

September 2010 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutritional Weekly Avg |
|--|--|---|--|--|---|
| | | 1 Mostaccioli Bread Stick Green Beans Fruit | 2 Chicken Nuggets Baked Potato Butter Pat Fruit | 3 Corn Dogs Spaghetti O's Carrots with Dip Sherbet | Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm (mg) 0 Carb(g) 0 Fiber(g) 0 Prtn.(g) 0 |
| 6 No School | 7 Stuffed Crust Cheese Pizza Corn Fruit | 8 Hot Dog on Bun Fries Brownies Fruit | 9 3-Way Chili Applesauce Cup Cheese Cup Crackers Fruit | 10 Hot Ham & Cheese Sandwich Chips Applesauce Cup Fruit | Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm(mg) 0 Carb(g) 0 Fiber(g) 0 Prtn(g) 0 |
| 13 Chicken Patty Sandwich Baked Beans Carrots & Dip Choc Chip Cookie Fruit | 14 Hard or Soft Tacos Cheese Cups Green Beans Lettuce, Tomato Chips, Salsa Fruit | 15 Turkey, Ham, Salami & Cheese Sub Fries Fruit Roll up Fruit | 16 Spaghetti & Meat Sauce Parmesan cheese Salad w/ Dressing Fruit | 17 Chicken Fingers Baked Potato Fruit | Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm(mg) 0 Carb(g) 0 Fiber(g) 0 Prtn(g) 0 |
| 20 Fiestada Pizza Corn Rice Crispy Treat Fruit | 21 Coney's Cheese Cup Chips Applesauce Cup Fruit | 22 Chicken & Cheese Quesadilla Corn Sour Cream Fruit | 23 Turkey Dinner Mashed Potatoes Gravy Carrots Fruit | 24 Pepperoni Pizza Salad w/Dressing Fruit | Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm(mg) 0 Carb(g) 0 Fiber(g) 0 Ptn(g) 0 |
| 27 Ravioli Cheese Stick Green Beans Fruit | 28 Chicken Rings Mac & cheese Carrots Fruit | 29 Scrambled Eggs Pancake & Sausage on a stick Syrup Baked Apples Fruit | 30 Cheeseburgers Fries Pickles Fruit | | Cal. (g) 0 T. Fat(g) 0 S.Fat(g) 0 Chol(mg) 0 Sodm(mg) 0 Carb(g) 0 .Fiber(g) 0 Prtn(g) 0 |

All lunches include a choice of white milk, strawberry milk, chocolate milk or orange juice. Peanut butter and jelly or plain peanut butter sandwich are offered daily

