

Assorted Fresh Fruits & Veg, Chef Salad, Fruit Bowls
w/Yogurt, Pizza, Sub & Wrap Sandwiches, Baked Potato and
variety of milk offered daily

September 2010

High School

Monday	Tuesday	Wednesday	Thursday	Friday
30 Nachos with Trimmings Chicken Quesadilla Pinto Beans Steak Fries Fiesta Blend Veg Spanish Rice Celery/Dip Shredded Lettuce/Tomato Pears Pudding Aug 30-Sept 3	31 Chicken Tenders/Roll Krystal Burger Whole Brown Potatoes Calif. Blend Veg Corn on Cob Brd. Veg Stick Raw Veggies/Dip Seasoned Rice Low Fat Icecream Sandwich Pineapple	1 Barbeque on Bun Curly Fries Stromboli w/Italian Sauce Spring Blend Veg Baked Swt. Potato Lettuce/Tomato English Peas Garden Salad Lt.Bu.Pasta Pudding Pop Peaches	2 <i>Deli Day</i> Deli Subs on Hoagie Bun Chicken Salad on Croissant Chips Pasta Salad Lett/Tomato Assorted Vegetable Salads Yogurt Teddy Grahams Muffin Assorted Fresh and Can Fruit Assorted Melons	3 Spaghetti w/Meat Sauce Breaded Chicken Mashed Potatoes Roll Garden Salad Cauliflower & Broccoli w/Cheese Sauce Corn Celery/Dip- Mixed Fruit Creamsickle
Labor Day Holiday Sept 6-10	7 Cheeseburger Popcorn Shrimp Roll Garden Salad Baked Potato Carrots & Dip Macaroni & Cheese Green Beans Applesauce Fruit Crisp	8 Hotdog on Bun Baked Zita Steak Fries Calif. Stir Fry Veg BE Peas Roll Garden Salad Pear Salad Cole Slaw Chocolate Chip Cookie Mixed Fruit	9 Nachos w/Trimmings Chicken Fajitas Green Beans Chuckwagon Blend Veg Seasoned Rice Pinto Beans Roll Raw Vegetables/Dip Texas Oven Potato Wedges	10 <i>Deli Day</i> Deli Subs on Hoagie Bun PBJ Chicken Salad on Croissant Chips Pasta Salad Lett/Tomato Assorted Vegetable Salads Pudding Teddy Grahams Muffin Assorted Fresh and Can Fruit Assorted Melons
13 Cheeseburger Fries Lasagna/French Bread Lettuce/Tomato English Peas Breaded Okra Garden Salad Peaches Pudding Pop Assorted Fresh Fruit Sept 13-17	14 Stuffed Cheese Bread Sticks Breaded Steak Sandwich Whole Brown Potatoes Lt.Bu.Pasta Broccoli/Cheese WK Corn Raw Veggies/Dip Pineapple Cinnamon Roll Assorted Fresh Fruit	15 Frito Pancho Pretzel Grilled Cheese (1or2) Waffle Fries Corn on Cob Carrot Sticks/Dip Pasta Salad "Rosy" Applesauce Rice Krispie Treat Assorted Fresh Fruit	16 Chicken Tenders Steak Nuggets Roll Baked Potato Stir Fry Veggies Celery/Dip Garden Salad Mixed Fruit Strawberry Shortcake Assorted Fresh Fruit	17 Baked Zita Roll Fish Fillet on Bun Natural Chips Broccoli & Cheese Sauce Baked Beans Raw Veg & Dip Cole Slaw Lettuce/Tomato Sherbet Pears Assorted Fresh Fruit
20 Cheeseburger Fries Nachos with Trimmings Spanish Rice Texas Cavier Fiesta Blend Veg Raw Veg/Dip Pinto Beans Shrd. Lett/Tomato Cinnamon Roll Pears Assorted Fresh Fruit Sept 20-24	21 Chicken Fillet on Bun Whole Brown Potatoes Turkey & Dressing/Gravy/Roll Peas & Carrots Sweet Potatoes Cran. Sauce Carrot Sticks/Dip Juice Bar Applesauce Assorted Fresh Fruit	22 Sliced BBQ & Texas Toast Fries Foot Long Hot Dog on Bun Italian Blend Veg Green Beans Baked Beans Peaches Cole Slaw Cookie Assorted Fresh Fruit	23 Spaghetti w/Sauce Roll Chicken Tenders Baked Potato Garden Salad Corn on Cob California Stir Fry Vegetables Pudding Mixed Fruit Assorted Fresh Fruit	23 <i>Deli & Soup Day</i> Deli Subs on Hoagie Bun PBJ Chicken Salad on Croissant Manager's Choice Soup Chips Pasta Salad Lett/Tomato Assorted Vegetable Salads Pudding Cookie Muffin Assorted Fresh and Can Fruit
27 Chili with Beans/Crax Grilled Cheese or Corn Dog Curly Fries Garden Salad Pasta Salad Celery/Dip Rice Krispie Treat Can Fruit Assorted Fresh Fruit Sept 27-Oct 1	28 McRib on Bun Smoked Turkey & Cheese Stromboli/Italian Dip Cole Slaw Garden Salad Waffle Fries Baked Beans Corn Lettuce/Tomato Pineapple Pudding Pop Assorted Fresh Fruit	29 Sweet & Sour Pork with Oriental Veg on Rice/ Roll Chicken Fillet/Bun Br Potatoes Baked Swt. Potato with Crumbled Br Sugar & Butter topping Lt.Bu.Pasta Broccoli w/Cheese Raw Vegetables/Dip Peaches Fresh Fruit Dessert Choice	30 Tacos w/Trimmings Chicken Fajitas Cole Slaw Green Beans Raw Veg/Dip Breaded Okra Macaroni & Cheese WK Corn Shredded Lettuce/Tomato Potato Wedges Pears Fresh Fruit Low Fat Icecream Treat	1 Barbeque on Bun/Dill Spear Lasagna/Roll Broccoli/Cheese Shoestring Fries Mixed Vegetables Cole Slaw Garden Salad Applesauce Royal Brownie Assorted Fresh Fruit

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