




Seaman USD#345

November 2008

*Menu Subject to Change

*This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Crispito & Tators Tossed Salad Blueberry Muffin Apple Wedges <u>Milk</u> Cal 9.17 Prtn 25.4G TFat 23.8G Carb 149.9G Rber 4.6G %TFat 23.4	4 Chicken Tenders Oven Potatoes Green Beans Whole Grain Roll Pears <u>Milk</u> Cal 8.84 Prtn 27.4G TFat 24.4G Carb 130.3G Rber 8.8G %TFat 26.3	5 Chili Pie Mixed Vegetables Cornbread Tossed Salad Orange Half <u>Milk</u> Cal 8.40 Prtn 31.5G TFat 28.5G Carb 117.8G Rber 8.6G %TFat 30.6	6 Hoagie Sandwich Seasoned Corn Dill Pickle Cherry Crisp Grape Juice <u>Milk</u> Cal 7.40 Prtn 26.3G TFat 22.6G Carb 112.1G Rber 4.6G %TFat 27.4	7 Mac & Cheese Little Smokies Mixed Veggies Whole Wheat Rolls Fresh Veg. <u>Milk</u> Cal 7.39 Prtn 28.1G TFat 28.7G Carb 91.7G Rber 4.8G %TFat 34.9	Cal 814 T.Fat 25.60 G S.Fat 7.5 G Chol 55.1 Mg Sodm 1617.47 Mg Carb 120.36 G Fiber 6.3 G Prtn 27.83 G
10 Chef Boyardee Ravioli Green Beans Wheat Rolls Orange Half Juice Bar <u>Milk</u> Cal 6.46 Prtn 25.5G TFat 16.0G Carb 102.6G Rber 6.1G %TFat 22.3	11 Hamburger French Fries Pickle Fruit Cup Lemonade <u>Milk</u> Cal 7.43 Prtn 29.2G TFat 21.0G Carb 112.3G Rber 5.4G %TFat 25.5	12 Corn Dog Baked Beans Fresh Vegetables Bananas in OJ Brownie <u>Milk</u> Cal 7.47 Prtn 25.4G TFat 16.7G Carb 128.0G Rber 11.1G %TFat 20.1	13 Turkey/Cheese Wrap Sun Chips Peas/Carrots Yogurt Milk Rosy Applesauce Cal 7.76 Prtn 34.4G TFat 24.5G Carb 106.1G Rber 7.3G %TFat 28.4	14 No School Staff Development	Cal 728 T.Fat 19.55 G S.Fat 6.5 G Chol 43.7 Mg Sodm 1577.49 Mg Carb 112.22 G Fiber 7.6 G Prtn 28.61 G
17 Pepperoni Pizza Seasoned Peas Tossed Salad Choc Chip Cookie Fruit Cup w/Apricots <u>Milk</u> Cal 7.17 Prtn 31.4G TFat 21.4G Carb 102.7G Rber 7.2G %TFat 26.8	18 Chicken Nuggets Confetti Rice Seasoned Broccoli Biscuit Milk Pineapple Cal 7.95 Prtn 25.8G TFat 28.4G Carb 111.2G Rber 5.4G %TFat 32.2	19 Taco Hacho Refried Beans Cinnamon Roll Sherbet <u>Milk</u> Cal 8.89 Prtn 33.5G TFat 30.1G Carb 122.7G Rber 4.6G %TFat 30.4	20 Sliced Turkey Whipped Potatoes Seasoned Carrots Herbed Roll Apple Blend <u>Milk</u> Cal 4.68 Prtn 22.8G TFat 10.8G Carb 68.9G Rber 2.4G %TFat 20.8	21 Hamburger Tator Chunks Peaches Apple Half <u>Milk</u> Cal 6.81 Prtn 28.3G TFat 11.2G Carb 122.0G Rber 7.3G %TFat 14.8	Cal 710 T.Fat 20.38 G S.Fat 5.6 G Chol 40.8 Mg Sodm 1219.81 Mg Carb 105.49 G Fiber 5.4 G Prtn 28.43 G
24 Beef/Bean Burrito Seasoned Corn Tossed Salad Pears Milk Sherbet Cup Cal 8.25 Prtn 26.2G TFat 21.8G Carb 134.2G Rber 7.6G %TFat 23.8	25 Sausage in Pancake Yogurt Fresh Veggies Snack Mix Fruit Cup w/Apricots <u>Milk</u> Cal 7.09 Prtn 18.5G TFat 22.5G Carb 109.0G Rber 4.0G %TFat 28.6	26 No School Happy Thanksgiving!	27 No School	28 No School	Cal 767 T.Fat 22.16 G S.Fat 6.8 G Chol 33.0 Mg Sodm 1139.67 Mg Carb 121.57 G Fiber 5.8 G Prtn 22.35 G
Seaman students recycle milk bottles everyday! 	November = 16 days Elementary@\$2.10=\$33.60 Secondary@2.35=\$37.60 Reduced@.40=\$6.40 Extra Milk .50 each Adult Lunches \$2.85 (Checks Payable Seaman Food Service)				
Next District Community Activity Wellness Night November 11 at 6:30 PM		No Charge Meal Guideline/Child Nutrition Benefits Every attempt will be made to notify students that their account balance is getting low. Once they are out of money, they will be unable to eat a school meal; students may bring money to place in their accounts or a sack lunch. Meals are to be paid at least one week in advance, but payment for a longer period of time will be accepted. Child nutrition benefits may be applied for at any time during the			
The unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited in Seaman USD #345. Violators will be prosecuted.					