



November 2008

San Francisco Unified School District



| Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Nutrient Averages | |
|--|---|---|---|--|---|--|
| <p>Check Us Out: http://portal.sfusd.edu/dept/sns</p> | | | | | | |
| <p>3</p> <p>PIZZA DIPPERS</p> <p>Salad Bar Selections Goldfish Crackers Milk</p> <p>**CHEESE PIZZA</p> | <p>4</p> <p>TERIYAKI GLAZED CHICKEN WITH FRIED RICE</p> <p>Salad Bar Selections Sliced Multigrain Bread Lowfat Honey Grahams Milk</p> <p>**GRILLED CHEESE ON WHEAT</p> | <p>5</p> <p>HAMBURGER W/ SEASONED CORN</p> <p>Salad Bar Selections W. W. Hamburger Bun Ketchup Mustard Milk</p> <p>**BEAN & CHEESE BURRITO</p> | <p>6</p> <p>SWEDISH MEATBALLS W/ GREEN BEANS</p> <p>Salad Bar Selections Sliced Multigrain Bread Milk</p> <p>**MACARONI & CHEESE W/GREEN BEANS</p> | <p>7</p> <p>PEPPERONI PIZZA</p> <p>Salad Bar Selections Corn Muffin Milk</p> <p>**CHEESE QUESADILLA</p> | <p>Calories 794 Protein (g) 34 Calcium (mg) 503 Iron (mg) 6.3 Vit A (RE) 502 Vit C (g) 29</p> <p>Saturated Fat 8.3% Total Fat 28%</p> | |
| <p>10</p> <p>CHICKEN NUGGETS W/ MIXED VEGETABLES</p> <p>Salad Bar Selections Sliced Multigrain Bread Milk</p> <p>**CHEESE PIZZA</p> | <p>11</p> <p>Veteran's Day No School</p> <p>**GRILLED CHEESE ON WHEAT</p> | <p>12</p> <p>GRILLED CHICKEN PATTY W/GREEN BEANS</p> <p>Salad Bar Selections W.W. Hamburger Bun Ketchup BBQ Sauce Mayonnaise Milk</p> <p>**BEAN & CHEESE BURRITO</p> | <p>13</p> <p>SPAGHETTI W/MEATSAUCE</p> <p>Salad Bar Selections Sliced Multigrain Bread Milk</p> <p>**MACARONI & CHEESE W/GREEN BEANS</p> | <p>14</p> <p>TURKEY HAM & CHEESE ON WHEAT</p> <p>Salad Bar Selections Harvest of the Month - Raisins Mayonnaise Mustard Milk</p> <p>**CHEESE QUESADILLA</p> | <p>Calories 725 Protein (g) 34 Calcium (mg) 426 Iron (mg) 5 Vit A (RE) 679 Vit C (g) 21 Saturated Fat 7.8% Total Fat 27%</p> | |
| <p>17</p> <p>PATTY MELT SANDWICH</p> <p>Salad Bar Selections Ketchup Mustard Mayonnaise Milk</p> <p>**CHEESE PIZZA</p> | <p>18</p> <p>BEEF SOFT TACO</p> <p>Salad Bar Selections Creamy Ranch Dressing Taco Sauce Milk</p> <p>**GRILLED CHEESE ON WHEAT</p> | <p>19</p> <p>CHICKEN HOT DOG W/ BAKED BEANS</p> <p>Salad Bar Selections W. W. Hot Dog Bun Ketchup Mustard Milk</p> <p>**BEAN & CHEESE BURRITO</p> | <p>20</p> <p>MINI RAVIOLI W/ RAGU SAUCE</p> <p>Salad Bar Selections Ranch Dressing Garlic Bread Milk</p> <p>**MACARONI & CHEESE W/GREEN BEANS</p> | <p>21</p> <p>TERIYAKI BEEF DIPPERS W/RICE & VEGETABLES</p> <p>Salad Bar Selections Soy Sauce Corn Muffin Milk</p> <p>**CHEESE QUESADILLA</p> | <p>Calories 745 Protein (g) 31 Calcium (mg) 423 Iron (mg) 4.9 Vit A (RE) 477 Vit C (g) 33 Saturated Fat 9.6% Total Fat 30%</p> | |
| <p>24</p> <p>WHEAT PENNE PASTA W/ MEATSAUCE</p> <p>Salad Bar Selections Sliced Multigrain Bread Milk</p> <p>**CHEESE PIZZA</p> | <p>25</p> <p>TURKEY & CHEESE ON A SUB ROLL</p> <p>Salad Bar Selections Mayonnaise Mustard Corn Muffin Milk</p> <p>**GRILLED CHEESE ON WHEAT</p> | <p>26</p> <p>**BEAN & CHEESE BURRITO</p> | <p>27</p> <p>28</p> <p>Happy Thanksgiving</p> <p>**VEGETARIAN OPTION FOR THAT DAY OF THE WEEK.**</p> | | <p>Calories 848 Protein (g) 37 Calcium (mg) 495 Iron (mg) 9.8 Vit A (RE) 900 Vit C (g) 30 Saturated Fat 8.3% Total Fat 27%</p> | |

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