

November Menu:

Broccoli and Cheddar Soup
Cobb Salad
Whole Wheat Dinner Roll
Orange
Sante Fe Trail Mix
Milk

Nutrition Information:

Calories: 981
Fat: 36g
Saturated Fat: 10g
Protein: 62g
Total Carbohydrates: 110g
Fiber: 11g
Sodium: 896mg
Potassium: 2355mg

Winter White Chili
Super Greens Salad
Sourdough Bread with Margarine
Fresh Pear
Milk
Oatmeal Raisin Cookie

Calories: 849
Fat: 27g
Saturated Fat: 4g
Protein: 45g
Total Carbohydrates: 112g
Fiber: 15g
Sodium: 789mg
Potassium: 1242mg

Chicken Thighs with Au Jus
Brown Rice
Roasted Butternut Squash
Salad with Cranberries and Pecans
Bran Muffin with Margarine
Applesauce
Milk

Calories: 1413
Fat: 62g
Saturated Fat: 11g
Protein: 52g
Total Carbohydrates: 162g
Fiber: 13g
Sodium: 864mg
Potassium: 1379mg

Turkey Meatballs with Pesto Sauce
Orzo Pilaf
Roasted Broccoli
9-Grain Bread with Margarine
Citrus Cup
Milk
Chocolate Chip Cookie

Calories: 776
Fat: 29g
Saturated Fat: 5g
Protein: 39g
Total Carbohydrates: 95g
Fiber: 10g
Sodium: 1056mg
Potassium: 895mg