




SEPTEMBER 2010 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK!		<u>9/1/2010</u> French Toast Sticks (4ea) Sausage Patty (2oz) Hash Brown Potatoes (1/2 c) Applesauce (1/2 c) Milk	<u>9/2/2010</u> Beef Macaroni Casserole (6oz) Garlic Bread Stick (1ea) Glazed Carrots (1/4c) Canned Pear Halves (1/2c) Milk	<u>9/3/2010</u> Chicken Nuggets (6ea) Biscuit (1 ea) California Blend Veges (1/4c) Banana Milk
<u>9/6/2010</u> 	<u>9/7/2010</u> Philly Steak Sub (2oz) Tossed Salad (1/2c) Fruit Cocktail (1/2c) Milk	<u>9/8/2010</u> Grilled Ham & Cheese Sandwich (1 ea) Tomato Soup (8oz) Sliced Peaches (1/2c) Milk	<u>9/9/2010</u> Cold Cut Sub (1 ea) Lettuce, Tomato & Pickle Cup Pineapple Tidbits (1/4 c) Milk	<u>9/10/2010</u> Fish Patty w/Cheese on Bun (1 ea) Whopper Salad (1/4c) Fresh Apple Milk
<u>9/13/2010</u> Breaded Chicken Patty on Bun Oven Roasted Potatoes (1/4c) Cling Peaches (1/2c) Milk	<u>9/14/2010</u> Chicken & Cheese Quesadilla (1 ea) Fiesta Corn (1/4c) Applesauce (1/2c) Milk	<u>9/15/2010</u> Meatball Sub (3 oz) Seasoned Curly Fries (1/2c) Garden Salad (1/2c) Milk	<u>9/16/2010</u> Turkey & Provolone Wrap w/ Lettuce & Tomato (1ea) Mixed Fruit Cup (1/2 c) Milk	<u>9/17/2010</u> Cheese Pizza (1 slice) Green Beans (1/4 c) Diced Pears (1/2 c) Oatmeal Cookie Milk
<u>9/20/2010</u> Beef Tacos (2 ea) w/ Lettuce, Tomato & Cheese Cup Fruited Jell-O (1/2c) Milk	<u>9/21/2010</u> Cheeseburger on Bun Baked French Fries (1/2c) Lettuce, Tomato & Pickle (1/4c) Milk	<u>9/22/2010</u> Oven Baked Chicken w/ Dinner Roll Scalloped Potatoes (1/2c) Sweet Peas (1/4c) Milk	<u>9/23/2010</u> BBQ Riblet (3oz) Corn Bread (1ea) Baked Beans (1/2c) Cole Slaw (1/4c) Milk	<u>9/24/2010</u> Shrimp Poppers (6oz) Macaroni & Cheese (1/2c) Pineapple Rings (1/2c) Milk
<u>9/27/2010</u> BBQ Pork on Roll Corn Coblett (1 ea) Fresh Banana (1 ea) Milk	<u>9/28/2010</u> Nachos w/ Ground Beef (2oz) Shredded Lettuce, Tomato and Cheese Cup (1/2c) Orange Milk	<u>9/29/2010</u> Chicken Egg Roll (1ea) Steamed Rice (1/2c) Oriental Veges (1/4c) Fortune Cookie (1ea) Milk	<u>9/30/2010</u> French Toast Sticks (4ea) Sausage Patty (2oz) Hash Brown Potatoes (1/2 c) Applesauce (1/2 c) Milk	

Entrée Alternatives Offered Daily:

Chef Salad w/ 3 ounces Meat & Cheese
 Peanut Butter & Jelly Sandwich
 Yogurt Parfait (8oz yogurt, 4 oz. fruit, 4oz. granola)

Assorted Milk Offered Daily:

1% White
 1/2 % Chocolate
 1% Strawberry
 Skim






Assorted Fresh Fruit and 100%
 Fruit Juices Offered Daily.





OCTOBER 2008 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10/1/2008 Assorted Cereals (1 oz) Wheat Toast (1 slice) Orange Juice (4 oz) Milk	10/2/2008 Egg & Cheese Burrito (2 oz) Salsa Apple Juice (4 oz) Milk	10/3/2008 Breakfast Pizza (2.5 oz) Fresh Fruit Apple or Orange Juice Milk
10/6/2008 Bagel (3 oz) Cream Cheese (1 oz) Banana Milk	10/7/2008 Waffle Sticks (3 ea) w/ Lite Syrup (1 oz) Apple Slices Milk	10/8/2008 Trix Yogurt (4 oz) Graham Crackers (1 oz) Orange Juice (4 oz) Milk	10/9/2008 "Smucker's Uncrustables" PB&J or Grilled Cheese Assorted Juices (4 oz) Milk	10/10/2008 Sausage & Egg (2 oz) on Biscuit (1 oz) Orange Slices Milk
10/13/2008 	10/14/2008 Sausage Wrap (2.85 oz) w/ Lite Syrup (1 oz) Banana Milk	10/15/2008 Assorted Cereals (1 oz) Wheat Toast (1 slice) Orange Juice (4 oz) Milk	10/16/2008 Egg & Cheese Burrito (2 oz) Salsa Apple Juice (4 oz) Milk	10/17/2008 Breakfast Pizza (2.5 oz) Fresh Fruit Apple or Orange Juice Milk
10/20/2008 Bagel (3 oz) Cream Cheese (1 oz) Banana Milk	10/21/2008 Waffle Sticks (3 ea) w/ Lite Syrup (1 oz) Apple Slices Milk	10/22/2008 Trix Yogurt (4 oz) Graham Crackers (1 oz) Orange Juice (4 oz) Milk	10/23/2008 "Smucker's Uncrustables" PB&J or Grilled Cheese Assorted Juices (4 oz) Milk	10/24/2008 Sausage & Egg (2 oz) on Biscuit (1 oz) Orange Slices Milk
10/27/2008 Hot Ham & Cheese (2 oz) on Bagel (3 oz) Orange Slices Milk	10/28/2008 Sausage Wrap (2.85 oz) w/ Lite Syrup (1 oz) Banana Milk	10/29/2008 Assorted Cereals (1 oz) Wheat Toast (1 slice) Orange Juice (4 oz) Milk	10/30/2008 Egg & Cheese Burrito (2 oz) Salsa Apple Juice (4 oz) Milk	10/31/2008 Breakfast Pizza (2.5 oz) Fresh Fruit Apple or Orange Juice Milk

Entrée Alternatives Offered Daily:

Yogurt & Graham Crackers
 Assorted Cereal & Graham Crackers
 Smucker's PB&J Uncrustable

Assorted Milk Offered Daily:

2% White
 2% chocolate
 1% Strawberry
 Skim



Assorted Fruit Juices Offered Every Day



Entrée	Fruits/Veges	Milk
Cereal + Toast	100% Fruit Juice	8 ounces
Cereal + Graham Crackers	1/4 C Fruit Cocktail	Flavored Milk
Yogurt + Graham Crackers	1/4 C Pineapples	
Egg & Cheese Biscuit	Fresh Apple	
Ham & Cheese on Bagel	Fresh Banana	
Bagel & Cream Cheese	Fresh Orange	
Breakfast Pizza	Grapes	
Egg & Cheese Burrito		
Waffle Sticks		
Oatmeal		
French Toast		
Mini Pancakes		
Egg Patty & Hash Browns		
Low Fat Muffins		
Pop Tarts - Whole Grain		
PB&J Uncrustable Sandwich		
Egg Patty & Sausage		
Apple Stuffed Pretzels		
Hard Boiled Egg + Toast		