November

revolution foods
feeding good

SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Caesar Salad with Parmesan Cheese and Romaine Lettuce and Caesar Dressing Fresh Pear 1	Baked Mac & Cheese and Chicken Sausage Combo with Baby Carrots Fresh Banana 2	Bahrain International Day *provided by SodexoMagic* Bahrain Veggie Wrap Fresh Banana 3	**No School Parent-Teacher Conference** 4
Chicken Salad Sandwich with Green Leaf Lettuce (df) Fresh Pineapple 7	Honey Wheat Whole Grain Crackers, Whole Grain Goldfish Crackers, String Cheese, Roasted Sunflower Seeds and Baby Carrots (vg) Fresh Pear 8	Flame Broiled Beef Cheeseburger with Baby Carrots Fresh Banana 9	Chicken and Mozzarella Wrap with Honey Mustard and Shredded Lettuce Local Fresh Apple 10	**Veterans Day** 11
BBQ Chicken Wrap with Mozzarella Cheese, Shredded Lettuce and BBQ Yogurt Ranch Dressing Fresh Pineapple 14	Veggie Chef's Salad with Mozzarella Cheese, Hard-boiled egg, Black Beans, Diced Tomatoes and Yogurt Ranch Dressing (vg) Fresh Pear 15	Cheese Lasagna with Carrots (vg) Fresh Banana 16	Chillin' Chinese Chicken Noodles with Sesame Chicken, Egg Patty Crumbles and Cabbage Carrot Mix (df) Local Fresh Apple 17	Chicken Caesar Wrap with Parmesan Cheese, Shredded Lettuce and Low-fat Caesar Dressing Fresh Orange 18
Dick and Jane Smart Crackers, Goldfish Pretzels, Sunflower Seeds, Baby Carrots and Yogurt Supper Kit (VG) Fresh Pineapple 21	Sesame Chicken Wrap with Cabbage Coleslaw and Sesame Soy Dressing (df) Fresh Pear 22	Hot Dog with Ketchup and Baby Carrots (df) Fresh Orange 23	**No School Thanksgiving Break** 24	25
Garden Ranch Salad with Chicken, Mozzarella Cheese, Hard-Boiled Egg and Yogurt Ranch Dressing Fresh Pineapple 28	Turkey and Cheddar Cheese Sandwich with Green Leaf Lettuce Fresh Pear 29	Cheese Panada Pie with Celery Sticks (vg) Fresh Orange 30		

If you see it in GREEN, it is a local item; if it see it in RED it is a hot item!

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
11/1/2016	SAL, CAESAR CHX 6-12:0816	1 EACH	224	12.35	41	515	1.78	0.92	234.4	3456	1.68	3.28	15.22	10.15	4.29	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/2/2016	RG, MAC/CHS SAUSAGE 6-12	1 EACH	298	30.6	66	812	4.02	2.04	339.6	5479	22.73	5.52	21.25	11.15	4.94	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/3/2016	SND, TURKEY CHS 6-12:0616	1 EACH	375	29.56	53	783	3.37	2.22	177.1	2306	8.61	4.97	20.7	17.63	5.56	0
	FR, APPLE 1/2 CUP	1 EACH	53	13.95	0	1	2.42	0.12	6.1	55	4.65	10.49	0.26	0.17	0.03	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/7/2016	SND, CHX SALAD 6-12:1116	1 EACH	323	29.87	50	347	3.48	2.09	18.8	2093	9.25	4.36	20.9	11.21	1.27	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/8/2016	SND, SUP L2 CRAK/CHS 6-12	1 EACH	476	43.73	20	685	7.31	6.34	274.5	6475	1.18	6.16	18.28	27.03	6.51	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/9/2016	RG, CHEESEBURGER 6-12:1116	1 EACH	347	34.04	50	512	4.07	2.49	88.7	5195	5.76	7.75	18.8	16.14	6.06	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/10/2016	SND, WRAP CHX HONEY 6-12	1 EACH	397	33.02	42	417	2.64	1.38	86	2532	2.28	5.24	18.01	20.11	2.23	0
	FR, APPLE 1/2 CUP	1 EACH	53	13.95	0	1	2.42	0.12	6.1	55	4.65	10.49	0.26	0.17	0.03	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/14/2016	SND, WRAP CHX BBQ 6-12	1 EACH	295	30.25	38	442	2.62	2.54	267.8	2732	1.94	6.85	18.92	7.74	3.9	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/15/2016	SAL, CHEF VEG 6-12:0816	1 EACH	356	36.48	97	570	12.24	3.26	113.2	7354	3.3	3.59	12.56	21.38	3.85	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/16/2016	VG, LASAGNA CHEESE 6-12	SERVING	264	35.33	27	456	4.26	1.91	322.6	8194	7.29	8.84	15.78	7.56	4.26	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
11/17/2016	SND, NDL CHINESE CHX 6-12	1 EACH	344	28.46	138	354	2.99	2.13	31	477	5.06	5.53	14.8	17.82	2.98	0
	FR, APPLE 1/2 CUP	1 EACH	53	13.95	0	1	2.42	0.12	6.1	55	4.65	10.49	0.26	0.17	0.03	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/18/2016	SND, WRAP CHX CAESAR 6-12	1 EACH	309	25.96	50	554	2.6	2.01	211.4	2597	1.43	3.35	20.01	7.63	3.37	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/21/2016	SND, SUP L2 YOGU/DJ 6-12:0214	1 EACH	456	57.78	5	490	7.31	10.3	285	6725	5.98	21.2	14.29	19.54	2.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/22/2016	SND, WRAP CHX SESAME 6-12	1 EACH	325	26.83	42	430	2.78	2.2	17.4	365	6.06	4.44	18.05	11.79	1.67	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/23/2016	DF, HOTDOG 6-12:0816	1 EACH	313	41.04	65	674	4.07	2.49	11.8	5192	5.76	9.75	13.24	13.55	4.01	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/28/2016	SAL, GARDEN RANC CHX 6-12	1 EACH	361	22.38	113	635	2.85	1.66	158.4	8958	4.65	3.3	12.64	23.7	5.17	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/29/2016	SND, TURKEY CHS 6-12:0616	1 EACH	375	29.56	53	783	3.37	2.22	177.1	2306	8.61	4.97	20.7	17.63	5.56	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
11/30/2016	VG, PANADA PIZZA 6-12:0915	SERVING	295	35.95	35	436	4.52	2.76	362.9	896	3.41	4.43	17.22	11.05	3.51	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0