





Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
<p>30 day grace period ends September 25th for Manaugh students..Students without a current meal application will revert to a paid eligibility.</p>					<p>1 Smoked Turkey Wraps w Ranch Dressing Fruit/Veggie Bar Milk Skim Milk</p>	<p>Cal 1156 T.Fat 25.82 G S.Fat 5.5 G Chol 48.1 Mg Sodm 1769.62 Mg</p>
<p>4 NO SCHOOL </p>	<p>5 Burritos Salsa Fruit/Veggie Bar Milk Skim Milk</p>	<p>6 Country Fried Steak Whipped Potatoes/Gravy Whole Wheat Roll Fruit Variety Milk Skim Milk</p>	<p>7 Spaghetti/Meat Sauce Bread Sticks Fruit/Veggie Bar Milk Skim Milk</p>	<p>8 Chicken & Noodles Whole Wheat Roll Fruit/Veggie Bar Milk Skim Milk</p>	<p>Cal 1101 T.Fat 19.21 G S.Fat 5.6 G Chol 57.0 Mg Sodm 923.85 Mg</p>	
<p>11 Hamburger on a Bun Catsup & Pickles Fruit/Veggie Bar Milk Skim Milk</p>	<p>12 Cheese Pizza Fruit/Veggie Bar Milk Skim Milk</p>	<p>13 Colorado Proud Day Tacos Salsa Spanish Rice Fruit/Veggie Bar Milk Skim Milk </p>	<p>14 Mandarin Chicken Rice Fruit/Veggie Bar Milk Skim Milk</p>	<p>15 Submarine Sandwich Fruit/Veggie Bar Milk Skim Milk</p>	<p>Cal 1084 T.Fat 16.73 G S.Fat 6.0 G Chol 58.5 Mg Sodm 1178.41 Mg</p>	
<p>18 French Toast Sticks Syrup Sliced Ham Hashbrown Patty Orange Milk Skim Milk</p>	<p>19 Chicken Drumsticks Whole Wheat Roll Fruit/Veggie Bar Milk Skim Milk</p>	<p>20 Frito Pie Spanish Rice Fruit/Veggie Bar Milk Skim Milk</p>	<p>21 Steak Sandwich Fruit/Veggie Bar Milk Skim Milk</p>	<p>22 STUDENT CHOICE</p>	<p>Cal 1149 T.Fat 26.61 G S.Fat 5.8 G Chol 45.5 Mg Sodm 1124.06 Mg</p>	
<p>25 Lasagna Bread Sticks Fruit/Veggie Bar Milk Skim Milk</p>	<p>26 Hot Dog/Bun Catsup & Mustard Fruit/Veggie Bar Milk Skim Milk</p>	<p>27 Macaroni and Cheese Whole Wheat Roll Fruit/Veggie Bar Milk Skim Milk</p>	<p>28 P.B. & Jelly Sandwich String Cheese Fruit/Veggie Bar Milk Skim Milk</p>	<p>29 NO SCHOOL This institution is an equal opportunity provider.</p>	<p>Cal 1156 T.Fat 23.23 G S.Fat 7.9 G Chol 43.7 Mg Sodm 1156.73 Mg</p>	