

October, 2019

# Jefferson Douglass Academy

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Monday

Tuesday

Wednesday

Thursday

Friday

	Chicken in Gravy w/ WW Dinner Roll(16)  Mashed Potato(22) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Walking Taco w/ WG Corn Chips(21)  Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Asian Chicken w/ Brown Rice and WW Dinner Roll(56)  Stir Fry Vegetables (9) Pineapple Tidbits(25) 1% White or FF Flavored Milk(19)	Pizza Slice(34)  Baby Carrots w/ Ranch(7) Fresh Orange(19) 1% White or FF Flavored Milk(19)
506:1007:77	506:1007:77 1	591:889:65 2	649:744:110 3	641:1177:79 4
Hot Philly Steak & Cheese Sub on WW Bun(33)  Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)	Chef Salad w/ WW Pita(36)  Tossed Salad with Ranch(2) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Chicken Soft Taco on Wheat Tortilla with WG Spanish Dressing(1) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Salisbury Steak w/ WG Dinner Roll(22)  Diced Potatoes(20) Blueberries & 100% Juice (20) 1% White or FF Flavored Milk(19)	Pizza Slice(34)  Baby Carrots w/ Ranch(7) Diced Pears(14) 1% White or FF Flavored Milk(19)
675:1460:101 7	715:1486:77 8	755:1258:105 9	589:931:81 10	611:1177:74 11
Turkey Burger on WG Bun(26)  Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Cheeseburger Mac w/ WW Dinner Roll(38)  Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Turkey Chorizo & Cheese Nachos with WG Corn Chips(36)  Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Meatballs & Gravy with WW Dinner Roll(22)  Seasoned Corn(25) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Pizza Slice(34)  Fresh Broccoli & Ranch Dressing(4) Pineapple Tidbits(25) 1% White or FF Flavored Milk(19)
653:1653:92 14	846:1385:83 15	787:1190:81 16	551:811:86 17	659:1140:83 18
No School 21	Texas Chili w/ Cornbread(41)  Seasoned Corn(25) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(63)  Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	WG Waffle Breaded Chicken Chunks (57)  Seasoned Greens(3) Strawberry,Pineapple,Grape,Peach Fruit Mix & Fresh Juice (18) 1% White or FF Flavored Milk(19)	Pizza Slice(34)  Baby Carrots w/ Ranch(7) Diced Pears(14) 1% White or FF Flavored Milk(19)
	658:619:105 22	786:1508:108 23	739:871:99 24	611:1177:74 25
Breaded Chicken Patty on WW Bun(40)  Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Meat Loaf w/ WW Dinner Roll(25)  Diced Potatoes(20) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Beef & Cheese Nachos w/ WG Corn Chips(35)  Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken Strips w/ WG Goldfish Crackers(31)  Baked Green Beans(6) Fresh Orange(19) 1% White or FF Flavored Milk(19)	
725:1512:105 28	614:1007:83 29	804:1257:79 30	Happy Halloween! 503:731:75 31	506:1007:77



Thought for Thought

Tips &amp; Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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Nutrition Key -&gt; Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:653 AvgSod(mg):1125 AvgCarbs(g):86

"or:" = An alternative selection to choose. "WG"=Whole Grain

1% White &amp; Fat Free Chocolate Milk available daily.

**\*\*Menu Subject to Change\*\***