



North Monterey County Unified School District

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> <p>STAFF DEVELOPMENT</p> <p>NO SCHOOL</p>	<p>2</p> <p>Bean &amp; Cheese Burrito or Smuckers Peanut Butter and Jelly Sandwich</p> <p>Garden Bar Tuesday</p> <p>Choice of Milk</p>	<p>3</p> <p>Rotini Pasta w/Meat Sauce</p> <p>Garden Bar Wednesday</p> <p>Choice of Milk</p>	<p>4</p> <p>Galaxy Cheese or *Galaxy Pepperoni Pizza</p> <p>Garden Bar Thursday</p> <p>Choice of Milk</p>	<p>5</p> <p>Bagel Dog</p> <p>Garden Bar Friday</p> <p>Choice of Milk</p>	<p><b>Cal</b> 669</p> <p><b>T.Fat</b> 22.07 G</p> <p><b>S.Fat</b> 7.7 G</p> <p><b>Chol</b> 50.1 Mg</p> <p><b>Sodm</b> 1096.55</p> <p><b>Mg</b></p> <p><b>Carb</b> 93.61 G</p> <p><b>Fiber</b> 11.7 G</p>
<p>8</p> <p>Hamburger on a Bun</p> <p>Garden Bar Monday</p> <p>Choice of Milk</p>	<p>9</p> <p>Macaroni and Cheese</p> <p>Garden Bar Tuesday</p> <p>Choice of Milk</p>	<p>10</p> <p>Turkey and Gravy with Mashed Potatoes</p> <p>Garden Bar Wednesday</p> <p>Choice of Milk</p> <p><b>*Lucky Tray Day*</b></p>	<p>11</p> <p>Piazza Cheese Pizza</p> <p>*Piazza Pepperoni Pizza</p> <p>Garden Bar Thursday</p> <p>Choice of Milk</p>	<p>12</p> <p>Chicken Nuggets</p> <p>Tater Tots</p> <p>Garden Bar Friday</p> <p>Valentine Cookie</p> <p>Choice of Milk</p> 	<p><b>Cal</b> 635</p> <p><b>T.Fat</b> 17.34 G</p> <p><b>S.Fat</b> 6.2 G</p> <p><b>Chol</b> 48.4 Mg</p> <p><b>Sodm</b> 1129.91</p> <p><b>Mg</b></p> <p><b>Carb</b> 96.14 G</p> <p><b>Fiber</b> 10.3 G</p>
<p>15</p>  <p>NO SCHOOL</p>	<p>16</p> <p>Mini Cheeseburgers</p> <p>Garden Bar Tuesday</p> <p>Choice of Milk</p>	<p>17</p> <p>Chicken Patty on a Whole Wheat Bun</p> <p>Garden Bar Wednesday</p> <p>Choice of Milk</p>	<p>18</p> <p>Galaxy Cheese Pizza</p> <p>*Galaxy Pepperoni Pizza</p> <p>Garden Bar Thursday</p> <p>Choice of Milk</p>	<p>19</p> <p>Toasted Cheese Sandwich</p> <p>Garden Bar Friday</p> <p>Choice of Milk</p>	<p><b>Cal</b> 762</p> <p><b>T.Fat</b> 24.58 G</p> <p><b>S.Fat</b> 8.8 G</p> <p><b>Chol</b> 53.3 Mg</p> <p><b>Sodm</b> 1300.70</p> <p><b>Mg</b></p> <p><b>Carb</b> 110.42 G</p>
<p>22</p> <p>Bean &amp; Cheese Burrito or Smuckers Peanut Butter and Jelly Sandwich</p> <p>Garden Bar Monday</p> <p>Choice of Milk</p>	<p>23</p> <p><b>Upside Down Day</b></p> <p>Mini Maple Pancakes</p> <p>Beef Sausage Patty</p> <p>Garden Bar Tuesday</p> <p>Choice of Milk</p>	<p>24</p> <p>Beef Chalupa</p> <p>Garden Bar Wednesday</p> <p>Choice of Milk</p>	<p>25</p> <p>Piazza Cheese or *Piazza Pepperoni Pizza</p> <p>Garden Bar Thursday</p> <p>Choice of Milk</p>	<p>26</p> <p>Teriyaki Meatballs</p> <p>White Rice</p> <p>Garden Bar Friday</p> <p>Choice of Milk</p>	<p><b>Cal</b> 630</p> <p><b>T.Fat</b> 16.44 G</p> <p><b>S.Fat</b> 5.7 G</p> <p><b>Chol</b> 51.7 Mg</p> <p><b>Sodm</b> 942.22</p> <p><b>Mg</b></p> <p><b>Carb</b> 97.58 G</p> <p><b>Fiber</b> 10.2 G</p>
<p>Fresh Salads and Sandwiches offered Daily.</p>	<p>Lunch: \$2.50</p> <p>Reduced: Free</p>		<p>*May contain pork</p>	<p>Menu subject to change without notice</p>	