



October

The unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited in Seaman USD#345. Violators will be prosecuted.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	<p>This institution is an equal opportunity provider.</p>	<p>1 Sloppy Joe Seasoned Green Beans Tossed Salad Orange Half Milk <u>Choc Chip Cookie</u> Cal 611 Prtn 29.1G TFat 17.4G Carb 84.3G Fiber 3.9G %Cal/Fat 25.6</p>	<p>2 Chicken Fajita Refried Beans Mexican Rice Apple Wedges Milk Cal 499 Prtn 29.1G TFat 9.8G Carb 75.3G Fiber 4.8G %Cal/Fat 17.6</p>	<p>3 Mac & Cheese Little Smokies Mixed Veggies Wheat Rolls Fresh Vegetables Milk Cal 713 Prtn 26.5G TFat 27.3G Carb 90.3G Fiber 3.2G %Cal/Fat 34.5</p>	<p>Cal 608 T.Fat 18.15 G S.Fat 6.0 G Chol 65.7 Mg Sodm 1115.99 Mg Carb 83.32 G Fiber 4.0 G Prtn 28.25 G Iron 3.77 Mg Calc 487.67 Mg Vit A 332.78 RE</p>
<p>6 Tony's Pepperoni Pizza Seasoned Corn Tossed Salad Orange Half Milk Cal 590 Prtn 28.5G TFat 17.2G Carb 83.6G Fiber 4.2G %Cal/Fat 26.3</p>	<p>7 Chicken Patty Oven Potatoes Seasoned Broccoli Applesauce Milk Cal 658 Prtn 27.9G TFat 21.6G Carb 90.3G Fiber 5.2G %Cal/Fat 29.6</p>	<p>8 Chili Tossed Salad Cinnamon Roll Banana Half Orange Juice Milk Cal 819 Prtn 29.6G TFat 17.8G Carb 137.2G Fiber 7.2G %Cal/Fat 19.6</p>	<p>9 Breaded Beef Pattie Whipped Potatoes Seasoned Peas Wheat Rolls Mixed Fruit Milk Cal 713 Prtn 30.3G TFat 25.1G Carb 91.4G Fiber 6.3G %Cal/Fat 31.7</p>	<p>10 Quesadilla Red Beans/Rice Mixed Vegetables Muffin Square Apple Half Milk Cal 850 Prtn 34.2G TFat 17.4G Carb 138.1G Fiber 6.4G %Cal/Fat 18.4</p>	<p>Cal 726 T.Fat 19.84 G S.Fat 5.3 G Chol 47.1 Mg Sodm 1412.83 Mg Carb 108.11 G Fiber 5.9 G Prtn 30.10 G Iron 4.51 Mg Calc 491.35 Mg Vit A 286.71 RE</p>
<p>13 Taco Burger/Bun Spudsters Potatoes Tossed Salad Peaches Milk Cal 723 Prtn 25.3G TFat 20.4G Carb 113.3G Fiber 5.9G %Cal/Fat 25.4</p>	<p>14 Beef/Bean Burrito Seasoned Corn Tossed Salad Juice Bar Milk Cal 762 Prtn 24.2G TFat 22.5G Carb 118.1G Fiber 5.9G %Cal/Fat 26.6</p>	<p>15 Ham & Cheese/Bun Baked Beans Milk Tossed Salad Glazed Fruit Cal 640 Prtn 27.3G TFat 16.8G Carb 97.1G Fiber 5.3G %Cal/Fat 23.6 <u>District Wellness</u> <u>Night 6:30 PM</u></p>	<p>16 Sliced Turkey Whipped Potatoes Peas/Carrots Wheat Rolls Pears Milk Cal 473 Prtn 19.1G TFat 10.1G Carb 76.9G Fiber 3.9G %Cal/Fat 19.3</p>	<p>17 Taco Salad Seasoned Broccoli Cinnamon Roll Apple Half Milk Cal 845 Prtn 26.2G TFat 26.6G Carb 129.5G Fiber 7.5G %Cal/Fat 28.3</p>	<p>Cal 810 T.Fat 22.34 G S.Fat 6.7 G Chol 48.5 Mg Sodm 1886.70 Mg Carb 125.88 G Fiber 7.0 G Prtn 29.67 G Iron 4.74 Mg Calc 576.08 Mg Vit A 386.54 RE</p>
<p>20 No School Staff Development</p> 	<p>21 Chicken Patty Whipped Potatoes Mixed Vegetables Herbed Roll Banana Milk Cal 631 Prtn 27.5G TFat 20.0G Carb 85.4G Fiber 6.3G %Cal/Fat 28.5</p>	<p>22 Goulash Green Beans Tossed Salad Vienna Bread Citrus Fruit Cup Milk Cal 619 Prtn 21.5G TFat 14.9G Carb 100.3G Fiber 5.4G %Cal/Fat 21.7</p>	<p>23 Chicken Fajita Red Beans/Rice Muffin Square Cantaloupe Milk Cal 730 Prtn 33.6G TFat 10.7G Carb 125.5G Fiber 6.1G %Cal/Fat 13.2</p>	<p>24 Tony's Pepperoni Pizza Seasoned Corn Tossed Salad Orange Half Milk Oatmeal Cookie Cal 777 Prtn 31.6G TFat 24.5G Carb 112.3G Fiber 6.3G %Cal/Fat 28.3</p>	<p>Cal 689 T.Fat 17.51 G S.Fat 4.0 G Chol 43.8 Mg Sodm 1297.30 Mg Carb 105.90 G Fiber 6.0 G Prtn 28.54 G Iron 4.04 Mg Calc 453.59 Mg Vit A 578.64 RE</p>
<p>27 Sloppy Joe Baked Beans Fresh Vegetables Pineapple Milk <u>Crispy Rice Cookie</u> Cal 696 Prtn 32.8G TFat 15.9G Carb 107G Fiber 5.7G %Cal/Fat 20.6</p>	<p>28 Chicken Nuggets Au Gratin Potatoes Broccoli Milk Wheat Rolls Apple Juice Milk Cal 755 Prtn 24.4G TFat 24.2G Carb 110.7G Fiber 4.7G %Cal/Fat</p>	<p>29 Chili Tossed Salad Ranch Dressing Cinnamon Roll Juice Bar Milk Cal 800 Prtn 28.4G TFat 18.2G Carb 133.8G Fiber 6.2G %Cal/Fat 20.4</p>	<p>30</p>		<p>31</p>
<p>Lunch Meal Prices: October = 20 days Elementary @ \$2.10 = \$42.00 Secondary @ \$2.35 = \$47.00 Reduced @ .40 = \$8.00 Extra Milk .50 each Adult Lunches \$2.85 (Checks payable to SEAMAN FOOD SERVICE)</p>					<p>Cal 750 T.Fat 19.42 G S.Fat 4.8 G Chol 50.0 Mg Sodm 1371.75 Mg Carb 117.17 G Fiber 5.5 G Prtn 28.52 G Iron 5.62 Mg Calc 445.41 Mg Vit A 229.42 RE</p>