




**Newaygo Public Schools Calories & Carbohydrates**  
**OCTOBER 2023**



<p><b>Late Start</b>                    <b>2</b> Pizza 340c/27g Broccoli 25c/5g Pineapple 60c/15g</p>	<p><b>3</b> Hot Dog W/G Bun 290c/23g Baked Beans 110c/22g Tropical Fruit 60c/15g</p>	<p><b>4</b> Riblet W/G Bun 360c/43g Sweet Potato Fries 140c/24g Oranges 90c/21g</p>	<p><b>5</b> Popcorn Chicken 21c/1g ea. Curly Fries 110c/17g Pears 70c/18g</p>	<p><b>6</b> Hamburger W/G Bun 300c/31g Mixed Vegetables 70c/12g Peaches 70c/18g</p>
<p><b>Late Start</b>                    <b>9</b> Ham&amp;Cheese Calz 320c/38g Winter Blend 25c/5g Apples 70c/19g</p>	<p><b>10</b> Chicken Patty W/G Bun 400c/44g Baked Beans 110c/22g Mandarin Oranges 50c/13g</p>	<p><b>11</b> Macaroni &amp; Cheese 280c/31g Carrots 30c/7g Fruit Cocktail 60c/14g</p>	<p><b>12</b> Bosco Sticks 150c/17g ea. sk w/Sauce 50c/10g Romaine Salad 15c/3g Applesauce 50c/13g</p>	<p><b>Fiesta Day!</b>                    <b>13</b> Soft Taco Shell 90c/15g ea. Taco Meat 110c/5g Mexican Corn 169c/16g Tropical Fruit 60c/15g</p>
<p><b>Late Start</b>                    <b>16</b> French Bread Pizza 320c/29g Broccoli Pineapple 60c/15g</p>	<p><b>17</b> French Toast Sticks 160c/24g Sausage Patty 70c/0g Hashbrown 270c / 31g Oranges 90c/21g</p>	<p><b>18</b> Chicken Tenders 86c/5g each Sweet Potato Fries 140c/24g Pears 70c/18g</p>	<p><b>19</b> Crispitos 270c/23g each Veggies &amp; Dip 180c/13g Peaches 70c/18g</p>	<p><b>20</b> Pork BBQ W/G Bun 390c/45g Green Beans 30c/6g Apples 70c/19g</p>
<p><b>Late Start</b>                    <b>23</b> Quesadillas 320c/32g Refried Beans 90c/16g Mandarin Oranges 50c/13g</p>	<p><b>24</b> Chicken Nuggets 52c/3g per nugget Oven Fries 110c/17g Fruit Cocktail 60c/14g</p>	<p><b>25</b> Cold Sand See Below Romaine Ribbons 10c/2g Applesauce 50c/13g</p>	<p><b>26</b> Grilled Cheese 300c/21g Sweet Potato Fries 140c/24g Pineapple 60c/15g</p>	<p><b>27</b> Corn Dog 240c/30g Green Beans 30c/6g Tropical Fruit 60c/15g</p>
<p><b>Late Start</b>                    <b>30</b> Chicken Pot Pies Corn 100c/21g Oranges 90c/21g</p>	<p><b>31</b> Rotini &amp; Meat Sauce W/G Roll Broccoli 25c/5g Pears 70c/18g</p>			

Variety of Milk Offered Daily

Additional Entrée Options Offered Daily

**\*Menu subject to change due to conditions beyond our control**

Food Service Director Mary Anne Charette  
Food Service Office (231) 652-9286

USDA is an equal opportunity provider and employer

**Others Items:** PB & J 300c/34g  
Turkey Sandwich 250c/32g Italian Combo 250c/29g

Cold Cut Combo 270c/30g  
Ham Sandwich 260c/31g