PSAS
Food Service Dept.

WEEKLY MENU

November 2nd-5th

MONDAY

BREAKFAST
BlueberryPop Tart
Applesauce
100% Grape Juice
1% Milk or Fat Free Chocolate Milk

LUNCH
Chicken Nuggets *WG
Mashed Potatoes & Corn
Fresh Oranges
1% Milk or Fat Free Chocolate Milk

TUESDAY

BREAKFAST
Assorted Cereal
Fresh Banana
100% Orange Juice
1% Milk or Fat Free Chocolate Milk

LUNCH
Orange Chicken
Brown Rice
Snap Peas & Broccoli w/ Ranch
Fresh Apples
1% Milk or Fat Free Chocolate Milk

WEDNESDAY

BREAKFAST
Assorted Cereal Breakfast Bars
Fresh Apples
100% Cranberry Juice
1% Milk or Fat Free Chocolate Milk

LUNCH
Swedish Meatballs
Macaroni Elbows *WG
Green Peas
Banana
1% Milk or Fat Free Chocolate Milk

THURSDAY

BREAKFAST
Yogurt w/ Granola or
Assorted Granola Cereal Bar
100% Apple Juice
1% Milk or Fat Free Chocolate Milk

LUNCH
Bowl of Chili
Cheesy Breadsticks
Carrots
Fresh Banana
1% Milk or Fat Free Chocolate Milk

***WG-Whole Grain**
***LS- Low Sodium**

*This institution is an equal opportunity provider.

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Nutrition Facts

**Nutrition values shown with 1% white milk. Fat-free chocolate milk adds 6g carbohydrates, 6g total sugars, 7g added sugars and 80mg sodium, while reducing total fat by 2.5g and saturated fat by 1.5g. Calories and protein remain the same.*

MONDAY

BREAKFAST
Calories:410
Protein:11g
Carbs: 79g
Fat: 5g
Sat. Fat: 2.5g
Sodium: 270mg

LUNCH
Calories: 490
Protein: 23g
Carbs: 66g
Fat: 15g
Sat. Fat: 3.5g
Sodium: 850mg

TUESDAY

BREAKFAST
Calories: 382
Protein: 11g
Carbs: 75g
Fat: 5.4g
Sat. Fat: 2.5g
Sodium: 306mg

*Cinnamon Toast Crunch (1oz) used for totals

LUNCH
Calories: 615
Protein: 32g
Carbs: 103g
Fat: 13g
Sat. Fat: 4g
Sodium: 640mg

WEDNESDAY

BREAKFAST
Calories: 412
Protein: 11g Carbs: 75g
Fat: 6.2g
Sat. Fat: 1.5g
Sodium: 250mg

*Trix Cereal Breakfast bars used for totals.

LUNCH
Calories: 660
Protein: 29g
Carbs: 100g
Fat: 17g
Sat. Fat: 7g
Sodium: 740mg

THURSDAY

BREAKFAST
Calories: 541
Protein:17g
Carbs: 92g
Fat: 11.5g
Sat. Fat: 2.5g
Sodium: 405mg

GRANOLA CEREAL BAR:
Calories: 391
Protein: 11g
Carbs: 71g
Fat: 6g
Sat. Fat: 1.5g
Sodium: 250mg

LUNCH
Calories: 625
Protein: 27g
Carbs: 88g
Fat: 19g
Sat. Fat: 7g
Sodium: 880mg

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