

General Brown Central School District

OCTOBER 2021

Sep 27, 2021

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Oct - 4 POPCORN CHICKEN FRENCH FRIED POTATO WHOLE WHEAT DINNER KETCHUP MILK - Variety APPLES, FRESH	Oct - 5 MEATBALL SUBS LETTUCE & TOMATO SA APPLES, FRESH MILK - Variety	Oct - 6 FRENCH TOAST STICKS BAKED HASH BROWN BAKED SAUSAGE PATT KETCHUP SYRUP, INDIVIDUAL APPLES, FRESH MILK,1% Chocolate	Oct - 7 CHICKEN PARMESAN S SIMMERED PASTA CARROTS, FROZEN MILK - Variety APPLES, FRESH	Oct - 8 WILD MIKE'S 5" DEEP DI LETTUCE & TOMATO SA APPLES, FRESH MILK,1% Chocolate RANCH DRESSING																																																												
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Oct - 11 COLUMBUS DAY	Oct - 12 CHICKEN TENDERS WHOLE WHEAT DINNER WHITE BEAN SALAD FRENCH FRIED POTATO KETCHUP APPLES, FRESH MILK - Variety	Oct - 13 TURKEY TACO LETTUCE, ICEBERG, SH BLACK BEAN SALAD BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate RANCH DRESSING SALSA	Oct - 14 CHEESEBURGER HAMBURGER BUN WHO FRENCH FRIED POTATO LETTUCE, ICEBERG, SH TOMATOES, SLICED APPLES, FRESH MILK - Variety KETCHUP	Oct - 15 WILD MIKE'S 16" PIZZA LETTUCE & TOMATO SA BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate RANCH DRESSING																																																												

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Nutrients Target Cals... *N/A* Sodium. *N/A* mg Carb *N/A*g *N/A*%Cal	Nutrients Target Cals... 880* 104% Sodium. 1643* mg Carb 133.6*g 60.7%Cal	Nutrients Target Cals... 1250* 147% Sodium. 2759* mg Carb 144.8*g 46.3%Cal	Nutrients Target Cals... 711* 95% Sodium. 1244* mg Carb 99.9*g 56.2%Cal	Nutrients Target Cals... 706* 94% Sodium. 892* mg Carb 98.0*g 55.6%Cal
Oct - 18 CHICKEN NUGGETS FRENCH FRIED POTATO WHITE BEAN SALAD WHOLE WHEAT DINNER APPLES, FRESH MILK,1% Chocolate KETCHUP	Oct - 19 BAKED BREADED PORK MASHED POTATOES BROWN GRAVY WHOLE WHEAT DINNER APPLES, FRESH MILK - Variety	Oct - 20 SWEET SAUSAGE & PE FRANKFURTER ROLL W BAKED ONION RINGS APPLES, FRESH MILK - Variety KETCHUP	Oct - 21 ORANGE CHICKEN STEAMED RICE CARROTS, FROZEN APPLES, FRESH MILK,1% Chocolate	Oct - 22 WILD MIKE'S 5" DEEP DI LETTUCE & TOMATO SA APPLES, FRESH MILK,1% Chocolate RANCH DRESSING
Nutrients Target Cals... 870* 102% Sodium. 1646* mg Carb 135.6*g 62.3%Cal	Nutrients Target Cals... 767* 100% Sodium. 1687* mg Carb 106.2*g 55.3%Cal	Nutrients Target Cals... 812* 100% Sodium. 2126* mg Carb 106.4*g 52.4%Cal	Nutrients Target Cals... 637* 85% Sodium. 1219* mg Carb 105.0*g 65.9%Cal	Nutrients Target Cals... 644* 86% Sodium. 832* mg Carb 85.9*g 53.4%Cal
Oct - 25 POPCORN CHICKEN FRENCH FRIED POTATO WHOLE WHEAT DINNER KETCHUP MILK - Variety APPLES, FRESH	Oct - 26 HAM & CHEESE CROISS TOMATO SOUP BAKED POTATO TOTS APPLES, FRESH MILK,1% Chocolate KETCHUP	Oct - 27 PULLED PORK SLIDERS GREEN BEANS, FROZEN CREAMY COLE SLAW APPLES, FRESH MILK,1% Chocolate KETCHUP	Oct - 28 BAKED CHICKEN DRUM MASHED POTATOES CARROTS, FROZEN CHICKEN GRAVY APPLES, FRESH MILK,1% Chocolate	Oct - 29 WILD MIKE'S 16" PIZZA LETTUCE & TOMATO SA BROCCOLI, RAW APPLES, FRESH MILK,1% Chocolate RANCH DRESSING
Nutrients Target Cals... 651* 87% Sodium. 987* mg Carb 93.6*g 57.5%Cal	Nutrients Target Cals... 703* 94% Sodium. 1816* mg Carb 109.5*g 62.3%Cal	Nutrients Target Cals... 711* 95% Sodium. 1455* mg Carb 112.2*g 63.1%Cal	Nutrients Target Cals... 827* 100% Sodium. 2116* mg Carb 103.7*g 50.1%Cal	Nutrients Target Cals... 706* 94% Sodium. 892* mg Carb 98.0*g 55.6%Cal

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