

Neill Elementary
Lunch (Elementary Hot), NOV 1 2021 - NOV 5 2021

1 Monday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	2 Tuesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						ENTREES					
Bean & Cheese Burrito (Vegetarian)	310	9	4	40	580	Chef Salad	358	12.3	4.53	39.52	729.9
Chef Salad	358	12.3	4.53	39.52	729.9	Chicken Nuggets	260	15	2.5	16	400
Mozzarella Cheese Sticks (Vegetarian)	300	12	6	33	440	Hot Dog	300	15	5	29	610
Spaghetti & Meat Sauce	300	8.15	3.16	40.08	269.4	Veggie Nuggets (Vegetarian)	250	11.25	1.88	25	462.5
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	VEGETABLES					
VEGETABLES						Broccoli Florets	0	0	0	0	0
Carrot Sticks	25	0.15	0.02	5.85	42	Tater Tots	170	9	1.5	19	230
Seasoned Green Beans	47	1.78	0.73	6.09	17.82	FRUITS					
FRUITS						Oranges	69	0.32	0.04	17.43	0
Apple	80	0	0	22	0	Very Strawberry Applesauce Cup	60	0	0	17	0
Peach Cup	50	0	0	14	10	MILK					
MILK						1% Milk	110	2.5	1.5	13	130
1% Milk	110	2.5	1.5	13	130	Chocolate Milk	120	0	0	20	180
Chocolate Milk	120	0	0	20	180	Fat-Free Milk	90	0	0	13	130
Fat-Free Milk	90	0	0	13	130	Strawberry Milk	110	0	0	19	125
Strawberry Milk	110	0	0	19	125	CONDIMENTS					
CONDIMENTS						Ketchup	0	0	0	0	0
Marinara Sauce	35	0.75	0	6	67.5	Mustard	0	0	0	0	0
Ranch	70	7	1	1	230	Ranch	70	7	1	1	230
GRAINS						GRAINS					
A menu has not been published for this day.						Whole Wheat Roll	170	3	0.5	31	170
3 Wednesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	4 Thursday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						ENTREES					
Chef Salad	358	12.3	4.53	39.52	729.9	Cheese Quesadilla (Vegetarian)	402	23.24	10.02	32	890.1
Grilled Cheese Sandwich (Vegetarian)	380	20	10	34	1180	Chef Salad	358	12.3	4.53	39.52	729.9
Popcorn Chicken	260	13	3	17	550	Tangerine Chicken	190	4	1	25	380
VEGETABLES						Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
Baked Beans	150	0	0	30	370	VEGETABLES					
Carrot Sticks	25	0.15	0.02	5.85	42	Combination Salad	12	0.02	0	2.52	3.69
FRUITS						Steamed Broccoli	44	1.78	0.73	5.47	34.43
Apple Crisps	40	0	0	10	0	FRUITS					
Mixed Fruit Cup	70	0	0	19	0	Apple	80	0	0	22	0
MILK						Wild Watermelon Applesauce Cup	60	0	0	17	15
1% Milk	110	2.5	1.5	13	130	MILK					
Chocolate Milk	120	0	0	20	180	1% Milk	110	2.5	1.5	13	130
Fat-Free Milk	90	0	0	13	130	Chocolate Milk	120	0	0	20	180
Strawberry Milk	110	0	0	19	125	Fat-Free Milk	90	0	0	13	130

CONDIMENTS					
Ketchup	0	0	0	0	0
Ranch	70	7	1	1	230
GRAINS					
A menu has not been published for this day.					

Strawberry Milk	110	0	0	19	125
CONDIMENTS					
Ranch	70	7	1	1	230
GRAINS					
Steamed Brown Rice	45	1.22	0.37	7.87	11.94

5					
Friday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES					
Beef Nachos	558	35.89	14.72	31.44	993.6
Cheese Nachos (Vegetarian)	443	28.8	11.68	30.56	868.1
Chef Salad	358	12.3	4.53	39.52	729.9
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
VEGETABLES					
Celery Sticks	10	0.12	0.03	2.16	58.06
Seasoned Corn	82	1.81	0.37	14.72	8.91
FRUITS					
Blue Raspberry Applesauce Cup	70	0	0	17	0
Oranges	69	0.32	0.04	17.43	0
MILK					
1% Milk	110	2.5	1.5	13	130
Chocolate Milk	120	0	0	20	180
Fat-Free Milk	90	0	0	13	130
Strawberry Milk	110	0	0	19	125
CONDIMENTS					
A menu has not been published for this day.					
GRAINS					
A menu has not been published for this day.					

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Neill Elementary
Lunch (Elementary Hot), NOV 8 2021 - NOV 12 2021

8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday
<p>ENTREES Chef Salad Chicken Nuggets Grilled Cheese Sandwich (Vegetarian) Vegetarian Chef Salad</p> <p>VEGETABLES Combination Salad Steamed Carrots</p> <p>FRUITS Apple Crisps Oranges</p> <p>MILK 1% Milk Chocolate Milk Fat-Free Milk Strawberry Milk</p> <p>CONDIMENTS Ketchup Ranch</p> <p>GRAINS A menu has not been published for this day.</p>	<p>ENTREES Cheeseburger Chef Salad Hamburger Vegetarian Chef Salad Veggie Nuggets (Vegetarian)</p> <p>VEGETABLES Lettuce, Tomato, & Pickle Cup Sweet Potato Fries</p> <p>FRUITS Applesauce Cup Peach Cup</p> <p>MILK 1% Milk Chocolate Milk Fat-Free Milk Strawberry Milk</p> <p>CONDIMENTS Ketchup Mustard Ranch</p> <p>GRAINS Whole Wheat Roll</p>	<p>ENTREES Chef Salad Chicken Nuggets Macaroni & Cheese (Vegetarian) Oven Fried Drumstick Vegetarian Chef Salad</p> <p>VEGETABLES Carrot Sticks Mashed Potatoes</p> <p>FRUITS Apple Crisps Very Strawberry Applesauce Cup</p> <p>MILK 1% Milk Chocolate Milk Fat-Free Milk Strawberry Milk</p> <p>CONDIMENTS Ranch</p> <p>GRAINS Whole Wheat Roll</p>	<p>ENTREES Bean & Cheese Burrito (Vegetarian) Chef Salad Chef Viva's Chicken Quesadillas Vegetarian Chef Salad</p> <p>VEGETABLES Beans a la Charra Celery Sticks</p> <p>FRUITS Apple Mixed Fruit Cup</p> <p>MILK 1% Milk Chocolate Milk Fat-Free Milk Strawberry Milk</p> <p>CONDIMENTS Ranch</p> <p>GRAINS A menu has not been published for this day.</p>	<p>ENTREES Cheese Pizza (Vegetarian) Chef Salad Pepperoni Pizza Vegetarian Chef Salad</p> <p>VEGETABLES Combination Salad Seasoned Corn</p> <p>FRUITS Blue Raspberry Applesauce Cup Oranges</p> <p>MILK 1% Milk Chocolate Milk Fat-Free Milk Strawberry Milk</p> <p>CONDIMENTS Ranch</p> <p>GRAINS A menu has not been published for this day.</p>

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Neill Elementary
Lunch (Elementary Hot), NOV 15 2021 - NOV 19 2021

15						16					
Monday	Cals	TotFat	SatFat	Carbs	Sod.	Tuesday	Cals	TotFat	SatFat	Carbs	Sod.
	(g)	(g)	(g)	(mg)			(g)	(g)	(g)	(mg)	
ENTREES						ENTREES					
Bean & Cheese Burrito (Vegetarian)	310	9	4	40	580	Chef Salad	358	12.3	4.53	39.52	729.9
Chef Salad	358	12.3	4.53	39.52	729.9	Chicken Nuggets	260	15	2.5	16	400
Mozzarella Cheese Sticks (Vegetarian)	300	12	6	33	440	Hot Dog	300	15	5	29	610
Spaghetti & Meat Sauce	300	8.15	3.16	40.08	269.4	Veggie Nuggets (Vegetarian)	250	11.25	1.88	25	462.5
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9						
GRAINS						GRAINS					
Garlic Toast	80	1	0	15	140	Whole Wheat Roll	170	3	0.5	31	170
VEGETABLES						VEGETABLES					
Carrot Sticks	25	0.15	0.02	5.85	42	Broccoli Florets	0	0	0	0	0
Seasoned Green Beans	47	1.78	0.73	6.09	17.82	Tater Tots	170	9	1.5	19	230
FRUITS						FRUITS					
Apple	80	0	0	22	0	Oranges	69	0.32	0.04	17.43	0
Peach Cup	50	0	0	14	10	Very Strawberry Applesauce Cup	60	0	0	17	0
MILK						MILK					
1% Milk	110	2.5	1.5	13	130	1% Milk	110	2.5	1.5	13	130
Chocolate Milk	120	0	0	20	180	Chocolate Milk	120	0	0	20	180
Fat-Free Milk	90	0	0	13	130	Fat-Free Milk	90	0	0	13	130
Strawberry Milk	110	0	0	19	125	Strawberry Milk	110	0	0	19	125
CONDIMENTS						CONDIMENTS					
Marinara Sauce	35	0.75	0	6	67.5	Ketchup	0	0	0	0	0
Ranch	70	7	1	1	230	Mustard	0	0	0	0	0
						Ranch	70	7	1	1	230
17						18					
Wednesday	Cals	TotFat	SatFat	Carbs	Sod.	Thursday	Cals	TotFat	SatFat	Carbs	Sod.
	(g)	(g)	(g)	(mg)		(g)	(g)	(g)	(g)	(mg)	
ENTREES						ENTREES					
Chef Salad	358	12.3	4.53	39.52	729.9	Cheese Quesadilla (Vegetarian)	402	23.24	10.02	32	890.1
Popcorn Chicken	260	13	3	17	550	Chef Salad	358	12.3	4.53	39.52	729.9
Roast Turkey Breast	80	1	0	1	437.7	Tangerine Chicken	190	4	1	25	380
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
Veggie Nuggets (Vegetarian)	250	11.25	1.88	25	462.5						
GRAINS						GRAINS					
Combread Stuffing	216	5.26	2.21	37.84	524.3	Steamed Brown Rice	45	1.22	0.37	7.87	11.94
Whole Wheat Roll	170	3	0.5	31	170	VEGETABLES					
VEGETABLES						Combination Salad	12	0.02	0	2.52	3.69
Mashed Potatoes	70	1	0	14.03	174.2	Steamed Broccoli	44	1.78	0.73	5.47	34.43
Seasoned Green Beans	47	1.78	0.73	6.09	17.82	FRUITS					
FRUITS						Apple	80	0	0	22	0
Apple	80	0	0	22	0	Wild Watermelon Applesauce Cup	60	0	0	17	15
Mixed Fruit Cup	70	0	0	19	0	MILK					

MILK											
1% Milk	110	2.5	1.5	13	130	1% Milk	110	2.5	1.5	13	130
Chocolate Milk	120	0	0	20	180	Chocolate Milk	120	0	0	20	180
Fat-Free Milk	90	0	0	13	130	Fat-Free Milk	90	0	0	13	130
Strawberry Milk	110	0	0	19	125	Strawberry Milk	110	0	0	19	125
CONDIMENTS						CONDIMENTS					
Brown Gravy	25	1.01	0.51	4.05	143.9	Ranch	70	7	1	1	230
Cranberry Sauce	110	0	0	25	10						
Ketchup	0	0	0	0	0						

19					
Friday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES					
Beef Nachos	558	35.89	14.72	31.44	993.6
Cheese Nachos (Vegetarian)	443	28.8	11.68	30.56	868.1
Chef Salad	358	12.3	4.53	39.52	729.9
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9
GRAINS					
A menu has not been published for this day.					
VEGETABLES					
Celery Sticks	10	0.12	0.03	2.16	58.06
Seasoned Corn	82	1.81	0.37	14.72	8.91
FRUITS					
Blue Raspberry Applesauce Cup	70	0	0	17	0
Oranges	69	0.32	0.04	17.43	0
MILK					
1% Milk	110	2.5	1.5	13	130
Chocolate Milk	120	0	0	20	180
Fat-Free Milk	90	0	0	13	130
Strawberry Milk	110	0	0	19	125
CONDIMENTS					
A menu has not been published for this day.					

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Neill Elementary
Lunch (Elementary Hot), NOV 29 2021 - DEC 3 2021

29						30					
Monday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	Tuesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						ENTREES					
Bean & Cheese Burrito (Vegetarian)	310	9	4	40	580	Chef Salad	358	12.3	4.53	39.52	729.9
Chef Salad	358	12.3	4.53	39.52	729.9	Chicken Nuggets	260	15	2.5	16	400
Mozzarella Cheese Sticks (Vegetarian)	300	12	6	33	440	Hot Dog	300	15	5	29	610
Spaghetti & Meat Sauce	300	8.15	3.16	40.08	269.4	Veggie Nuggets (Vegetarian)	250	11.25	1.88	25	462.5
Vegetarian Chef Salad	394	17.54	7.28	39.46	644.9	GRAINS					
GRAINS						Whole Wheat Roll	170	3	0.5	31	170
Garlic Toast	80	1	0	15	140	VEGETABLES					
VEGETABLES						Broccoli Florets	0	0	0	0	0
Carrot Sticks	25	0.15	0.02	5.85	42	Tater Tots	170	9	1.5	19	230
Seasoned Green Beans	47	1.78	0.73	6.09	17.82	FRUITS					
FRUITS						Oranges	69	0.32	0.04	17.43	0
Apple	80	0	0	22	0	Very Strawberry Applesauce Cup	60	0	0	17	0
Peach Cup	50	0	0	14	10	MILK					
MILK						1% Milk	110	2.5	1.5	13	130
1% Milk	110	2.5	1.5	13	130	Chocolate Milk	120	0	0	20	180
Chocolate Milk	120	0	0	20	180	Fat-Free Milk	90	0	0	13	130
Fat-Free Milk	90	0	0	13	130	Strawberry Milk	110	0	0	19	125
Strawberry Milk	110	0	0	19	125	CONDIMENTS					
CONDIMENTS						Ketchup	0	0	0	0	0
Marinara Sauce	35	0.75	0	6	67.5	Mustard	0	0	0	0	0
Ranch	70	7	1	1	230	Ranch	70	7	1	1	230
1						2					
Wednesday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	Thursday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES						ENTREES					
Chef Salad	358	12.3	4.53	39.52	729.9	A menu has not been published for this day.					
Grilled Cheese Sandwich (Vegetarian)	380	20	10	34	1180	GRAINS					
Popcorn Chicken	260	13	3	17	550	A menu has not been published for this day.					
GRAINS						VEGETABLES					
A menu has not been published for this day.						A menu has not been published for this day.					
VEGETABLES						FRUITS					
Baked Beans	150	0	0	30	370	A menu has not been published for this day.					
Carrot Sticks	25	0.15	0.02	5.85	42	MILK					
FRUITS						A menu has not been published for this day.					
Apple Crisps	40	0	0	10	0	CONDIMENTS					
Mixed Fruit Cup	70	0	0	19	0	A menu has not been published for this day.					
MILK											
1% Milk	110	2.5	1.5	13	130						

Chocolate Milk	120	0	0	20	180
Fat-Free Milk	90	0	0	13	130
Strawberry Milk	110	0	0	19	125
CONDIMENTS					
Ketchup	0	0	0	0	0
Ranch	70	7	1	1	230

3					
Friday	Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)
ENTREES					
A menu has not been published for this day.					
GRAINS					
A menu has not been published for this day.					
VEGETABLES					
A menu has not been published for this day.					
FRUITS					
A menu has not been published for this day.					
MILK					
A menu has not been published for this day.					
CONDIMENTS					
A menu has not been published for this day.					

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