




LUNCH MENU

September 2010



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|--|
| | <p><u>Balloons for Balanced Lunch</u></p> <p>Orange = Grains Green = Vegetables Red = Fruits Blue = Milk Purple = Meat & Beans Yellow=Oils & X Energy</p>  | <p><u>Five Servings</u> of Fruits and Vegetables per day provide essential vitamins and nutrients for a healthier YOU!!!</p>  | <p>1</p>  | <p>2</p> <p><u>FYI</u> <i>Milk Allergy??</i> <i>With a Doctor's Note: Students with a milk allergy are permitted to receive juice in place of milk</i></p> | <p>3</p>  |
| <p>Available Daily with Lunch: Milk Choices: , Low Fat Choc. & 1% White</p> | <p>6</p> <p><i>Labor Day</i> <i>School Closed</i></p> | <p>7</p> <p>Chicken Patty on a Bun Fun Size Chips Carrot Coins 100% Fruit Juice Cup Milk Choice</p> | <p>8</p> <p>Pasta with side of Meatballs Caesar Salad Fruit Juice Milk Choice</p> | <p>9</p> <p>Cheeseburger Celery Sticks w/Dip Applesauce Milk Choice</p> | <p>10</p>  <p>Slice of Pizza Tossed Salad with Croutons Assorted Fruit Milk Choice</p> |
| | <p>Alternate Lunches with Milk: Peanut Butter/Jelly on Wheat Fruit, Juice and choice of milk Ham Sandwich Fruit, and Juice and choice of milk</p> | <p>13</p> <p>Cheese Steak Sandwich on a Torpedo Roll Green Beans Chilled Fruit Mix Milk Choice</p> | <p>14</p> <p>Turkey & Cheese on a Roll 100% Fruit Juice Chilled Peaches Milk Choice</p> | <p>15</p> <p>Beef Nachos Cup of lettuce, tomato & Cheese Pineapple Tidbits <i>Luigi's Sherbet Cup</i> Milk Choice</p> | <p>16</p> <p>French Toast Sticks w/ Sausage Patty Hash Brown Sliced Pears Milk Choice</p> |
| <p><u>Cracker Basket is Available with all student lunches</u></p> | <p>20</p> <p>All Beef Hot Dog on a Bun Tator Tots Chilled Peaches Milk Choice</p> | <p>21</p> <p>Pizza Dippers Fun Size Chips Assorted Fresh Fruit Carrot Sticks with Dip Milk Choice</p> | <p>22</p> <p>Hot Turkey Sandwich Mashed Potatoes Seasoned Green Beans 100% Fruit Juice Cup Milk Choice</p> | <p>23</p> <p>Crispy Breaded Chicken Golden Corn Fruit Juice Chocolate Chip Cookie Milk Choice</p> | <p>24</p> <p>Tuna Sandwich on a Bun Tossed Salad with Croutons Assorted Fruit Milk Choice</p> |
| <p>Reminder that orders and payment are due by 9 AM Wednesday of the week prior. Please return in child's weekender or place payment in the payment box outside the principal's office. THANK YOU!</p> | <p>27</p> <p><i>Enjoy Breakfast for Lunch!</i> Pancakes with Syrup and Sausage Links  Carrot Coins Applesauce Milk Choice</p> | <p>28</p>  <p>Twin Crispy Tacos with Toppings Lettuce and Tomato Chilled Fruit Mix Milk Choice</p> | <p>29</p> <p>Spaghetti with Meat Sauce  Seasoned Green Beans Sliced Pears Milk Choice</p> | <p>30</p> <p>Cheeseburger Tator Tots Chilled Pineapples Milk Choice</p> | <p><u>Attention Parents:</u> <u>Children may not bring carbonated beverages school.</u></p> |