



NOVEMBER



SCHOOL DISTRICT OF PHILADELPHIA L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
				FRENCH BREAD CHEESE PIZZA^ CHARBROILED HAMBURGER Hamburger Bun ^ Mustard Ketchup Sweet Garlic Butter Peas Lettuce & Tomato Light Ranch Dressing Grape Juice Fat Free Chocolate Milk 1% White Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
BBQ Sauce PANCAKES & SAUSAGE ^ Syrup Potato Rounds Carrot Sticks Light Ranch Dressing Diced Peaches Ketchup Fat Free Chocolate Milk 1% White Milk CHICKEN PATTY Hamburger Bun ^	NO SCHOOL	HOT DOG Hot Dog Bun ^ Mustard Ketchup CHEESE PIZZA ^ Mixed Vegetables Fresh Broccoli Light Ranch Dressing Grape Juice Fat Free Chocolate Milk 1% White Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Romaine & Kale Salad Light Italian Dressing HEARTY GARDEN SALAD Light Ranch Dressing Sliced Apples Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	VEGETARIAN CHILI WITH BEANS Southwest Corn Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH CHICKEN Light Italian Dressing Fresh Banana Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
NO SCHOOL	CHICKEN NUGGETS ^ BBQ Sauce Garlic Butter Green Beans Grape Tomatoes Light Ranch Dressing Diced Peas Fat Free Chocolate Milk 1% White Milk	Southwest Corn Tossed Garden Salad Light Ranch Dressing CHEF SALAD WITH TURKEY Light Italian Dressing Blended Fruit Juice Tortilla Chips ^ Fat Free Chocolate Milk 1% White Milk *NEW ITEM* TOT-CHOS	Mixed Vegetables Fresh Broccoli Light Ranch Dressing Fresh Banana Fat Free Chocolate Milk 1% White Milk Lactose Free Milk PEPPERONI PIZZA ^ RANCH TURKEY BURGER Mustard Hamburger Bun ^ Ketchup	TURKEY & CHEESE SANDWICH ^ Light Mayonnaise Lettuce & Tomato Carrot Sticks Light Ranch Dressing CHEF SALAD WITH CHICKEN STRIPS Light Italian Dressing Fresh Orange Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
GENERAL TSO'S POPCORN CHICKEN ^ CHEESE PIZZA ^ Sweet Maple Butter Carrots Fresh Broccoli Light Ranch Dressing Diced Peaches Fat Free Chocolate Milk 1% White Milk	Zucchini Coins Light Ranch Dressing Blended Fruit Juice Fat Free Chocolate Milk 1% White Milk BBQ CHICKEN SLOPPY JOE Hamburger Bun ^ Maple Baked Beans	Fresh Banana Whole Grain Roll ^ Fat Free Chocolate Milk 1% White Milk TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Coleslaw Grape Tomatoes Light Ranch Dressing CHEF SALAD W/TURKEY HAM Light Italian Dressing	TURKEY & CHEESE ON WHOLE WHEAT BUN Lettuce & Tomato Celery Sticks Light Ranch Dressing Sliced Apples Light Mayonnaise Fat Free Chocolate Milk 1% White Milk Lactose Free Milk	Fat Free Chocolate Milk 1% White Milk TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Mustard Tossed Garden Salad Cucumber Coins Light Ranch Dressing CHEF SALAD WITH CHICKEN Light Italian Dressing Fresh Pear Corn Muffin ^
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
CHICKEN PARMESAN ^ MAC & CHEESE ^ Mixed Vegetables Carrot Sticks Light Ranch Dressing Grape Juice Fat Free Chocolate Milk 1% White Milk	PEPPERONI PIZZA ^ CHICKEN QUESO BURRITO ^ Taco Sauce Southwest Corn Fresh Broccoli Light Ranch Dressing Sliced Apples Fat Free Chocolate Milk 1% White Milk	HOLIDAY MEAL** TURKEY WITH GRAVY Sweet Potatoes Tossed Garden Salad Light Italian Dressing CHEF SALAD WITH CHICKEN STRIPS Light Ranch Dressing Pear Cup Corn Muffin ^ Fat Free Chocolate Milk 1% White Milk	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

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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	
11-01-2019	FRENCH BREAD	302	11	5	0	23	679	34	3	4	17	69	2	356	2	MMA:1.5oz G/B:2sv V:1/4c RO	
	CHEESE PIZZA^																
	CHARBROILED HAMBURGER	120	0	4	0	40	100	0	0	0	10	0	0	0	1		MMA:2oz
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2		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		
	Sweet Garlic Butter Peas	90	0	0	0	0	205	15	5	6	6	0	0	24	2		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 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			
11-04-2019	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	
	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		
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	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		
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		
11-05-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
11-06-2019	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	
	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		
	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			

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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
11-07-2019	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
	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	
	HEARTY GARDEN SALAD	104	5	2	0	178	101	6	2	1	8	2081	37	71	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	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	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	
11-08-2019	VEGETARIAN CHILI WITH BEANS	188	0	0	0	0	833	34	9	7	11	47	2	76	4	MMA:2oz V:1/2c 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	139	8	4	0	41	183	4	2	1	14	2115	21	132	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	
11-11-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-12-2019	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	
	Garlic Butter Green Beans	42	1	0	0	0	88	7	2	2	2	22	10	35	1	V:1/2c O
	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 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	

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11-13-2019	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 TURKEY	145	6	3	0	37	541	4	2	1	16	2115	20	132	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	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	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	
	NEW ITEM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
TOT-CHOS	345	19	7	0	45	1070	27	3	2	15	219	2	132	2	MMA:2oz V:1/4c RO	
11-14-2019	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	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	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	
	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
	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Hamburger Bun ^	150	2	0	0	0	160	28	2	3	6	0	0	60	2	G/B:2sv WG
Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
11-15-2019	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	153	9	4	0	48	261	3	2	1	15	2115	20	132	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 Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	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		

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11-18-2019	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
	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
	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 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	
11-19-2019	Zucchini Coins	11	0	0	0	0	5	2	1	2	1	40	12	11	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	
	BBQ CHICKEN	162	3	2	0	37	383	17	0	10	17	49	1	14	0	MMA:2oz V:1/4c RO
	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
Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L	
11-20-2019	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	
	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
	Coleslaw	145	11	2	0	5	227	11	1	9	1	93	19	53	0	V:3/4c O
	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	
	CHEF SALAD W/TURKEY HAM	156	8	4	0	51	423	3	2	1	14	2115	21	132	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	
11-21-2019	TURKEY & CHEESE ON WHOLE WHEAT BUN	266	6	2	0	37	846	30	2	4	21	30	0	135	2	MMA:2oz G/B:2sv WG
	Lettuce & Tomato	9	0	0	0	0	4	2	1	1	1	1027	11	14	0	V:1/2c DG
	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
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	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	
	Lactose Free Milk	90	0	0	0	5	130	13	0	12	8	150	0	300	0	

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11-22-2019	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	
	TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN	266	9	4	0	59	792	28	3	2	17	30	1	133	3	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	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
	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	139	8	4	0	41	183	4	2	1	14	2115	21	132	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 Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG	
11-25-2019	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
	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	
	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	
11-26-2019	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	
11-27-2019	HOLIDAY MEAL**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TURKEY WITH GRAVY	102	2	1	0	40	679	4	0	1	19	0	0	30	1	MMA:2oz
	Sweet Potatoes	75	0	0	0	0	28	19	3	1	6	4917	14	19	1	V:1/2c 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 Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	CHEF SALAD WITH CHICKEN STRIPS	153	9	4	0	48	261	3	2	1	15	2115	20	132	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	
	Pear Cup	56	0	0	0	0	9	15	2	9	2	0	1	1	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		

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
11-28-2019	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 Green R/O = Red/Orange L = Legumes S = Starchy O = Other