

# Forest Hills Consolidated School

NOVEMBER ~ DECEMBER 2 010

Nov 23, 2010

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Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																														
Nov - 29  CHICKEN BURGER YOGURT french fries spiced apples milk - variety ketchup mayo	Nov - 30  HOT DOG PB & J buttered noodles green beans peaches milk - variety ketchup relish	Dec - 1  MEATBALL SUB YOGURT corn pudding milk - variety	Dec - 2  TURKEY SANDWICH TUNA SANDWICH PB & J potato chips chocolate brownies milk - variety	Dec - 3  HAM & CH SANDWICH PB & J turkey noodle soup crackers milk - variety mayo mustard																																																																																																														
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T.Fat	23.8g 36.4%Cal																																																																																																																	
S.Fat	6.7g 10.3%Cal																																																																																																																	

\*N/A\* - 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.