

# Menu Calendar Report - November, 2017

Generated on: 11/2/2017 3:26:27 PM by Susan Cox

Site: ALL  
 Meal Type: Lunch  
 Site Group: CrossRoads Café  
 Menu Line: CRC-Favorites

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30 Oct</b>	<b>31 Oct</b>	<b>1 Nov</b>	<b>2 Nov</b>	<b>3 Nov</b>
Action Station: Pasta Pronto (55.53 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Peas, Frozen, Cooked (16.17 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Grated Parmesan Cheese (0.03 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Red Pepper Flakes (0.25 g) Yellow Mustard	Cookie, Carnival WG (17.00 g) Dinner Roll (27.91 g) Carving Station: Roasted Turkey 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.67 g) Fresh Broccoli Florets (2.12 g) Steamed Green Beans (4.47 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Caesar Dressing (1.00 g) Ketchup Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Action Station: Wok/Chopsticks (126.64 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Steamed Carrot Coins (2.83 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Egg Roll 1.5 oz (12.01 g) Ketchup (10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Barbecue Riblet Pork Sandwich (44.75 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Pears (27.11 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.67 g) Fresh Broccoli Florets (2.12 g) Mixed Garden Vegetables (11.05 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Caesar Dressing (1.00 g) Kansas City Barbecue Sauce (7.50 g) Ketchup Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Breaded Chicken Tenders, Tyson, whole grain, cooked, CN (16.00 g) Dinner Roll (27.91 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Steamed Green Beans (4.47 g) Whipped Potatoes (21.36 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Old Fashioned Country Gravy (4.86 g) Smart Balance Butter Yellow Mustard
<b>6 Nov</b>	<b>7 Nov</b>	<b>8 Nov</b>	<b>9 Nov</b>	<b>10 Nov</b>
Action Station: Pasta Pronto (55.53 g) Ripstick Breadstick (15.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Steamed Green Beans (4.47 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Grated Parmesan Cheese (0.03 g) Ketchup Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Red Pepper Flakes (0.25 g) Yellow Mustard	Breaded Chicken Tenders, Tyson, whole grain, cooked, CN (16.00 g) Dinner Roll (27.91 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.83-5.67 g) Fresh Broccoli Florets (2.12 g) Mixed Garden Vegetables (11.05 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Caesar Dressing (1.00 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Action Station: Wok/Chopsticks (126.64 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Green Peas & Carrots (49.87 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Egg Roll 1.5 oz (12.01 g) Ketchup (10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Cookie, Chocolate Chip WG (17.00 g) Frito Chili Pie (MS/HS) (47.77 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Bartlett Pears (6.23 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.83-5.67 g) Fresh Broccoli Florets (2.12 g) Squash & Zucchini, Roasted (4.13 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Caesar Dressing (1.00 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Steak Fingers (19.00 g) Dinner Roll (27.91 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Citrus Glazed Carrots (13.35 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Whipped Potatoes (21.36 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Old Fashioned Country Gravy (4.86 g) Yellow Mustard

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>13 Nov</b>	<b>14 Nov</b>	<b>15 Nov</b>	<b>16 Nov</b>	<b>17 Nov</b>
Action Station: Pasta Pronto (55.53 g) Ripstick Breadstick (15.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Fresh Broccoli Florets (2.12 g) Garden Side Salad (3.96 g) Mixed Garden Vegetables (11.05 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Grated Parmesan Cheese (0.03 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Red Pepper Flakes (0.25 g) Yellow Mustard	Chicken Pot Pie (38.49 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.83-5.67 g) Fresh Broccoli Florets (2.12 g) Steamed Green Beans (4.47 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Caesar Dressing (1.00 g) Cookie, Chocolate Chip WG (17.00 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Action Station: Wok/Chopsticks (126.64 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Squash & Zucchini, Roasted (4.13 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Egg Roll 1.5 oz (12.01 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Breakfast Tacos (47.61 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Baked Cinnamon Raisin Apples (28.05 g) Banana (26.95 g) Diced Bartlett Pears (6.23 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.83-5.67 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Caesar Dressing (1.00 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Pancake & Waffle Syrup (29.16 g) Yellow Mustard	Breaded Chicken Tenders, Tyson, whole grain, cooked, CN (16.00 g) Dinner Roll (27.91 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Peas, Frozen, Cooked (16.17 g) Whipped Potatoes (21.36 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Old Fashioned Country Gravy (4.86 g) Yellow Mustard
<b>20 Nov</b>	<b>21 Nov</b>	<b>22 Nov</b>	<b>23 Nov</b>	<b>24 Nov</b>
<b>27 Nov</b>	<b>28 Nov</b>	<b>29 Nov</b>	<b>30 Nov</b>	<b>1 Dec</b>
Action Station: Pasta Pronto (55.53 g) Ripstick Breadstick (15.00 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Squash & Zucchini, Roasted (4.13 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Grated Parmesan Cheese (0.03 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Red Pepper Flakes (0.25 g) Yellow Mustard	Chicken Noodle Casserole (34.09 g) Cookie, Chocolate Chip WG (17.00 g) Dinner Roll (27.91 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Steamed Green Beans (4.47 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Egg Roll 1.5 oz (12.01 g) Ketchup (10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Action Station: Wok/Chopsticks (126.64 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Steamed Green Beans (4.47 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Egg Roll 1.5 oz (12.01 g) Ketchup (10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard	Breakfast Tacos (47.61 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Bartlett Pears (6.23 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.83-5.67 g) Fresh Broccoli Florets (2.12 g) Potato Fry (18.00 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Caesar Dressing (1.00 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Pancake & Waffle Syrup (29.16 g) Yellow Mustard	Popcorn Chicken Bowl: K12 (35.33 g) Dinner Roll (27.91 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (12.55 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Roasted Corn (12.74 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup (0.00-10.00 g) Light Mayo (2.00 g) Light Ranch Dressing (2.50 g) Yellow Mustard

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Carbohydrate values in grams follow the Menu Item name