



September 2010

Complete Lunch Includes:
1 Entrée or 1 Sandwich or 1 Slice of Pizza,
1 Choice of Side Orders,
And 1 Milk \$3.65



MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

Welcome Back

Healthy Choice Substitutions
 Try a cup of soup or side salad in place of fries!
 Choose a milk or water in place of a soda.

6
Labor Day
No School


7
Choose One
 Chicken Fingers
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Macaroni Salad
 Green Beans

8
Choose One
 Spaghetti & Meatballs
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Garlic Breadsticks
 Buttered Corn

9
Choose One
 Turkey Club Sandwiches
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Pasta Salad
 Veggie Sticks

10
Choose One
 Chicken Parmesan
 Sandwich
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Tator Tots
 Mixed Vegetables

13
Choose One
 Chicken Nuggets
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Tator Tots
 Green Beans

14
Choose One
 Taco Tuesday
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Spanish Rice
 Buttered Corn

15
Choose One
 Assorted Calzones
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Buttered Noodles
 Peas & Carrots

16
Choose One
 Baked Goulash
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 French Bread
 Side Salad
 Corn

17
Choose One
 Grilled Cheese Sandwich
 Assorted Sandwiches
 Pizza

Choose One
 Tomato Soup
 Baked Chips

20
Choose One
 Chicken Patty Sandwich
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 AuGratin Potatoes
 Peas & Carrots

21
Choose One
 Cheese Ravioli
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Garlic Bread
 Side Salad

22
Choose One
 Chicken Souvlaki Salad
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Roasted Potatoes
 Pita Bread

23
Choose One
 Buffalo Chicken Wrap
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Macaroni Salad
 Veggie Sticks

24
Choose One
 Macaroni & Cheese
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Dinner Rolls
 Green Beans

27
Choose One
 Cheeseburgers
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Tator Tots
 Veggie Sticks

28
Choose One
 Taco Tuesday
 Assorted Sandwiches
 Pizza

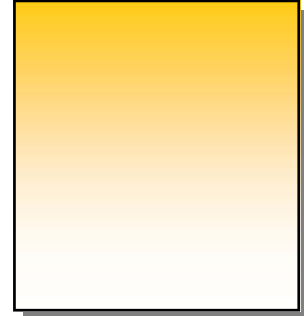
Choose One
 Soup Du Jour
 White Fluffy Rice
 Buttered Corn

29
Choose One
 Baked Ziti
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Side Salad
 French Bread
 Corn

30
Choose One
 Sweet & Sour Chicken
 Assorted Sandwiches
 Pizza

Choose One
 Soup Du Jour
 Rice
 Buttered Carrots





<u>Available Daily</u>	
Salad Bar.....	.40oz
Assorted Sandwiches	2.90
Fresh Baked Pizza Slice.....	2.10
Entrées a la carte.....	2.90

Healthy Choice Substitutions
 Try a cup of soup or side salad in place of fries!
 Choose a milk or water in place of a soda!

<u>a la carte</u>	
Milk ,variety65
Muffins	1.00
Bagel.....	1.00
Bagel w/Cream Cheese.....	1.50
Fresh Baked Cookie50
Fruit Cup	1.00
Fresh Fruit by the piece	1.00
Soup Cup.....	1.00
Veggie Side Order	1.00
Yogurt 4 oz	1.00

