

Coppell ISD

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 CHICKEN RINGS W/ROLL YOGURT PLATE PB&J PLATE SWEET POTATO FRIES SUMMER CORN W/DILL FRESH APPLE WEDGES	Oct - 2 ALL BEEF HOT DOG HUMMUS AND CHIPS ELEM CHEF SALAD CARROTS AND TOMATOES BAKED BEANS ORANGE SMILES	Oct - 3 TOASTED RAVIOLI YOGURT PLATE PB&J PLATE SPINACH/LETTUCE MIX KYOTO VEG BLEND GRAPES	Oct - 4 NACHOS W/CHILI & CHEES HUMMUS AND CHIPS ELEM GARDEN SALAD W/CHICKE BLACK BEAN CORN SALAD CARROTS AND TOMATOES PINEAPPLE & BANANA	Oct - 5 PIZZA DIPPERS YOGURT PLATE PB&J PLATE SPINACH W/MANDARIN CALIFORNIA VEG BLEND SLICED PEACHES
Oct - 8 STAFF DEVELOPMENT	Oct - 9 HAMBURGER SLIDERS HUMMUS AND CHIPS ELEM CHEF SALAD POTATO SMILES CARROTS AND TOMATOES FRESH APPLE WEDGES	Oct - 10 SPAGHETTI W/MEATBALLS YOGURT PLATE PB&J PLATE FRESH GREEN SALAD STRAWBERRY W/KIWI	Oct - 11 CRISPITO W/CHEESE SAUC HUMMUS AND CHIPS ELEM GARDEN SALAD W/CHICKE PINTO BEANS CARROTS AND TOMATOES CANTELOUPE	Oct - 12 CHEESE PIZZA ALPHA PEPPERONI PIZZA ALPHA YOGURT PLATE PB&J PLATE CELERY STICKS CORN ON THE COB SLICED PEACHES
Oct - 15 CHICKEN SANDWICH YOGURT PLATE PB&J PLATE SWEET POTATO FRIES FRESH GREEN SALAD SPICY PEARS	Oct - 16 FISH STICKS W/ROLL HUMMUS AND CHIPS ELEM CHEF SALAD COLE SLAW CARROTS AND TOMATOES FRESH APPLE WEDGES	Oct - 17 PENNE PASTA YOGURT PLATE PB&J PLATE FRESH GREEN SALAD WHOLE KERNEL CORN ORANGE SMILES	Oct - 18 TACO W/RICE HUMMUS AND CHIPS ELEM GARDEN SALAD W/CHICKE CARROTS AND TOMATOES REFRIED BEANS PINEAPPLE CHUNKS	Oct - 19 BAKED MOZZARELLA STICK YOGURT PLATE PB&J PLATE MARINARA SAUCE SPINACH & STRAWBERRY WATERMELON CHUNKS
Oct - 22 STEAK FINGERS w/ROLL YOGURT PLATE PB&J PLATE MASHED POTATOES STEAMED BROCCOLI PEACHES W/BLEUBERRIES	Oct - 23 BREAKFAST FOR LUNCH HUMMUS AND CHIPS ELEM CHEF SALAD CARROTS AND TOMATOES WARM CINNAMON APPLES 100% JUICE	Oct - 24 CHICKEN ALFREDO W/ROL YOGURT PLATE PB&J PLATE FRESH GREEN SALAD ITALIAN GREEN BEANS STRAWBERRIES	Oct - 25 CRISPITO W/CHEESE SAUC HUMMUS AND CHIPS ELEM GARDEN SALAD W/CHICKE PINTO BEANS CARROTS AND TOMATOES PINEAPPLE CHUNKS	Oct - 26 CHEESE PIZZA ALPHA PEPPERONI PIZZA ALPHA YOGURT PLATE PB&J PLATE FRESH GREEN SALAD THREE BEAN SALAD SLICED PEARS
Oct - 29 CHICKEN RINGS W/ROLL YOGURT PLATE PB&J PLATE SWEET POTATO FRIES SUMMER CORN W/DILL FRESH APPLE WEDGES	Oct - 30 ALL BEEF HOT DOG HUMMUS AND CHIPS ELEM CHEF SALAD CARROTS AND TOMATOES BAKED BEANS ORANGE SMILES	Oct - 31 TOASTED RAVIOLI YOGURT PLATE PB&J PLATE SPINACH/LETTUCE MIX KYOTO VEG BLEND GRAPES		

**NA* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.