


CES LUNCH OCT. 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			<p>1 FRITO PIE SALAD BAR CHEESE SAUCE STEAMED CORN FRUIT MILK</p>	<p>2 CHICKEN AND NOODLES SALAD BAR DINNER ROLL GREEN BEANS FRUIT MILK</p>	<p>Cal 361 T.Fat 11.49 G S.Fat 3.6 G Chol 36.0 Mg Sodm 741.23 Mg Carb 46.87 G Fiber 2.4 G</p>
<p>5 CORN DOG SALAD BAR POTATO CHIPS VEGGIES, ASSORTED FRUIT MILK</p>	<p>6 SLOPPY JOE SALAD BAR POTATO CHIPS STEAMED CORN FRUIT MILK</p>	<p>7 CHICKEN RICE SOUP SALAD BAR DINNER ROLL BABY CARROTS FRUIT MILK</p>	<p>8 BAKED HAM SALAD BAR POTATO SALAD DINNER ROLL Celery FRUIT MILK</p>	<p>9 CHICKEN ALFREDO SALAD BAR BREADSTICK PEAS & CARROTS FRUIT MILK</p>	<p>Cal 419 T.Fat 14.59 G S.Fat 3.6 G Chol 50.6 Mg Sodm 583.40 Mg Carb 51.78 G Fiber 3.9 G</p>
<p>12 HOT DOG SALAD BAR POTATO CHIPS BAKED BEANS FRUIT APPLE CRISP MILK</p>	<p>13 NACHOS WITH GROUND BEEF NACHO CHEESE SAUCE SALAD BAR VEGGIES, ASSORTED FRUIT MILK</p>	<p>14 CHICKEN NUGGETS SALAD BAR SPAGETTI SALAD BABY CARROTS FRUIT MILK</p>	<p>15 NO SCHOOL TODAY</p>	<p>16 NO SCHOOL TODAY</p>	<p>Cal 731 T.Fat 30.11 G S.Fat 10.6 G Chol 89.9 Mg Sodm 1318.73 Mg Carb 80.22 G Fiber 6.4 G</p>
<p>19 BURRITO ENCHILADA STYLE SALAD BAR TATOR TOTS STEAMED CORN FRUIT MILK</p>	<p>20 STACKED HAM & CHEDDAR SANDWICH SALAD BAR POTATO CHIPS VEGGIES, ASSORTED FRUIT MILK</p>	<p>21 POTATO BAR SALAD BAR BROCCOLI CHILI CHEESE SAUCE CUCUMBER SLICES FRUIT MILK</p>	<p>22 CHICKEN TACO SALAD BAR Rice, White STEAMED CORN FRUIT SUGAR COOKIE MILK</p>	<p>23 MACARONI AND CHEESE SALAD BAR DINNER ROLL STEAMED PEAS FRUIT MILK</p>	<p>Cal 591 T.Fat 16.51 G S.Fat 5.0 G Chol 47.7 Mg Sodm 787.13 Mg Carb 88.44 G Fiber 6.9 G</p>
<p>26 CHICKEN BURGER SALAD BAR PASTA SALAD POTATO CHIPS BROCCOLI, raw FRUIT MILK</p>	<p>27 CHILI SALAD BAR CINNAMON ROLL BABY CARROTS FRUIT MILK</p>	<p>28 HOMEMADE CHEESEBURGER HOT POCKET SALAD BAR POTATO CHIPS GREEN BEANS FRUIT MILK</p>	<p>29 CHEESEBURGER SALAD BAR POTATO WEDGES CUCUMBER SLICES FRUIT MILK</p>	<p>30 STRAW-HATS SALAD BAR PUMPKIN TEETH FRUITY EYEBALLS NO BAKE COOKIE MILK</p>	<p>Cal 637 T.Fat 22.85 G S.Fat 7.8 G Chol 64.9 Mg Sodm 987.73 Mg Carb 82.15 G Fiber 6.3 G</p>