:1oz G/B:2sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-04-2019	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CHEERIOS ^	100	2	0	0	0	140	20	3	1	3	10	6	10	8	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-05-2019																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-06-2019	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Apple Breakfast Bar ^	170	6	1	0	0	55	26	2	9	3	0	0	20	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-07-2019	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	CHICKEN BISCUIT ^	265	9	2	0	12	545	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
11-08-2019	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:1sv WG
	CHOCOLATE CHIP LOAF ^	307	10	2	0	0	311	53	3	22	5	0	0	50	1	G/B:2.25sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	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
11-11-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-12-2019	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2	MMA:1oz G/B:1.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	STRAWBERRY BANANA YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-13-2019	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
11-14-2019	EGG & CHEESE BAGEL ^	257	7	2	0	110	430	37	3	2	14	34	15	132	2	MMA:1oz G/B:2sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-15-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-18-2019	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c

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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
11-19-2019	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-20-2019	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	MINI CINNIS ^	240	7	2	0	0	270	39	2	15	5	0	0	40	1	G/B:2sv WG
	MULTI GRAIN CHEERIOS^	100	1	0	0	0	115	23	2	6	2	100	5	8	7	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-21-2019	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:1sv WG
	PUMPKIN LOAF ^	295	8	1	0	0	392	55	3	29	4	361	1	64	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-22-2019	COLBY CHEESE OMELET	125	10	4	0	164	303	2	0	0	7	67	0	88	1	MMA:2oz
	Whole Wheat Bread	60	1	0	0	0	65	11	2	0	2	0	0	60	1	G/B:1sv WG
	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-25-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	CORN CHEX ^	100	0	0	0	0	200	24	1	3	2	150	80	80	7	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	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
11-26-2019	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CHOCOLATE CHIP LOAF ^	307	10	2	0	0	311	53	3	22	5	0	0	50	1	G/B:2.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
11-27-2019	RASPBERRY YOGURT	80	0	0	0	0	65	15	0	12	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2	MMA:1oz G/B:1.25sv WG
11-28-2019	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	THANKSGIVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-29-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

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