



# Durham Public Schools Elementary School Lunch Menu

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<p style="text-align: center;"><b>NOVEMBER 2013</b> Menus are subject to change.</p>	<p><b>ALL BREADS, BREADINGS, AND PASTAS ARE WHOLE GRAIN</b> Choose 0-1 meat, 0-2 fruit, 0-2 vegetable, 0-1 grain, 0-1 milk (Select a minimum of three items, one must be a fruit.)</p>																																																						
<p style="text-align: center;"><b>Offered Daily</b></p> <p><b>Milk:</b> 1% Unflavored Skim Unflavored Organic Soy (Lactose Free)</p> <div style="text-align: center;"> <p><b>Fresh Fruits:</b> Apple Orange Seasonal Options</p> </div> <p><b>Legumes (beans and peas):</b> Complimentary and may be selected without counting as a vegetable choice.</p>	<p><b>October 28-November 1</b> M – Macaroni &amp; Cheese, NC BBQ on Bun, Blackeyed Peas, Corn on the Cob, Chilled Mandarin Oranges, Roll T – Chicken Nuggets, Yogurt, Winter Mixed Vegetables, Green Beans, Chilled Pears, Roll W – BBQ Chicken, Beef Pot Pie, Collard Greens, Vegetarian Beans, Chilled Applesauce, Roll Th – Hamburger/Cheeseburger, Catfish, Sweet Peas, Glazed Carrots, Chilled Mixed Fruit, Hush Puppies F – Baked Lasagna, Spinach, Corn Niblets, Chilled Pineapple, Breadstick</p> <p><b>November 4-8</b> M – Hot Dog w/Chili, Oven Fried Chicken, Potatoes Au Gratin, Collard Greens, Chilled Tropical Fruit, Roll T – Sloppy Joe on Bun, Chicken Filet on Bun, Lima Beans, California Blend, Frozen Peach Cup W – Roast Pork w/Gravy, Fish Sticks, Herb Roasted Potatoes, Broccoli, Chilled Mandarin Oranges, Roll Th – Corn Dog Nuggets, Beef-A-Roni, Sweet Potato Fries, Pinto Beans, Chilled Pears, Breadstick F – Fish Filet on Bun, Potato Rounds, Steamed Carrots, Chilled Applesauce, Breadstick</p> <p><b>November 11-15</b> M – Student Vacation T – Nachos w/Chili and Cheese, Ravioli, Broccoli, Blackeyed Peas, Chilled Mandarin Oranges, Roll W – Turkey Pot Pie, Country Style Steak w/Gravy, Mashed Potatoes, Corn on the Cob, Frozen Strawberry Cup, Biscuit Th – Breaded Pork Chop, Macaroni &amp; Cheese, Sweet Potato Puffs, Vegetarian Beans, Chilled Applesauce, Roll F – Catfish Strips, Green Beans, Potato Wedges, Chilled Mixed Fruit, Hush Puppies</p> <p><b>November 18-22</b> M – Cheese Sticks w/Marinara, Hamburger/Cheeseburger, Sweet Peas, Corn Niblets, Chilled Pineapple T – Chicken Fajita w/Cheese, Corn Dog Nuggets, Pinto Beans, Steamed Carrots, Chilled Tropical Fruit W – Sliced Turkey w/Gravy, NC BBQ on Bun, Green Beans, Candied Sweet Potatoes, Cranberry Sauce, Dressing, Apple Cobbler, Roll Th – Spaghetti &amp; Meatballs, Fish Filet on Bun, Corn on the Cob, Potato Wedges, Chilled Mandarin Oranges, Breadstick F – Oven Fried Chicken, Turnip Greens, Winter Mixed Vegetables, Chilled Pears, Roll</p> <p><b>November 25-29</b> M – Corn Dog Nuggets, Breaded Pork Chop, Sweet Potato Wedges, Lima Beans, Chilled Applesauce, Roll T – Ravioli, Country Style Steak w/Gravy, Potatoes Au Gratin, Spinach, Chilled Mixed Fruit, Breadstick W – Student Vacation Th – Student Vacation F – Student Vacation</p>																																																						
<p style="text-align: center;"><b>2013-14 Meal Prices LUNCH</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">Reduced</td><td style="width: 50%;">\$0.40</td></tr> <tr><td>Paid</td><td>\$2.50</td></tr> <tr><td>Adult</td><td>\$3.50</td></tr> <tr><td>Milk</td><td>\$0.50</td></tr> </table>	Reduced	\$0.40	Paid	\$2.50	Adult	\$3.50	Milk	\$0.50	<p><b>COMING SOON!</b>      <b>Average Daily Nutrition</b>      <b>COMING SOON!</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;"></th> <th style="width: 20%;">Week 1</th> <th style="width: 20%;">Week 2</th> <th style="width: 20%;">Week 3</th> <th style="width: 20%;">Week 4</th> <th style="width: 20%;">Week 5</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>Calories</td> <td>Calories</td> <td>Calories</td> <td>Calories</td> <td>Calories</td> </tr> <tr> <td>Trans Fat</td> <td>Trans Fat</td> <td>Trans Fat</td> <td>Trans Fat</td> <td>Trans Fat</td> <td>Trans Fat</td> </tr> <tr> <td>Saturated Fat</td> <td>Saturated Fat</td> <td>Saturated Fat</td> <td>Saturated Fat</td> <td>Saturated Fat</td> <td>Saturated Fat</td> </tr> <tr> <td>Cholesterol</td> <td>Cholesterol</td> <td>Cholesterol</td> <td>Cholesterol</td> <td>Cholesterol</td> <td>Cholesterol</td> </tr> <tr> <td>Sodium</td> <td>Sodium</td> <td>Sodium</td> <td>Sodium</td> <td>Sodium</td> <td>Sodium</td> </tr> <tr> <td>Carbohydrates</td> <td>Carbohydrates</td> <td>Carbohydrates</td> <td>Carbohydrates</td> <td>Carbohydrates</td> <td>Carbohydrates</td> </tr> </tbody> </table>						Week 1	Week 2	Week 3	Week 4	Week 5	Calories	Calories	Calories	Calories	Calories	Calories	Trans Fat	Trans Fat	Trans Fat	Trans Fat	Trans Fat	Trans Fat	Saturated Fat	Saturated Fat	Saturated Fat	Saturated Fat	Saturated Fat	Saturated Fat	Cholesterol	Cholesterol	Cholesterol	Cholesterol	Cholesterol	Cholesterol	Sodium	Sodium	Sodium	Sodium	Sodium	Sodium	Carbohydrates	Carbohydrates	Carbohydrates	Carbohydrates	Carbohydrates	Carbohydrates
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<p>We are pleased to provide <b>FREE AND REDUCED PRICED MEALS</b> for eligible students.</p> <p><b><u>Please re-apply every year!!</u></b></p> <p>Learn more at <a href="http://www.dpsnc.net">www.dpsnc.net</a> or 919-560-2370</p>	<p><b>Specialty Items</b></p> <p>Pizza offered Fridays – Cheese and Pork Pepperoni</p> <p>Students have a lot of control over what they eat for lunch at school. When choosing a meal, making a healthy choice is really important. Think of your school lunch as the fuel you put in your tank. Here's why: Eating a variety of healthy foods gives you energy, helps you grow the way you should, and can even keep you from getting sick.</p>																																																						

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