

Kittery School District

MITCHELL AND SHAPLEIGH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 BEEF STEW WG BREAD BOWL BLUEBERRY APPLE CRISP FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 2 CHICKEN PARMESAN w/ WW PASTA STEAMED CARROTS FRESH SALAD BAR WW WARM BREADSTICK COLD MILK VARIETY	Nov - 3 PIZZA VARIETY SWEET PINEAPPLE CHUNKS DELI BAR FRESH SALAD BAR COLD MILK VARIETY
Nov - 6 CHICKEN DRUMSTICK ROASTED RED POTATO WG BISCUIT FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 7 TACO IN A BAG Rice MEXICALI CORN FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 8 CHICKEN & WAFFLES STRAWBERRIES FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 9 PIZZA VARIETY SLICED PEARS FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 10 HOLIDAY
Nov - 13 QUESADILLA ROLLUP SEASONED RICE BLACK BEAN SALAD FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 14 MACARONI N CHEESE WW WARM BREADSTICK GREEN BEANS FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 15 CHEESEBURGER TATER TOT FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 16 WARM TURKEY WITH GRAVY MASHED POTATOES WARM WW DINNER ROLL CRANBERRY SAUCE PUMPKIN CAKE FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 17 PIZZA VARIETY CRISP LOCAL APPLE FRESH SALAD BAR DELI BAR COLD MILK VARIETY
Nov - 20 GRILLED CHEESE SANDWICH TOMATO SOUP FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 21 CHEESY SCRAMBLED EGGS SAUSAGE PATTY HASHBROWNS WW ENGLISH MUFFIN FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 22 NO SCHOOL TODAY	Nov - 23 HOLIDAY	Nov - 24 NO SCHOOL TODAY

**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.

Kittery School District MITCHELL AND SHAPLEIGH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 27 CHICKEN PATTY SANDWICH SWEET POTATO FRIES FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 28 SHEPARD'S PIE WARM WW DINNER ROLL BAKED APPLE SLICES FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 29 ITALIAN SUB NACHO CHIPS CRISP LOCAL APPLE FRESH SALAD BAR DELI BAR COLD MILK VARIETY	Nov - 30 LASAGNA ROLL UP-WG ROASTED BROCCOLI FRESH SALAD BAR DELI BAR COLD MILK VARIETY	

ALTERNATE MEALS AVAILABLE DAILY
WHOLE GRAIN ITEMS. LOW FAT OPTIONS.

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