

Sharon Elementary Schools

October 2008

Monday		Tuesday		Wednesday		Thursday		Friday	
29 Stuffed shells with sauce Green beans Breadstick		30 No School		1 No School		2 Taco Pie Corn		3 Tony's pizza Tossed salad	
Calories: 723 Chol (mg): 100 Iron (mg): 17.3 Cal (mg): 438	Calories: 723 Chol (mg): 100 Iron (mg): 17.3 Cal (mg): 438					Calories: 571 Chol (mg): 65 Iron (mg): 3.5 Cal (mg): 471	Vit A (RE): 132 Vit C (mg): 44 Total fat: 29% Sat. fat: 10%	Calories: 748 Chol (mg): 34 Iron (mg): 6.6 Cal (mg): 683	Vit A (RE): 322 Vit C (mg): 30 Total fat: 35% Sat. fat: 11%
6 Steak and cheese sub Potato wedges		7 Vegetable lo mein Mini egg roll Fortune cookie		8 Baked macaroni & cheese Green beans, Roll		9 No School		10 Pizza: assorted Tossed salad	
Calories: 936 Chol (mg): 80 Iron (mg): 6.5 Cal (mg): 432	Vit A (RE): 69 Vit C (mg): 49 Total fat: 32% Sat. fat: 12%	Calories: 740 Chol (mg): 66 Iron (mg): 3.1 Cal (mg): 395	Vit A (RE): 74 Vit C (mg): 49 Total fat: 19% Sat. fat: 6%	Calories: 760 Chol (mg): 63 Iron (mg): 2.7 Cal (mg): 1158	Vit A (RE): 629 Vit C (mg): 31 Total fat: 36% Sat. fat: 17%			Calories: 718 Chol (mg): 36 Iron (mg): 4.1 Cal (mg): 661	Vit A (RE): 288 Vit C (mg): 30 Total fat: 41% Sat. fat: 13%
13 No School		14 Chicken parmesan on a roll Peas		15 early release Mini muffin, yogurt. String cheese, raisins, carrot sticks		16 BBQ chicken Potato wedges, Corn Dinner roll		17 Pizza sticks with marinara sauce Green beans	
		Calories: 561 Chol (mg): 80 Iron (mg): 3.3 Cal (mg): 591	Vit A (RE): 1469 Vit C (mg): 37 Total fat: 22% Sat. fat: 10%	Calories: Chol (mg): Iron (mg): Cal (mg):	Vit A (RE): Vit C (mg): Total fat: Sat. fat:	Calories: 719 Chol (mg): 8 Iron (mg): 5.1 Cal (mg): 394	Vit A (RE): 131 Vit C (mg): 57 Total fat: 21% Sat. fat: 7%	Calories: 549 Chol (mg): 21 Iron (mg): 3.3 Cal (mg): 515	Vit A (RE): 205 Vit C (mg): 38 Total fat: 25% Sat. fat: 8%
20 Nachos with cheese Chunky salsa		21 American chop suey Green beans, Roll		22 Tomato soup Toasted cheese sandwich, Baked Lay's®		23 early release Cereal, yogurt & cheese Carrot sticks		24 Galaxy Pizza Tossed salad	
Calories: 701 Chol (mg): 69 Iron (mg): 4.3 Cal (mg): 781	Vit A (RE): 292 Vit C (mg): 32 Total fat: 29% Sat. fat: 17%	Calories: 544 Chol (mg): 58 Iron (mg): 5.0 Cal (mg): 688	Vit A (RE): 150 Vit C (mg): 42 Total fat: 20% Sat. fat: 8%	Calories: 862 Chol (mg): 66 Iron (mg): 3.8 Cal (mg): 769	Vit A (RE): 452 Vit C (mg): 65 Total fat: 34% Sat. fat: 15%	Calories: 545 Chol (mg): 33 Iron (mg): 4.1 Cal (mg): 718	Calories: 545 Chol (mg): 33 Iron (mg): 4.1 Cal (mg): 718	Calories: 748 Chol (mg): 34 Iron (mg): 6.6 Cal (mg): 683	Vit A (RE): 322 Vit C (mg): 30 Total fat: 35% Sat. fat: 11%
27 Ham & cheese wrap Carrot sticks		28 Cheeseburger on a roll Hot vegetable		29 Lasagna roll-up with sauce, Peas Breadstick		30 Roast turkey with gravy Mashed potatoes, Corn Dinner roll		31 French bread pizza Tossed salad	
Calories: 771 Chol (mg): 83 Iron (mg): 4.7 Cal (mg): 59	Vit A (RE): 2551 Vit C (mg): 32 Total fat: 29% Sat. fat: 12	Calories: 632 Chol (mg): 82 Iron (mg): 4.5 Cal (mg): 491	Vit A (RE): 450 Vit C (mg): 43 Total fat: 26% Sat. fat: 11%	Calories: 735 Chol (mg): 32 Iron (mg): 6.8 Cal (mg): 520	Vit A (RE): 378 Vit C (mg): 61 Total fat: 23% Sat. fat: 9%	Calories: 560 Chol (mg): 59 Iron (mg): 3.0 Cal (mg): 378	Vit A (RE): 78 Vit C (mg): 60 Total fat: 17% Sat. fat: 6%	Calories: 748 Chol (mg): 34 Iron (mg): 6.6 Cal (mg): 683	Vit A (RE): 322 Vit C (mg): 30 Total fat: 35% Sat. fat: 11%
						<i>Contact:</i> <i>Adele Leonard</i> <i>Food Service Director</i> <i>(781)-793-7929</i>		All meals are served with: Choice of milk (whole, low fat, chocolate) and choice of fruit (fresh, chilled or juice).	
Weekly Alternates		Triple peanut butter & jelly s/w • Garden salad w/cheese • Tuna sandwich • Chicken nuggets with roll							

* Menus have been planned in good faith to meet 1/3 of the Recommended Dietary Allowances for Grade groups K – 6. The featured daily nutrient analysis is based upon food values of the planned menu only (including the accompanying fruit and milk) and does not include menu substitutions, alternates or ala Carte choices. State and federal requirements suggest nutrient levels be assessed based upon weekly averages to promote a healthy lifestyle for proper growth and development through eating a variety of foods in moderation. For further nutritional information, please contact the food service director.

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