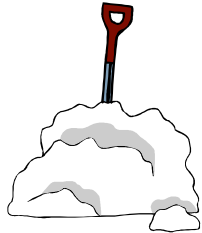




# December 2008



San Francisco Unified School District

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages	
1 SPAGHETTI W/MEATSAUCE Salad Bar Selections French Dressing Garlic Bread Milk  ^ MINI CHEESE RAVIOLI W/ RAGU	2 TERIYAKI GLAZED CHICKEN WITH FRIED RICE Salad Bar Selections Soy Sauce Breadstick Milk ^ GRILLED CHEESE ON WHEAT	3 HAMBURGER W/ SEASONED CORN Salad Bar Selections W. W. Hamburger Bun Ketchup Mustard Mayonnaise Milk  ^ CHEESE PIZZA	4 SWEDISH MEATBALLS W/ GREEN BEANS Salad Bar Selections Ranch Dressing Sliced Multigrain Bread Milk ^ MACARONI & CHEESE W/ GREEN BEANS	5 CHEESE PIZZA Salad Bar Selections Ranch Dressing Milk ^ CHEESE PIZZA	Calories 705 Protein (g) 33.6 Calcium (mg) 449 Iron (mg) 5 Vit A (RE) 488 Vit C (g) 27.1 Saturated Fat 8.5% Total Fat 28%	
8 ROTINI BAKE W/ MEATSAUCE Salad Bar Selections French Dressing Breadstick Milk ^ MINI CHEESE RAVIOLI W/ RAGU	9 MEATLOAF PATTY W/ MASHED POTATOES Salad Bar Selections Italian Dressing Sliced Multigrain Bread Milk  ^ MACARONI & CHEESE W/ GREEN BEANS	10 GRILLED CHICKEN PATTY W/GREEN BEANS Salad Bar Selections W.W. Hamburger Bun Ketchup BBQ Sauce Milk ^ CHEESE PIZZA	11 CHICKEN NUGGETS W/ MIXED VEGETABLES Salad Bar Selections Ranch Dressing BBQ Sauce Ketchup Graham Crackers Milk  **MACARONI & CHEESE W/GREEN BEANS	12 CHICKEN & BEAN BURRITO Salad Bar Selections Ranch Dressing Taco Sauce Harvest Of The Month (Raisins) Milk **CHEESE QUESADILLA	Calories 672 Protein (g) 33.1 Calcium (mg) 423 Iron (mg) 4.7 Vit A (RE) 531 Vit C (g) 30.4 Saturated Fat 6.8% Total Fat 24%	
15 CREAMY CHICKEN PASTA Salad Bar Selections French Dressing Garlic Bread Milk **CHEESE PIZZA	16 BEAN & CHEESE BURRITO Salad Bar Selections Creamy Ranch Dressing Taco Sauce Milk ^ BEAN & CHEESE BURRITO	17 PATTY MELT SANDWICH Salad Bar Selections Thousand Island Dressing Ketchup Mustard Mayonnaise Mini Pretzel Milk  ^ GRILLED CHEESE ON WHEAT	18 CHEESE PIZZA DIPPERS Salad Bar Selections Ranch Dressing Ketchup Milk **MACARONI & CHEESE W/GREEN BEANS	19 TURKEY HAM & CHEESE ON WHEAT Salad Bar Selections French Dressing Mustard Mayonnaise Graham Crackers Milk **CHEESE QUESADILLA	Calories 700 Protein (g) 31.2 Calcium (mg) 530 Iron (mg) 4.4 Vit A (RE) 553 Vit C (g) 28.9 Saturated Fat #### Total Fat 29%	
22 			25 Check Us Out: <a href="http://portal.sfusd.edu/dept/sns">http://portal.sfusd.edu/dept/sns</a>			
29 	30 	31 	**VEGETARIAN OPTION FOR THAT DAY OF THE WEEK.**			

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