



# October Lunch Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Nachos; Celery w/ Ranch; Fruit.	3 Turkey Cheese Sandwich; Fries; Cucumber; Fruit.	4 Chicken Nuggets Goldfish Cracker; Baked; Beans; Broccoli Fruit.	5 Domino's Pizza ; Salad w/ Dressing; Fruit.	6 <b>Early Dismissal</b> PBJ Uncrustable; Goldfish Cracker; Carrots / Ranch; Fruit.
9 <b>No School</b>	10 Chicken & Cheese Taqitos; Baked Beans; Celery; Fruit.	11 Chef Surprise 	12 Turkey Burger on a roll; Mashed Potato; Celery w/ Ranch; Fruit.	13 Domino's Pizza; Salad w/ Dressing; Fruit.
16 Mini Waffles Sausage; Celery w/Ranch; Fruit.	17 Turkey Cheese Sandwich; Fries; Cucumber; Fruit.	18 Chicken Nuggets Goldfish Cracker; Baked; Beans; Broccoli; Fruit.	19 Grilled; Cheese; Tomato Soup; Fruit.	20 Domino's Pizza; Salad w/ Dressing; Fruit.
23 Meatball Sub; Carrots; Fruit.	24 Chicken & Cheese Taqitos; Baked Beans Celery; Fruit.	25 Chef Surprise 	26 Turkey Burger on a roll; Mashed Potato; Celery w/ Ranch; Fruit.	27 Domino's Pizza ; Salad w/ Dressing; Fruit.
30 Sloppy Joe Sandwich; Carrots w/ Ranch; Fruit.	31 Chicken Nuggets; Baked Beans; Celery w/ Ranch; Fruit.			

From October 1st, 2022~ Breakfast \$0.00~ Reduced \$0.00

From August 4th, 2023 ~ Lunch \$4.60 ~ Reduced \$0.00

All Lunches come with a choice of white and occasionally chocolate milk.

A La Carte Milk/ Juice \$0.55 each -<https://www.schoolcafe.com/GettysburgMontessori>

No A La Carte is available this month. Due to the shortage of products, the Menu is subject to change without notice.



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## **October Breakfast Menu 2023**

**ONE OF THESE CHOICES WILL BE AVAILABLE DAILY**

### **Cereals**

Cheerios - Rice Crispies - Rice Chex

**Eggo Waffle ~ Muffins(reduced fat)**

Banana - Blueberry -Chocolate Chip

**String Cheese ~ Teddy Granham~ Granola Bar**

Every Breakfast comes with Fruit & Milk

Milk Choice: 2% fat White and occasionally 1% fat Chocolate

From October 1st, 2022~ Breakfast \$0.00~Reduced\$0.00

From August 4th, 2023 ~ Lunch \$4.60 ~ Reduced \$0.00

**A La Carte Milk/ Juice \$0.55**

**<https://www.schoolcafe.com/GettysburgMontessori>**

**No A La Carte is available this month.**



**School menu ingredients and brands can be modified or added based on the month's menu.**

**McCleafs Farm Biglerville** ( Fresh Apples, Peaches, Bartlett Pears, Asian Pears)

**Domino's Pizza**

**Hot Dog** (Kunzler Grill Franks)

**Hamburger**( Rochester) All beef ground chuck

**Rolls for Dogs and Sandwiches** (Stroehmann)

**Baked Beans** (Bush's Original)( Hanover)

**Applesauce** ( Members Mark & Zee Zee)

**Turkey** (Oscar Meyer)

**Garden Veggie Straws**

**Nacho Cheese** (Members Mark)

**Nacho Chips** ( Ole Tri-Color or Members Mark)

**Chili soup** ( Hanover kidney Beans, Hunts Tomato Paste, Hunts Tomato Sauce, Hunt's Diced Tomatoes, Green Peppers, Onions, Chili Powder, Cumin, Beef Broth, Ground Beef & Ground Turkey, Bay Leaves

**Chicken noodle soup** ( Sam's Club Organic Bone Broth, Celery, Carrots, Parsley, Chicken White, and Dark Meat, Extra-Wide Egg Noodles

**Macaroni & Cheese** ( Butter, Flour, 2% White Milk, Velveeta Cheese, Whole Grain Elbow Macaroni)

**Goldfish Crackers** (Pepperidge Farms Whole Grain)

**PBJ Uncrustable** (Welch's or Smuckers)

**Mandarin Oranges** (Members Mark)

**Peaches** ( Members Mark, Fresh Peaches McCleaf's Farm)

**Ham & Cheese** (Members Mark Ham, Glenview Farms White American)

**Meatball sub** (Tia Maria Marinara Sauce, Members Mark Turkey or Beef Meatballs, Shredded Provolone Members Mark)

**Walking Taco** ( Ground Beef & Turkey, Fritos, Lettuce, Chi-Chi Salsa, Shredded Monterey Jack Cheddar Cheese Members Mark, Low Sodium Taco Seasoning Elpaso)

**Quesadilla**( Coyote Grill)(Integreted Food Services)

**String Cheese** (Frigo)

**Hard-Boiled Eggs** (Glenview Farms)

**Rice Chex Cereal** (General Mills)

**Cheerios** (General Mills)

**Rice Krispie Cereal** (kelloggs)

**Corn & Green Beans** ( Del Monte)

# Breakfast Menu Nutrient Summary

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	482.08	457.00	495.00	435.75	499.08	[400.00 - 500.00]	473.78	
Total Fat (g)	5.42 (10.13%)	9.16 (18.03%)	3.50 (6.36%)	7.04 (14.54%)	4.17 (7.53%)		5.86	11.13 %
Sat Fat (g)(1)	1.97 (3.69%)	3.53 (6.94%)	1.00 (1.82%)	2.53 (5.22%)	1.22 (2.21%)	< 10.00 % of Calories	2.05	3.89 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Chol (mg)	7.50	37.50	5.00	30.13	5.00		17.03	
Sodium Target 1 (mg)(1)	447.08	482.50	555.00	502.50	526.38	<= 540.00	502.69	
Carb (g)	96.75 (80.28%)	72.89 (63.80%)	102.50 (82.83%)	73.51 (67.48%)	100.94 (80.90%)		89.32	75.41 %
Total Fiber (g)	4.91	4.11	4.00	3.00	4.11		4.03(M)	
Total Sugars (g)	54.13 (44.91%)	42.50 (37.20%)	57.00 (46.06%)	56.01 (51.42%)	45.63 (36.57%)		51.05(M)	43.10 %
Added Sugars (g)	16.00	11.00	14.00	11.00	13.00		13.00(M)	

<b>Protein (g)</b>	<b>13.24</b> <b>(10.98%)</b>	<b>19.73</b> <b>(17.27%)</b>	<b>13.00</b> <b>(10.51%)</b>	<b>18.09</b> <b>(16.60%)</b>	<b>13.74</b> <b>(11.01%)</b>		<b>15.56</b>	<b>13.14 %</b>
<b>Iron (mg)</b>	<b>9.46</b>	<b>1.67</b>	<b>9.64</b>	<b>1.54</b>	<b>9.77</b>		<b>6.42(M)</b>	
<b>Calcium (mg)</b>	<b>549.98</b>	<b>350.99</b>	<b>500.00</b>	<b>499.48</b>	<b>514.58</b>		<b>483.01(M)</b>	
<b>VitA (IU)</b>	<b>936.86</b>	<b>795.00</b>	<b>800.00</b>	<b>563.79</b>	<b>1,111.86</b>		<b>841.50(M)</b>	
<b>VitC (mg)</b>	<b>5.40</b>	<b>70.91</b>	<b>4.80</b>	<b>1.20</b>	<b>9.19</b>		<b>18.30(M)</b>	
<b>VitD (mcg)</b>	<b>2.60</b>	<b>0.00</b>	<b>1.20</b>	<b>0.00</b>	<b>1.10</b>		<b>0.98(M)</b>	
<b>Potassium (mg)</b>	<b>595.62</b>	<b>202.50</b>	<b>324.00</b>	<b>311.38</b>	<b>318.62</b>		<b>350.42(M)</b>	
<b>Mois (g)</b>	<b>0.53</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.53</b>		<b>0.21(M)</b>	
<b>Ash (g)</b>	<b>0.39</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.39</b>		<b>0.16(M)</b>	

# Lunch Menu Nutrient Summary -Week 1 ( October 2~6 )

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	671.50	532.88	681.48	664.88	633.40	[600.00 - 650.00]	636.83	
Total Fat (g)	31.62	24.32	23.05	24.34	19.63		24.59	34.75 %
	(42.38%)	(41.07%)	(30.44%)	(32.95%)	(27.90%)			
Sat Fat (g)(1)	8.00	7.67	4.11	9.03	4.02	< 10.00 % of Calories	6.57	9.28 %
	(10.72%)	(12.96%)	(5.43%)	(12.22%)	(5.72%)			
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Chol (mg)	65.75	52.98	35.00	44.38	10.00		41.62(M)	
Sodium Target 1 (mg)(1)	1,044.27	1,028.59	1,047.27	955.31	864.48	<= 1,230.00	987.98	
Sodium Target 1A (mg)(1)	1,044.27	1,028.59	1,047.27	955.31	864.48	<= 1,110.00	987.98	
Carb (g)	60.85	54.18	91.81	82.10	89.37		75.66	47.52 %
	(36.25%)	(40.67%)	(53.89%)	(49.39%)	(56.44%)			
Total Fiber (g)	3.41	3.02	11.77	7.52	8.15		6.77(M)	
Total Sugars (g)	24.18	31.50	29.37	41.60	46.00		34.53(M)	21.69 %
	(14.40%)	(23.64%)	(17.24%)	(25.03%)	(29.05%)			
Added Sugars (g)	2.00	0.00	0.00	3.34	0.00		1.07(M)	
Protein (g)	38.58	23.46	31.65	31.52	21.68		29.38	18.45 %
	(22.98%)	(17.61%)	(18.58%)	(18.97%)	(13.69%)			
Iron (mg)	4.54	1.59	4.45	2.58	3.30		3.29(M)	
Calcium (mg)	420.07	580.25	378.34	724.39	351.56		490.92(M)	
VitA (IU)	1,005.04	842.38	774.06	878.88	15,510.31		3,802.13(M)	
VitC (mg)	3.74	32.15	20.82	15.68	34.08		21.30(M)	
VitD (mcg)	0.00	0.00	0.10	0.60	0.00		0.14(M)	
Potassium (mg)	175.00	450.81	660.19	792.09	62.00		428.02(M)	
Mois (g)	0.00	50.68	0.00	102.93	0.00		30.72(M)	
Ash (g)	0.00	1.14	0.00	1.05	0.00		0.44(M)	



# Lunch Menu Nutrient Summary -Week 2 ( October 9~13 )

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	633.40	568.17	661.06	514.03	629.86	[600.00 - 650.00]	601.30	
Total Fat (g)	14.63 (20.79%)	13.05 (20.67%)	17.24 (23.46%)	15.17 (26.57%)	23.95 (34.22%)		16.81	25.16 %
Sat Fat (g)(1)	4.02 (5.72%)	3.23 (5.11%)	4.76 (6.48%)	4.01 (7.02%)	8.89 (12.71%)	< 10.00 % of Calories	4.98	7.46 %
Trans Fat (g)(2)	0.00	0.00	0.28	0.07	0.00		0.07(M)	
Chol (mg)	30.00	35.00	64.01	70.00	44.38		48.68(M)	
Sodium Target 1 (mg)(1)	864.48	1,139.12	959.30	1,108.72	954.13	<= 1,230.00	1,005.15	
Sodium Target 1A (mg)(1)	864.48	1,139.12	959.30	1,108.72	954.13	<= 1,110.00	1,005.15	
Carb (g)	105.37 (66.54%)	91.58 (64.47%)	91.05 (55.09%)	62.98 (49.01%)	71.15 (45.18%)		84.43	56.16 %
Total Fiber (g)	7.15	7.86	7.62	3.54	5.46		6.32	
Total Sugars (g)	56.00 (35.36%)	47.03 (33.11%)	32.95	35.47 (27.60%)	41.17 (26.15%)		42.52(M)	28.29 %

			(19.94% )					
<b>Added Sugars (g)</b>	<b>10.00</b>	<b>0.00</b>	<b>1.00</b>	<b>4.00</b>	<b>3.34</b>	<b>3.67(M)</b>		
<b>Protein (g)</b>	<b>19.69 (12.43%)</b>	<b>27.33 (19.24%)</b>	<b>35.56 (21.52% )</b>	<b>29.93 (23.29%)</b>	<b>31.23 (19.83%)</b>	<b>28.75</b>	<b>19.12 %</b>	
<b>Iron (mg)</b>	<b>5.12</b>	<b>2.87</b>	<b>4.62</b>	<b>1.98</b>	<b>2.28</b>	<b>3.37(M)</b>		
<b>Calcium (mg)</b>	<b>569.56</b>	<b>425.68</b>	<b>363.51</b>	<b>365.81</b>	<b>720.49</b>	<b>489.01(M)</b>		
<b>VitA (IU)</b>	<b>15,510.31</b>	<b>943.79</b>	<b>991.41</b>	<b>613.37</b>	<b>803.36</b>	<b>3,772.45(M)</b>		
<b>VitC (mg)</b>	<b>4.08</b>	<b>17.96</b>	<b>44.69</b>	<b>32.38</b>	<b>35.41</b>	<b>26.90(M)</b>		
<b>VitD (mcg)</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.60</b>	<b>0.12(M)</b>		
<b>Potassium (mg)</b>	<b>149.93</b>	<b>488.71</b>	<b>265.11</b>	<b>227.00</b>	<b>371.65</b>	<b>300.48(M)</b>		
<b>Mois (g)</b>	<b>0.00</b>	<b>98.94</b>	<b>499.52</b>	<b>94.71</b>	<b>14.53</b>	<b>141.54(M)</b>		
<b>Ash (g)</b>	<b>0.00</b>	<b>1.62</b>	<b>2.27</b>	<b>0.10</b>	<b>0.08</b>	<b>0.81(M)</b>		

# Lunch Menu Nutrient Summary -Week 3 ( October 16~20 )

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	575.61	571.36	715.92	565.32	619.86	[600.00 - 650.00]	609.61	
Total Fat (g)	24.63 (38.51%)	18.63 (29.35%)	23.26 (29.25%)	14.91 (23.74%)	23.95 (34.78%)		21.08	31.12 %
Sat Fat (g)(1)	6.03 (9.43%)	6.75 (10.63%)	4.15 (5.22%)	6.56 (10.44%)	8.89 (12.91%)	< 10.00 % of Calories	6.48	9.56 %
Trans Fat (g)(2)	0.00	0.08	0.00	0.00	0.00		0.02(M)	
Chol (mg)	25.00	47.99	35.00	41.85	44.38		38.84(M)	
Sodium Target 1 (mg)(1)	870.60	1,025.33	1,039.76	950.76	964.13	<= 1,230.00	970.11	
Sodium Target 1A (mg)(1)	870.60	1,025.33	1,039.76	950.76	964.13	<= 1,110.00	970.11	
Carb (g)	65.75 (45.69%)	78.27 (54.80%)	100.58 (56.20%)	79.46 (56.22%)	71.15 (45.91%)		79.04	51.86 %
Total Fiber (g)	5.21	5.96	11.42	8.00	6.46		7.41(M)	
Total Sugars (g)	32.02 (22.25%)	34.34 (24.04%)	38.43 (21.47%)	44.65 (31.59%)	39.17 (25.28%)		37.72(M)	24.75 %
Added Sugars (g)	12.00	0.00	0.00	0.00	3.34		3.07(M)	

<b>Protein (g)</b>	<b>26.52 (18.43%)</b>	<b>24.87 (17.41%)</b>	<b>31.86 (17.80%)</b>	<b>29.54 (20.90%)</b>	<b>30.24 (19.51%)</b>		<b>28.61</b>	<b>18.77 %</b>
<b>Iron (mg)</b>	<b>5.29</b>	<b>2.50</b>	<b>4.63</b>	<b>2.18</b>	<b>2.28</b>		<b>3.38(M)</b>	
<b>Calcium (mg)</b>	<b>581.30</b>	<b>656.98</b>	<b>385.29</b>	<b>782.89</b>	<b>718.49</b>		<b>624.99(M)</b>	
<b>VitA (IU)</b>	<b>840.12</b>	<b>1,272.66</b>	<b>782.39</b>	<b>18,523.96</b>	<b>803.36</b>		<b>4,444.50(M)</b>	
<b>VitC (mg)</b>	<b>3.55</b>	<b>13.37</b>	<b>22.93</b>	<b>39.00</b>	<b>5.41</b>		<b>16.85(M)</b>	
<b>VitD (mcg)</b>	<b>0.00</b>	<b>0.00</b>	<b>0.10</b>	<b>0.00</b>	<b>0.60</b>		<b>0.14(M)</b>	
<b>Potassium (mg)</b>	<b>324.93</b>	<b>911.71</b>	<b>753.84</b>	<b>2.00</b>	<b>369.65</b>		<b>472.43(M)</b>	
<b>Mois (g)</b>	<b>0.00</b>	<b>167.85</b>	<b>100.87</b>	<b>0.00</b>	<b>14.53</b>		<b>56.65(M)</b>	
<b>Ash (g)</b>	<b>0.00</b>	<b>2.21</b>	<b>0.27</b>	<b>0.00</b>	<b>0.08</b>		<b>0.51(M)</b>	

# Lunch Menu Nutrient Summary -Week 4 ( October 23~27 )

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	592.21	620.59	580.69	606.87	619.85	[600.00 - 650.00]	604.04	
Total Fat (g)	18.14 (27.57%)	18.10 (26.25%)	9.06 (14.03%)	13.49 (20.01%)	23.95 (34.78%)		16.55	24.66 %
Sat Fat (g)(1)	5.63 (8.56%)	4.27 (6.19%)	2.43 (3.76%)	3.02 (4.48%)	8.89 (12.91%)	< 10.00 % of Calories	4.85	7.22 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Chol (mg)	45.94	40.00	35.55	65.00	44.38		46.17	
Sodium Target 1 (mg)(1)	1,183.05	1,220.11	676.20	1,031.25	959.12	<= 1,230.00	1,013.94	
Sodium Target 1A (mg)(1)	1,183.05	1,220.11	676.20	1,031.25	959.12	<= 1,110.00	1,013.94	
Carb (g)	77.11 (52.08%)	93.12 (60.02%)	102.68 (70.73%)	87.38 (57.59%)	69.15 (44.62%)		85.89	56.87 %
Total Fiber (g)	6.41	7.87	11.66	6.53	5.45		7.58	
Total Sugars (g)	36.04 (24.34%)	48.52 (31.27%)	32.94 (22.69%)	35.68 (23.52%)	40.16 (25.92%)		38.67(M)	25.61 %
Added Sugars (g)	0.00	0.00	0.00	4.00	3.34		1.47(M)	

<b>Protein (g)</b>	<b>32.02</b> <b>(21.63%)</b>	<b>27.51</b> <b>(17.73%)</b>	<b>29.33</b> <b>(20.20%)</b>	<b>31.57</b> <b>(20.81%)</b>	<b>30.24</b> <b>(19.51%)</b>		<b>30.13</b>	<b>19.95 %</b>
<b>Iron (mg)</b>	<b>4.38</b>	<b>2.95</b>	<b>5.26</b>	<b>3.07</b>	<b>2.28</b>		<b>3.59(M)</b>	
<b>Calcium (mg)</b>	<b>523.89</b>	<b>423.91</b>	<b>376.77</b>	<b>344.20</b>	<b>718.49</b>		<b>477.45(M)</b>	
<b>VitA (IU)</b>	<b>15,818.11</b>	<b>873.26</b>	<b>2,017.75</b>	<b>726.75</b>	<b>1,103.35</b>		<b>4,107.84(M)</b>	
<b>VitC (mg)</b>	<b>34.78</b>	<b>19.08</b>	<b>75.37</b>	<b>2.77</b>	<b>6.61</b>		<b>27.72(M)</b>	
<b>VitD (mcg)</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.60</b>		<b>0.12(M)</b>	
<b>Potassium (mg)</b>	<b>232.66</b>	<b>569.63</b>	<b>80.92</b>	<b>837.53</b>	<b>369.65</b>		<b>418.08(M)</b>	
<b>Mois (g)</b>	<b>0.00</b>	<b>156.49</b>	<b>150.93</b>	<b>0.00</b>	<b>14.53</b>		<b>64.39(M)</b>	
<b>Ash (g)</b>	<b>0.00</b>	<b>1.84</b>	<b>0.31</b>	<b>0.00</b>	<b>0.08</b>		<b>0.44(M)</b>	

# Lunch Menu Nutrient Summary -Week 5 ( October 30~31 )

Nutrient	Day 1	Day 2	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	588.15	597.09			
Total Fat (g)	16.65 (25.47%)	19.98 (30.11%)			
Sat Fat (g)(1)	4.99 (7.64%)	3.65 (5.50%)			
Trans Fat (g)(2)	0.00	0.00			
Chol (mg)	70.75	35.00			
Sodium Target 1 (mg)(1)	949.43	1,146.58			
Sodium Target 1A (mg)(1)	949.43	1,146.58			
Carb (g)	78.38 (53.30%)	78.95 (52.89%)			
Total Fiber (g)	6.57	9.88			
Total Sugars (g)	44.50 (30.26%)	43.11 (28.88%)			

<b>Added Sugars (g)</b>	<b>2.00</b>	<b>2.00</b>			
<b>Protein (g)</b>	<b>32.89 (22.37%)</b>	<b>28.63 (19.18%)</b>			
<b>Iron (mg)</b>	<b>4.77</b>	<b>2.49</b>			
<b>Calcium (mg)</b>	<b>400.90</b>	<b>331.10</b>			
<b>VitA (IU)</b>	<b>17,166.32</b>	<b>802.27</b>			
<b>VitC (mg)</b>	<b>68.61</b>	<b>13.03</b>			
<b>VitD (mcg)</b>	<b>0.00</b>	<b>0.10</b>			
<b>Potassium (mg)</b>	<b>330.01</b>	<b>1,022.63</b>			
<b>Mois (g)</b>	<b>179.31</b>	<b>88.39</b>			
<b>Ash (g)</b>	<b>1.68</b>	<b>0.97</b>			