

A variety of fruits, vegetables, baked potato (MS), chef salads, and milk offered daily.

# September 2010

Middle & Elem School

Monday	Tuesday	Wednesday	Thursday	Friday
30 Pizza Chicken Tenders /Roll Peas & Carrots Mashed Potatoes Garden Salad Raw Veg & Dip Juice Bar Applesauce Assorted Fresh Fruit Aug 30-Sept 3	31 Breaded Chicken/Roll Barbeque on Bun Fries Italian Blend Veg Green Beans Corn Carrot Sticks/Dip Peaches Cole Slaw Cookie Assorted Fresh Fruit	1 Spaghetti w/Sauce Roll Hot Dog on Bun. Cole Slaw Garden Salad Potato Wedges Baked Beans California Stir Fry Vegetables Pudding Mixed Fruit Assorted Fresh Fruit	2 <b>Deli Day</b> Deli Subs on Hoagie Bun Chicken Salad on Croissant Chips Pasta Salad Lett/Tomato Assorted Vegetable Salads Congealed Salad Teddy Grahams Muffin Assorted Fresh and Can Fruit Assorted Melons	3 Cheeseburger Fries Nachos with Trimmings Spanish Rice Baked Swt. Potato- Fiesta Blend Veg Raw Veg/Dip Pinto Beans Shrd. Lett/Tomato Rice Krispie Treat Pears Assorted Fresh Fruit
Labor Day Holiday	7 Pizza Chicken Fajitas Whole Brown Potatoes Lt.Bu.Pasta Broccoli w/Cheese Corn on Cob Raw Vegetables/Dip Peaches Heart Healthy Oatmeal Cookie Assorted Fresh Fruit Sept 7-10	8 Tacos w/Trimmings Breaded Chicken/Roll Cole Slaw Green Beans Raw Veg/Dip Macaroni & Cheese WK Corn Shredded Lettuce/Tomato Pears Royal Brownie Assorted Fresh Fruit	9 <b>Deli Day</b> Deli Subs on Hoagie Bun PBJ Chicken Salad on Croissant Chips Pasta Salad Lett/Tomato Assorted Vegetable Salads Congealed Salad Teddy Grahams Muffin Assorted Fresh	10 Barbeque on Bun/Dill Spear Lasagna/Roll Broccoli/Cheese Shoestring Fries Mixed Vegetables Cole Slaw Garden Salad Applesauce Fudgesickle Assorted Fresh Fruit
13 Stuffed Cheese Breadsticks Chicken Tenders Roll Lt. Bu. Pasta or Seasoned Rice English Peas Baked Potato Carrot Sticks/Dip T. Salad Can Fruit Assorted Fresh Fruit Sept 13-17	14 Pizza Cheeseburger/Dill Chips Fries Corn Italian Stir Fry Veg BE Peas Garden Salad Lettuce/Tomato Fruited Jello Mixed Fruit Assorted Fresh Fruit	15 Vegetable Beef Soup/Crax Peanut Butter/Jelly Sandwich Chicken Salad on Croissant Grilled Cheese Sandwich Baked Potato Pasta Salad Carrot Sticks/Dip Pineapple Cookie Assorted Fresh Fruit	16 Sloppy Joe on Bun Pork Roast/Gravy on Rice/Roll Green Beans Onion Rings Spring Veg Blend Peaches Garden Salad Frosted Cake Assorted Fresh Fruit	17 Nachos with Trimmings Chicken Fajitas Salsa Texas Cavier Pinto Beans Oven Potato Wedges Spanish Rice Celery/Dip Shredded Lettuce/Tomato Pears Pudding Fresh Fruit <b>MS Mexican Fiesta Day</b>
20 Chicken Tenders/Roll Krystal Burger Whole Brown Potatoes Calif. Blend Veg-Corn on Cob Brd. Veg Stick Seasoned Rice Raw Veggies/Dip Fudgesickle Assorted Fresh Fruit Pineapple Sept 20-24	21 Smoked Turkey & Cheese Stromboli w/Italian Sauce Fish & Chips w/Hushpuppies Baked Swt. Potato w/Brown Sugar and Butter crumbles Garden Salad Spring Blend Veg Lettuce/Tomato Lt.Bu.Pasta Pudding Pop Peaches Assorted Fresh Fruit	22 Pizza Chicken Nuggets Mashed Potatoes Roll Garden Salad Cauliflower & Broccoli w/Cheese Sauce Corn Celery/Dip-Low Fat Ice cream or Fruit Crisp Mixed Fruit Assorted Fresh Fruit	23 <b>Deli &amp; Soup Day</b> <b>Autumn Begins</b> Deli Subs on Hoagie Bun PBJ Chicken Salad on Croissant Cup of Soup Chips Pasta Salad Lett/Tomato Assorted Vegetable Salads Pudding Autumn Spice Cake Assorted Fresh Fruits	24 Baked Potato with Chili & Cheese Popcorn Shrimp Roll Garden Salad Baked Potato Carrots & Dip Macaroni & Cheese Green Beans Applesauce Frozen Fruit Cup Assorted Fresh Fruit
27 BBQ on Bun/Dill Spear Baked Zita Oven Potato Wedges Calif. Stir Fry Veg Bk.Beans Garden Salad Pear Salad Cole Slaw Chocolate Chip Cookie Assorted Fresh Fruit Sept 27-Oct 1	28 Nachos w/Trimmings Chicken Tenders Green Beans Baked Potato -Texas Cavier Seasoned Rice Pinto Beans Roll Raw Vegetables/Dip Pudding Mixed Fruit Assorted Fresh Fruit	29 Cheeseburger w/ Dill Chips Lasagna/French Bread Fries Lettuce/Tomato English Peas Capri Veg Blend Garden Salad Peaches Dessert Assorted Fresh Fruit	30 Chicken Fillet/Bun Hot Dog on Bun Whole Brown Potatoes Bk Beans Garden Salad Mixed Fruit Lettuce/Tomatoes Cole Slaw Strawberry Shortcake Assorted Fresh Fruit	1 Turkey Noodle Soup/Crackers Grilled Cheese PBJ Hoagie Deli Sandwich Baked Potato Orange Smiles Carrot & Celery Sticks/Dip "Rosy" Applesauce Rice Krispie Treat Fresh Fruit

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