



# South Bay School District

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 CHILI CHEESE FRIES RAISINS -JR HIGH OPTION- CHILI DOG	2 TACO SALAD CORN -JR HIGH OPTION- GRILLED CHICKEN TACO SALAD	3 CHEESE PIZZA GRANOLA BAR CINNAMON APPLES	<i>Cal</i> 612 <i>T.Fat</i> 15.70 G <i>S.Fat</i> 5.1 G <i>Chol</i> 31.2 Mg <i>Sodm</i> 692.77
6 HOTDOG/BUN CRACKERS BAKED BEANS (VEGETARIAN)	7 SPAGHETTI AND MEAT SAUCE SOFT BREADSTICK -JR HIGH OPTION- CHICKEN PARMESAN	8 CHICKEN FAJITAS STEAMED WHITE RICE -JR HIGH OPTION- BEAN AND CHEESE BURRITO	9 OVEN ROASTED CHICKEN STEAMED RICE -JR HIGH OPTION- BARBECUED CHICKEN	10 CHICKEN NUGGETS CHEWY GRANOLA BAR	<i>Cal</i> 676 <i>T.Fat</i> 16.57 G <i>S.Fat</i> 4.3 G <i>Chol</i> 54.5 Mg <i>Sodm</i> 976.61
13 NACHOS APPLE CRISP	14 SALISBURY STEAK MASHED POTATO/GRAVY ANIMAL CRACKER -JR HIGH OPTION- OVEN FRIED CHICKEN	15 GRILLED CHICKEN TACO SALAD STEAMED RICE -JR HIGH OPTION- CHICKEN FAJITAS	16 HOMESTYLE BEEF LASAGNA BREADSTICK GREEN BEANS -JR HIGH OPTION- CHICKEN PARMESAN	17 CHICKEN PATTY/BUN SOFT GRANOLA BAR	<i>Cal</i> 706 <i>T.Fat</i> 19.56 G <i>S.Fat</i> 4.8 G <i>Chol</i> 43.2 Mg <i>Sodm</i> 903.57
20 NO SCHOOL TODAY	21 NO SCHOOL TODAY	22 NO SCHOOL TODAY	23 NO SCHOOL TODAY	24 NO SCHOOL TODAY	
27 CORNDOG (TURKEY) GREEN SALAD GRAHAM CRACKER	28 CHICKEN NUGGETS SOFT GRANOLA BAR -JR HIGH OPTION- CHICKEN WINGS	29 TURKEY W/CHEESE SANDWICH CHICKEN RICE SOUP -JR HIGH OPTION- CORNDOG			<i>Cal</i> 629 <i>T.Fat</i> 19.66 G <i>S.Fat</i> 4.7 G <i>Chol</i> 37.0 Mg <i>Sodm</i> 1000.22

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