

A variety of fruits, vegetables, and milk offered daily.  
Kathie McAfee, R.D.

# September 2008

# Woody Gap School

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day Holiday	2 Chicken Tenders Mashed Potatoes Green Beans Roll Pudding	3 Baked Zita Stir Fry Vegetables Garden Salad Roll Fruit	4 Chicken Cheese Quesadilla Mexicali Corn Lettuce & Tomato Cinnamon Rolls	5 Pork Roast/Gravy Macaroni & Cheese Mixed Vegetables Roll Fruit (Sandwich Bar)
8 Frito Pancho with Chili and Cheese Roll Garden Salad Fruit Cookie (Sandwich Bar)	9 Cheeseburger on Bun French Fries Lettuce-Tomato Brownie	10 Chicken Fillet on Bun Baked Potato Lettuce-Tomato Apple Crisp	11 Pizza Corn Garden Salad Fruit	12 Meat Loaf Mashed Potatoes Broccoli w/Cheese Roll Low Fat Icecream (Sandwich Bar)
15 Baked Potato w/ Chili & Cheese Cornbread Green Beans Garden Salad "Rosy" Applesauce	16 Fish Fillet Sandwich Whole Brown Potatoes Lettuce/Tomato Cinnamon Roll	17 Spaghetti w/Meat Sauce Garden Salad Steamed Broccoli Roll Orange Smiles	18 Pizza/Peas & Carrots Raw Broccoli/Cauliflower Dip Sherbet	19 Flame Broiled Chicken on Bun Oven Potato Wedges Lettuce/Tomato Cherry Icee
22 Chicken Nuggets Scalloped Potatoes Stir Fry Vegetables Roll Cookie (Sandwich Bar)	23 Baked Zita Garden Salad Green Beans Roll Pudding Pop	24 Nachos with Trimmings Meat, Lettuce, Tomato, Cheese Sauce Whole Kernel Corn Cinnamon Roll	25 Chicken Fajitas with Sauteed onions/peppers Lettuce/Tomato Salsa Spanish Rice Sour Cream "Rosy" Applesauce	26 Barbeque on Bun Potato Wedges Lettuce-Tomato Fruit  (Sandwich Bar)
29 Grilled Cheese Sandwich Chili/Crackers Raw Vegetables & Dip Icecream (Sandwich Bar)	30 Pizza Corn Garden Salad Cookie	1 Deli Sandwich on Bun Sun Chips Lettuce/Tomato Fruit	2 Shrimp Poppers/Roll Baked Potato Cole Slaw Juice Bar	3 Chicken Tenders Macaroni & Cheese Stir Fry Vegetables Roll Fruit (Sandwich Bar)

In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity employer.