

Assorted Fresh Fruits, Salad, Pizza, Sub Sandwiches,  
 Baked Potato and variety of milk offered daily  
 Kathie McAfee, R.D.

# SEPTEMBER 2008

# High School

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day Holiday	2 Nachos with Trimmings Chicken Quesadilla Pinto Beans Steak Fries Fiesta Blend Veg Spanish Rice Celery/Dip Shredded Lettuce/Tomato Pears Fruit Crisp	3 Chicken Tenders/Roll Krystal Burger Whole Brown Potatoes Calif. Blend Veg Corn on Cob Brd. Veg Stick Raw Veggies/Dip Seasoned Rice Fudgesickle Pineapple	4 Fish Fillet on Bun Fries Chicken Fillet on Bun Spring Blend Veg Baked Swt. Potato Lettuce/Tomato English Peas Garden Salad Lt.Bu.Pasta Pudding Pop Peaches	5 Spaghetti w/Meat Sauce Chicken Nuggets Mashed Potatoes Roll Garden Salad Cauliflower & Broccoli w/Cheese Sauce Corn Celery/Dip- Mixed Fruit Sherbet
8 Cheeseburger on Bun Popcorn Shrimp Roll Garden Salad Baked Potato Carrots & Dip Macaroni & Cheese Green Beans Applesauce Juice Bar	9 Hotdog on Bun Baked Zita Steak Fries Calif. Stir Fry Veg BE Peas Roll Garden Salad Pear Salad Cole Slaw Chocolate Chip Cookie	10 Nachos w/Trimmings Chicken Fajitas Green Beans Chuckwagon Blend Veg Seasoned Rice Pinto Beans Roll Raw Vegetables/Dip Texas Oven Potato Wedges Pudding Mixed Fruit	11 McRib on Bun Fries Lasagna/French Bread Lettuce/Tomato English Peas Capri Veg Blend Garden Salad Peaches Pudding Pop	12 Stuffed Cheese Bread Sticks Breaded Steak Sandwich WK Corn Whole Brown Potatoes Lt.Bu.Pasta Broccoli/Cheese Raw Veggies/Dip Pineapple Cinnamon Roll
15 Baked Potato w/ Chili & Cheese Cornbread Hot Ham & Cheese Garden Salad Baked Potato Green Beans Carrot Raisin Salad "Rosy" Applesauce Frozen Yogurt	16 Chicken Fillet Sandwich Fish Fillet Sandwich Whole Brown Potatoes WK Corn Blackeye Peas Garden Salad Lettuce/Tomato Fruit Cocktail Cinnamon Roll	17 Spaghetti w/Meat Sauce Chicken Nuggets Roll Oven Potato Wedges Soft Pretzel Garden Salad Mini Carrots Dip Steamed Broccoli Lima Beans Chocolate Lite Pudding Mixed Fruit	18 Chicken Dippers Roll French Bread Cheese Pizza Mashed Potatoes Seasoned Rice Peas & Carrots Raw Broccoli/Cauliflower Dip Tossed Salad Sherbet Peaches	19 Flame Broiled Chicken on Bun Cheeseburger on Bun Oven Potato Wedges Lettuce/Tomato Soft Pretzel Celery Sticks/Dip Whole Kernel Corn Steamed California Vegetables Pineapple Cherry Icee
22 Frito Pancho Pretzel Grilled Cheese (1or2) Waffle Fries Corn on Cob Carrot Sticks/Dip Pasta Salad "Rosy" Applesauce Rice Krispie Treat	23 Chicken Fillet/Bun Baked Potato Stir Fry Chicken with Vegetables on Rice Roll Succotash Celery/Dip Garden Salad Mixed Fruit Strawberry Shortcake	24 Baked Zita Roll Fish Fillet on Bun Natural Chips Broccoli & Cheese Sauce Baked Beans Raw Veg & Dip Cole Slaw Lettuce/Tomato Sherbert Pears	25 Hot Ham & Cheese Whole Brown Potatoes Turkey & Dressing/Gravy/Roll Peas & Carrots Sweet Potatoes Cran. Sauce Carrot Sticks/Dip Juice Bar Applesauce	26 Chicken Nuggets/Roll Fries Hot Dog on Bun Italian Blend Veg Mashed Potatoes Green Beans Baked Beans Peaches Cole Slaw Cookie

29 Spaghetti w/Sauce Roll Chicken Tenders Baked Potato Garden Salad Corn on Cob California Stir Fry Vegetables Pudding Mixed Fruit	30 Cheeseburger Fries Nachos with Trimmings Spanish Rice Fiesta Blend Veg Raw Veg/Dip Pinto Beans Shrd. Lett/Tomato Cinnamon Roll Pears	1 Chili with Beans/Crax Grilled Cheese or Corn Dog Curly Fries Garden Salad Pasta Salad Celery/Dip Jello with Fruit or Rice Krispie Treat Can Fruit	2 Chicken Fillet on Bun Italian Meat Ball Swd. Cole Slaw Garden Salad Waffle Fries Baked Beans Lettuce/Tomato Pineapple Pudding Pop	3 Pizza Chicken Fajitas Whole Brown Potatoes Baked Swt. Potato-Lt.Bu.Pasta Broccoli w/Cheese Corn on Cob Raw Vegetables/Dip Peaches Heart Healthy Oatmeal Cookie
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