

### MONDAY

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### TUESDAY



### WEDNESDAY

### THURSDAY

**MUST SELECT ONE:** 1  
 CHEESE PIZZA  
 OR CHICKEN PARMESAN SANDWICH  
 OR MINNIE MOUSE SALAD  
 OR HAM & CHEESE WRAP  
**MAY SELECT UP TO THREE:**  
 BABY CARROTS & DIP  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

### FRIDAY

**MUST SELECT ONE:** 2  
 FRENCH TOAST STICKS  
 OR TUNA ROLL  
 OR MINNIE MOUSE SALAD  
 OR TURKEY ON WHEAT W/LETTUCE & TOMATO  
**MAY SELECT UP TO THREE:**  
 CELERY STICKS W/DIP  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

Nutrition info From Oct 5-9: Calories 684, Cholesterol 31mg, Sodium 993mg, Fiber 10.10g, Iron 4.71mg, Calcium 492.18mg, Vitamin A 492.18 IU, Vitamin C 25.42mg, Total fat 21.41%, Protein 14.46%, Carbohydrate 66.03%, saturated fat 7.70%

**MUST SELECT ONE:** 5  
 CHICKEN NUGGETS  
 OR HAM & CHEDDAR WRAP  
 OR POPCORN CHICKEN SALAD  
 OR SALAMI & CHEESE SANDWICH  
**MAY SELECT UP TO THREE:**  
 MASHED POTATO  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 6  
 HOTDOG  
 OR BBQ CHICKEN WRAP  
 OR POPCORN CHICKEN SALAD  
 OR EGG SALAD WRAP  
**MAY SELECT UP TO THREE:**  
 BAKED BEANS  
 CREAMY COLE SLAW  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 7  
 MACARONI & CHEESE  
 OR CHICKEN PATTY  
 OR POPCORN CHICKEN SALAD  
 OR TUNA SALAD WRAP  
**MAY SELECT UP TO THREE:**  
 GREEN BEANS  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 8  
 SOFT TACO  
 OR FUN ON THE RUN  
 OR POPCORN CHICKEN SALAD  
 OR CHICKEN SALAD  
**MAY SELECT UP TO THREE:**  
 THREE BEAN SALAD  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 9  
 CHEESE PIZZA  
 OR CHEESEBURGER  
 OR POPCORN CHICKEN SALAD  
 OR TUNA ON WHOLE WHEAT BREAD  
**MAY SELECT UP TO THREE:**  
 BABY CARROTS W/ DIP  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

Nutrition info From Oct 13-16: Calories 665, Cholesterol 54mg, Sodium 901mg, Fiber 7.81g, Iron 4.12mg, Calcium 467.64mg, Vitamin A 2302 IU, Vitamin C 31.61mg, total fat 25.35%, Protein 16.52%, Carbohydrate 60.67%, saturated fat 8.07%



**COLUMBUS DAY**  
 NO SCHOOL TODAY

**MUST SELECT ONE:** 13  
 MEATBALL SUB  
 OR HOTDOG  
 OR BUFFALO CHICKEN SALAD  
 OR TURKEY & CHEESE SANDWICH  
**MAY SELECT UP TO THREE:**  
 GREEN BEAN SALAD  
 CHIKLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 14  
 SHEPARD'S PIE W/ GRAVY  
 OR CHICKEN PATTY  
 OR BUFFALO CHICKEN SALAD  
 OR DELI SUB  
**MAY SELECT UP TO THREE:**  
 CUCUMBERS W/ DIP  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 15  
 POPCORN CHICKEN W/ MARINARA SAUCE  
 OR CHEESEBURGER  
 OR BUFFALO CHICKEN SALAD  
 OR EGG, CHEESE & SAUSAGE ON WHEAT BAGEL  
 OR CHEESE SANDWICH  
**MAY SELECT UP TO THREE:**  
 OVEN ROASTED POTATO WEDGES  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 16  
 CHEESE PIZZA  
 OR FISH SANDWICH  
 OR BUFFALO CHICKEN SALAD  
 OR TUNA ON WHOLE WHEAT BREAD  
**MAY SELECT UP TO THREE:**  
 BROCCOLI FLORETS W/ DIP  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

Nutrition info From Oct 19-23: Calories 667, Cholesterol 38mg, Sodium 995mg, Fiber 9.29g, Iron 4.74mg, Calcium 515.86mg, Vitamin A 4364 IU, Vitamin C 18.92mg, total fat 21.22%, Protein 15.07%, Carbohydrate 65.97%, saturated fat 6.93%

**MUST SELECT ONE:** 19  
 CHICKEN NUGGETS  
 OR HAM & CHEDDAR  
 OR PEPPY PIZZA SALAD  
 OR ITALIAN WRAP  
**MAY SELECT UP TO THREE:**  
 CORN  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 20  
 LASAGNA  
 OR CHICKEN PATTY  
 OR PEPPY PIZZA SALAD  
 OR DELI SUB  
**MAY SELECT UP TO THREE:**  
 TOSSED SALAD  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 21  
 CORN DOG NUGGETS  
 OR TURKEY BLT WRAP  
 OR PEPPY PIZZA SALAD  
 OR HAM & CHEESE SANDWICH  
**MAY SELECT UP TO THREE:**  
 MASHED POTATO  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 22  
 POPCORN CHICKEN W/ MARINARA SAUCE  
 OR SLOPPY JOE  
 OR PEPPY PIZZA SALAD  
 OR EGG SALAD WRAP  
**MAY SELECT UP TO THREE:**  
 RICE  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 23  
 CHEESE PIZZA  
 OR CHEESEBURGER  
 OR PEPPY PIZZA SALAD  
 OR TUNA ON WHOLE WHEAT BREAD  
**MAY SELECT UP TO THREE:**  
 BAKED FRIES  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

Nutrition info From Oct 26-30: Calories 673, Cholesterol 45mg, Sodium 860mg, Fiber 8.95g, Iron 4.55mg, Calcium 462.28.00mg, Vitamin A 6069 IU, Vitamin C 31.10mg, total fat 19.65%, Protein 17.10%, Carbohydrate 64.38%, saturated fat 6.05%

**MUST SELECT ONE:** 26  
 CHICKEN NUGGETS W/ WHOLE WHEAT BREAD  
 OR HAM AND CHEESE IN WHOLE WHEAT POCKET BREAD  
 OR BIG BIRD SALAD  
 OR BOLOGNA & CHEESE  
**MAY SELECT UP TO THREE:**  
 MIXED VEGETABLES  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 27  
 MEATBALL SUB  
 OR HOTDOG  
 OR BIG BIRD SALAD  
 OR DELI SUB ON WHOLE WHEAT ROLL  
**MAY SELECT UP TO THREE:**  
 GREEN BEAN SALAD  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 28  
 NACHOS W/ BEEF & CHEESE  
 OR CHICKEN PATTY  
 OR BIG BIRD SALAD  
 OR EGG, HAM & CHEESE ON WHEAT ENGLISH  
**MAY SELECT UP TO THREE:**  
 CUCUMBERS W/ DIP  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 29  
 POPCORN CHICKEN W/ MARINARA SAUCE  
 OR CHEESEBURGER  
 OR BIG BIRD SALAD  
 OR HAM & CHEESE WRAP  
**MAY SELECT UP TO THREE:**  
 BAKED FRIES  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

**MUST SELECT ONE:** 30  
 CHEESE PIZZA  
 OR FISH SANDWICH  
 OR BIG BIRD SALAD  
 OR TUNA ON WHOLE WHEAT BREAD  
**MAY SELECT UP TO THREE:**  
 BROCCOLI FLORETS W/ DIP  
 CHILLED FRUIT  
 FRESH FRUIT  
**MAY SELECT ONE:** MILK

