

MORRIS AVENUE REGULAR LINE NOVEMBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 SPAGHETTI GREEN BEANS TOSSED SALAD SALAD DRESSING GARLIC BREAD FRUIT COBBLER MILK JUICE TEA, SWEET TEA.UNSWEET	4 HAMBURGER STEAK RANCH POTATOES BLACKEYE PEAS WHEAT ROLL CINDERELLA CAKE JUICE MILK TEA, SWEET TEA.UNSWEET	5 CHICKEN STIR-FRY RICE EGG ROLLS PINEAPPLE Sweet /Sour Sauce MILK JUICE TEA, SWEET TEA.UNSWEET	6 BBQ CHICKEN Macaroni and Cheese FRESH COLLARDS CORNBREAD ICE CREAM CUP JUICE MILK TEA, SWEET TEA.UNSWEET	7 HAMBURGER OVEN FRIES BAKED BEANS GRAPES CARROTT SNACKS CONDIMENTS MILK JUICE TEA, SWEET TEA.UNSWEET	Calories 667 Cholesterol 70 mg Sodium 1069 mg Dietary Fiber 5.27 g Iron 5.57 mg Calcium 578.15 mg Vitamin A 3017 IU Vitamin C 41.84 mg Protein 30.21 g 18.1% Carbohydrate 92.67 g 55.5% Total Fat 20.91 g 28.2% Saturated Fat 6.47 g 8.7%
10 BAKED CHICKEN CHEESE POTATOES LIMA BEANS WHEAT ROLL ORANGES MILK JUICE TEA, SWEET TEA.UNSWEET	11 VETERANS DAY	12 FISH/WW BUN ROASTED POTATOES BROCCOLI/CHEESE SNICKERDOODLES CONDIMENTS MILK JUICE TEA, SWEET TEA.UNSWEET	13 Turkey and Dressing GREEN BEANS SWEET POTATOES WHEAT ROLL Gravy CRANBERRY SAUCE MILK JUICE	14 PIZZA CORN TOSSED SALAD SALAD DRESSING CARROTT SNACKS FRUIT/ DIP MILK JUICE TEA, SWEET TEA.UNSWEET	Calories 668 Cholesterol 49 mg Sodium 967 mg Dietary Fiber 8.96 g Iron 21.77 mg Calcium 475.30 mg Vitamin A 979 IU Vitamin C 52.76 mg Protein 31.12 g 18.6% Carbohydrate 94.30 g 56.5% Total Fat 20.49 g 27.6% Saturated Fat 4.73 g 6.4%
17 BBQ/WW BUN BAKED BEANS CORN ON THE COB FROSTED CAKE FRUIT CHOICE CARROTT SNACKS MILK JUICE TEA, SWEET TEA.UNSWEET	18 CHICKEN NUGGETS RICE A RONI GREEN PEAS WHEAT ROLL FRUIT CHOICE ASSORTED SAUCE MILK JUICE TEA, SWEET TEA.UNSWEET	19 Vegetable Beef Soup GRILLED CHEESE CARROTT SNACKS Chocolate/Chip Cookie Ranch Dressing FRUIT CHOICE MILK JUICE TEA, SWEET TEA.UNSWEET	20 Chili Cheese Nachos SPANISH RICE CORN PUDDING SWIRL TANGERINES MILK JUICE TEA, SWEET TEA.UNSWEET	21 CHICKENW.W.BUN PASTA SALAD ROASTED POTATOES BROWNIES FRUIT CHOICE CONDIMENTS MILK JUICE TEA, SWEET TEA.UNSWEET	Calories 667 Cholesterol 59 mg Sodium 987 mg Dietary Fiber 8.92 g Iron 23.11 mg Calcium 332.59 mg Vitamin A 1019 IU Vitamin C 33.72 mg Protein 27.04 g 16.2% Carbohydrate 104.75 g 62.8% Total Fat 17.97 g 24.2% Saturated Fat 4.56 g 6.1%
24 PIZZA CORN TOSSED SALAD SALAD DRESSING ICE CREAM MILK JUICE TEA, SWEET TEA.UNSWEET	25 CHEESEBURGER/WW CHIPS,ASSORTED PICKLE SLICES Cookie, M&M APPLE MILK JUICE	26 Thanksgiving Break	27 Thanksgiving Break	28 Thanksgiving Break	Calories 668 Cholesterol 46 mg Sodium 1137 mg Dietary Fiber 6.32 g Iron 5.07 mg Calcium 704.82 mg Vitamin A 898 IU Vitamin C 34.81 mg Protein 27.81 g 16.7% Carbohydrate 89.48 g 53.6% Total Fat 24.75 g 33.3% Saturated Fat 9.11 g 12.3%

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MORRIS AVENUE BAR LINE NOVEMBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 CHEF SALAD/HAM CHEESE CUP CEASAR SALAD Fresh Vegetables Assorted Crackers APPLE FRUIT COBBLER SALAD DRESSING CROUTONS JUICE MILK	4 TACO BAR CHEESE SAUCE CORN LETTUCE/TOMATO FRUIT CHOICE CINDERELLA CAKE SOUR CREAM TACO SAUCE MILK JUICE	5 TURKEY/WW Celery/Peanut Butter LETTUCE & TOMATO CHIPS, ASSORTED FRUIT CHOICE PINEAPPLE SLICES CONDIMENTS MILK JUICE	6 Ham/Cheese Wrap Fresh Vegetables PICKLE SLICES ICE CREAM CUP ORANGES JUICE MILK	7 Chili/Cheese Potato BROCCOLLI, FRESH GRAPES Assorted Crackers MARGERINE SOUR CREAM Bacon Bits MILK JUICE	Calories 668 Cholesterol 58 mg Sodium 961 mg Dietary Fiber 7.04 g Iron 14.17 mg Calcium 722.38 mg Vitamin A 1345 IU Vitamin C 78.62 mg Protein 27.96 g 16.7% Carbohydrate 101.14 g 60.5% Total Fat 18.69 g 25.2% Saturated Fat 7.18 g 9.7%
10 CHEF SALAD/HAM CHEESE CUP CEASAR SALAD Assorted Crackers Fresh Vegetables SALAD DRESSING FRUIT MIX FRUIT CHOICE CROUTONS MILK JUICE	11 VETERANS DAY	12 TURKEY/WW LETTUCE & TOMATO Celery/Peanut Butter CHIPS, ASSORTED SNICKERDOODLES CONDIMENTS MILK JUICE	13 NO BAR	14 Chili/Cheese Potato BROCCOLLI, FRESH SOUR CREAM MARGERINE WHEAT CRACKERS FRUIT/ DIP Bacon Bits MILK JUICE	Calories 669 Cholesterol 64 mg Sodium 788 mg Dietary Fiber 7.58 g Iron 16.09 mg Calcium 854.98 mg Vitamin A 1247 IU Vitamin C 54.17 mg Protein 29.89 g 17.9% Carbohydrate 88.41 g 52.9% Total Fat 23.21 g 31.2% Saturated Fat 8.45 g 11.4%
17 Turkey/Cheese Wrap Fresh Vegetables Ranch Dressing GRAPEFRUIT FROSTED CAKE MILK JUICE	18 TACO BAR CHEESE SAUCE CORN LETTUCE/TOMATO FRUIT CHOICE VANILLA PUDDING SOUR CREAM TACO SAUCE MILK JUICE	19 TURKEY/WW LETTUCE & TOMATO PICKLE SLICES CHIPS, ASSORTED Chocolate/Chip Cookie FRUIT CHOICE CONDIMENTS MILK JUICE	20 CHEF SALAD/HAM CHEESE CUP Fresh Vegetables Assorted Crackers SALAD DRESSING PUDDING SWIRL FRUIT CHOICE CROUTONS MILK JUICE	21 Chili/Cheese Potato BROCCOLLI, FRESH SOUR CREAM MARGERINE WHEAT CRACKERS BROWNIES MILK JUICE	Calories 668 Cholesterol 61 mg Sodium 996 mg Dietary Fiber 6.41 g Iron 19.01 mg Calcium 663.48 mg Vitamin A 1064 IU Vitamin C 88.06 mg Protein 27.85 g 16.7% Carbohydrate 99.72 g 59.7% Total Fat 18.70 g 25.2% Saturated Fat 7.28 g 9.8%
24 NO BAR	25 NO BAR	26 Thanksgiving Break	27 Thanksgiving Break	28 Thanksgiving Break	Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%

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MORRIS AVENUE BREAKFAST NOVEMBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 CHEESE EGGS CEREAL TATER TOTS FRUIT CHOICE JUICE MILK KETCHUP	4 FRENCH TOAST STIX SAUSAGE LINK CEREAL FRUIT CHOICE JUICE MILK SUGAR SYRUP	5 CHICKEN PATTY BISCUIT CEREAL PINEAPPLE SLICES FRUIT CHOICE MILK JUICE JELLY SUGAR	6 OATMEAL FRUIT PASTRY CEREAL FRUIT CHOICE YOGURT SUGAR MILK JUICE	7 BREAKFAST PIZZA CEREAL FRUIT CHOICE GRAPES MILK JUICE SUGAR	Calories 500 Cholesterol 30 mg Sodium 686 mg Dietary Fiber 4.20 g Iron 14.32 mg Calcium 387.62 mg Vitamin A 912 IU Vitamin C 28.13 mg Protein 13.89 g 11.1% Carbohydrate 82.70 g 66.2% Total Fat 13.26 g 23.9% Saturated Fat 3.69 g 6.6%
10 PANCAKES SAUSAGE PATTY CEREAL FRUIT CHOICE JUICE MILK SUGAR SYRUP	11 VETERANS DAY	12 BISCUIT SAUSAGE PATTY CEREAL FRUIT CHOICE PEACHES MILK JUICE JELLY SUGAR	13 CHEESE GRITS CEREAL BAR CEREAL FRUIT CHOICE PEACHES MILK JUICE SUGAR	14 GRILLED CHEESE CEREAL FRUIT CHOICE APPLESAUCE MILK JUICE JELLY SUGAR	Calories 501 Cholesterol 25 mg Sodium 696 mg Dietary Fiber 4.78 g Iron 15.32 mg Calcium 426.33 mg Vitamin A 1049 IU Vitamin C 29.90 mg Protein 14.56 g 11.6% Carbohydrate 89.81 g 71.8% Total Fat 10.67 g 19.2% Saturated Fat 3.77 g 6.8%
17 CHEESE GRITS Cinnamon Biscuit CEREAL FRUIT CHOICE MILK JUICE SUGAR SYRUP	18 WAFFLE STIX SAUSAGE LINK CEREAL FRUIT CHOICE MILK JUICE SUGAR SYRUP	19 Egg/Cheese Croissant CEREAL PEACH CUP FRUIT CHOICE MILK JUICE SUGAR JELLY	20 CHEESE EGGS TATER TOTS CEREAL FRUIT CHOICE YOGURT MILK JUICE	21 BREAKFAST PIZZA CEREAL APPLESAUCE FRUIT CHOICE MILK JUICE SUGAR	Calories 499 Cholesterol 28 mg Sodium 735 mg Dietary Fiber 4.12 g Iron 14.05 mg Calcium 343.94 mg Vitamin A 870 IU Vitamin C 29.15 mg Protein 12.79 g 10.2% Carbohydrate 84.29 g 67.6% Total Fat 12.81 g 23.1% Saturated Fat 3.85 g 7.0%
24 SAUSAGE PUP CEREAL FRUIT CHOICE PINEAPPLE SLICES MILK JUICE SUGAR SYRUP	25 MUFFINS SAUSAGE LINK CEREAL FRUIT CHOICE APPLESAUCE MILK JUICE SUGAR	26 Thanksgiving Break	27 Thanksgiving Break	28 Thanksgiving Break	Calories 498 Cholesterol 29 mg Sodium 487 mg Dietary Fiber 3.32 g Iron 11.84 mg Calcium 335.02 mg Vitamin A 744 IU Vitamin C 30.44 mg Protein 12.89 g 10.3% Carbohydrate 85.62 g 68.7% Total Fat 12.12 g 21.9% Saturated Fat 3.39 g 6.1%

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